



# PrimeLife

## ENRICHMENT CENTER



## PLE SENIOR NEWS | JUNE 2024

Thank you, Mimi, for the beautiful flowers that welcome everyone to PLE in the Spring.

### WHAT'S INSIDE

About Us	2
Center Information	3
From Our Executive Director	4
Membership Options	5
Health Spot by IU	6
Commentary	7
Fitness Schedule	8
Activities and Events Calendar	9
June Word Search	10
PLE News	11
June Recipes	12
Memory Cafe	13
New Members and Photo Gallery	14

### UPCOMING EVENTS AND ANNOUNCEMENTS

#### JUNE LUNCH & LEARNS

**JUNE 5:** Senior Home Pros

**JUNE 12:** Alzheimer's Assoc.

**JUNE 19:** Spine Health with Dr. Smucker

**JUNE 26:** Stay Safe Online: Scam Prevention and Tips for Seniors

#### SPECIAL EVENTS IN JUNE

**JUNE 14:** Flag Day

**JUNE 16:** Father's Day

**JUNE 27:** PLE Vendor Fair - 10 am to 1 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)



## 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

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.

### 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.



### 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.

### 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  
CICOA Aging & In-Home Solutions  
United Way of Central Indiana  
City of Carmel  
IU Health  
CICF

#### OUR SPONSORS

Majestic Care Carmel  
Sanders Glen  
Stinson Law Firm  
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-Greiwie  
Sarah Schlifke

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

**GARY WAGNER** • Executive Director  
gwagner@primelifeenrichment.org • Ext. 200

**CINDY SCHEMBRE** • Assistant Director  
cschembre@primelifeenrichment.org • Ext. 213

**JULIE BARNES** • Community Engagement  
and Activities Coordinator  
jbarnes@primelifeenrichment.org • Ext. 223

**LORI RAFFEL** • Marketing and Social Media  
lraffel@primelifeenrichment.org • Ext. 206

**NIKKI VAUGHN** • Transportation Coordinator  
nvaughn@primelifeenrichment.org • Ext. 205

**SHEILA FISCHER** • Transportation Assistant  
sfischer@primelifeenrichment.org • Ext. 205

**JANICE CATES** • Fitness Coordinator  
jcates@primelifeenrichment.org • Ext. 218

**DIANNA HOPPER** • Data Entry  
dhopper@primelifeenrichment.org • Ext. 202

**JOHN PERKON** • Facility Manager  
johnperkon@msn.com • Ext. 219

**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, press 1

### FAX

317.815.7008



## TRANSPORTATION

### TO SCHEDULE CALL:

Phone: Ext 205 or 317-343-6794

### TRANSPORTATION

**AVAILABLE** - *currently there is a wait-  
ing list for transportation*

### 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 to the entire PrimeLife Enrichment Family!

I can't believe how quickly June has taken the place of May on my desk calendar. I doubt I'm the only one wondering what happened not only to May, but also to April. It seems like spring flew by and now summer is upon us. Rest assured that I'm not complaining about summer's arrival. I will probably wait until the dog days of August hit their temperature and humidity peaks to do so. For now, I want to focus on why June has always been one of my favorite months of the year (along with October and December). I'll begin by harking back to my childhood days and some memories that I hope will resonate with many of you whether you're a fellow "Boomer" or a member of the preceding "Silent" or "Greatest" generations, the latter to which we will always owe a debt of gratitude for their service and sacrifices in World War II.

I get rather nostalgic looking back at the "good old days" when the end of the first week of June marked the beginning of summer vacation from school. I also find myself feeling somewhat sorry for today's generation of school children who will never know what they missed. Perhaps I am looking through rose-colored glasses, but I clearly remember how exciting the first week of June was as we counted down the last few days of the school year. Classrooms buzzed with excitement and school hallways swelled with anticipation as summer vacation beckoned. Desks were cleared, textbooks returned, and final exams conquered with a mix of relief and apprehension. The last day of school held a special allure, a culmination of academic achievements and shared experiences. Laughter echoed in classrooms as friends exchanged yearbooks, scribbling heartfelt messages and doodles that would be treasured for years to come. Teachers bid farewell with words of encouragement, imparting wisdom and fond memories that would linger long after the school doors closed for the summer.

Finally, we were free from the confines of school – typically till after Labor Day. What was not to be excited about? No more afternoons or evenings struggling with homework and no more early morning wake-up pleas from our parents. We now had three months or so to enjoy endless days of exploration and adventure. From dawn till dusk, we roamed the neighborhood streets on our bicycles. played pick-up baseball games at a local park or in a vacant lot, and engaged in many other simple but fun

activities as we chased the fleeting shadows of childhood dreams. Such was the only type of social media we had back then.

I could go on and on about why I have such high regard for the month of June and the ensuing summer days away from the rigors of school. But I'm sure you get my drift. If you would like to share some of YOUR youthful summer vacation memories, send me a brief (or not so brief) email. Perhaps we can publish some of them in next month's newsletter. For now, I'll leave you with the verses to "June Is Bustin' Out All Over" from Rodgers & Hammerstein's musical Carousel.

*(Nettie Fowler)*

*March went out like a lion*

*A whippin' up the water in the bay*

*Then April cried and stepped aside*

*And along come pretty little May!*

*May was full of promises*

*But she didn't keep 'em quickly enough  
for some*

*And a crowd of doubtin' Thomases*

*Was predictin' that the summer'd  
never come*

*[Male Ensemble]*

*But it's comin, by gum*

*We can feel it come*

*You can feel it in your heart*

*You can see it in the ground*

*[Female Ensemble]*

*You can see it in the trees*

*You can smell it in the breeze*

*[Whole Ensemble]*

*Look around! Look around! Look around!*

*[Nettie Fowler]*

*June is bustin' out all over*

*All over the meadow and the hill*

*Buds're bustin' outa bushes*

*And the rompin' river pushes*

*Ev'ry little wheel that wheels beside  
the mill*

ENJOY YOUR SUMMER!

– Gary

In June 2024, there are several notable days and events celebrated globally. Here are some of them:

**1. World Bicycle Day (June 3rd):** Celebrates the bicycle as a mode of transportation for young and old and a tool for promoting health and well-being.

**2. World Environment Day (June 5th):** Raises awareness and promotes action for the protection of the environment. Encourages all of us to take positive steps towards sustainability and conservation.



GARY WAGNER

Executive Director

**3. National Donut Day (First Friday of June – June 7th in 2024):** Celebrates the deliciousness of donuts and honors the Salvation Army volunteers who served donuts to soldiers during World War I. Stops short of promoting donuts as health food.

**4. National Best Friends Day (June 8th):** Celebrates the special bond of friendship and encourages people to cherish and appreciate their best friends.

**5. World Oceans Day (June 8th):** Celebrates the role of the oceans in our everyday lives and raises awareness about the importance of protecting marine ecosystems.

**6. World Blood Donor Day (June 14th):** Raises awareness about the importance of voluntary blood donation and acknowledges the contributions of blood donors in saving lives.

**7. Father's Day (Third Sunday of June – June 16th in 2024):** Honors fathers, grandfathers, and father figures, acknowledging their love, support, and contributions to family and society.

**8. Juneteenth (June 19th):** Commemorates the end of slavery in the United States. Celebrated with various events, including parades, festivals, and community gatherings, highlighting African American culture and history.

**9. World Refugee Day (June 20th):** Recognizes the courage and resilience of refugees worldwide and raises awareness about the challenges they face.

**10. International Yoga Day (June 21st):** Promotes the practice of yoga for health and well-being. Celebrates the ancient Indian tradition of yoga and its benefits for physical, mental, and spiritual health.

**11. National Sunglasses Day (June 27th):** Encourages people to wear sunglasses and raise awareness about the importance of protecting their eyes from harmful UV rays. These are just a few of the significant days and events celebrated in June 2024, highlighting a range of social, cultural, and environmental themes.

# MEMBERSHIP OPTIONS



**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.

- INSURANCE PROGRAMS**  
THESE PROGRAMS PROVIDE UP TO A \$20 CREDIT FOR MEMBERSHIPS:
- Silver Sneakers
  - Prime
  - Renew Active
  - Active and Fit
  - Silver and Fit
  - Retired Veterans

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

**MEMBERSHIP OPTIONS:**

**BASIC MEMBERSHIP: \$20 PER MONTH**

INCLUDES:

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

**ENHANCED MEMBERSHIP: \$40 PER MONTH**

INCLUDES ALL ABOVE, PLUS:

All land and Aquatic Fitness Classes, Revel Fitness

## BEAT THE HEAT

Temperatures continue to rise in Central Indiana, and local emergency departments could soon see more heat-related issues coming through their doors.

From heat exhaustion to heat stroke, people exposed to high temperatures who don't get enough fluids can have severe and potentially life-threatening health concerns if not treated promptly.

### WHO'S AT RISK?

"We see folks in the true heat of summer when temperatures get high and stay high," says IU Health emergency medicine provider and Acute Care Service Line Medical Executive, Robert Adams, DO. Individuals with an increased risk of heat illnesses include:

- Those without home air conditioning
- Older individuals
- Babies
- People with cardiovascular disease
- People who take blood pressure medications or diuretics

Healthy adolescents and adults can also develop heat illnesses. Dr. Jeremy Mescher, MD, says, "Athletes who are in direct sun/heat and asked to participate in significant exercise are also at an increased risk due to increased levels of dehydration and strain on the heart." Individuals who work outdoors face similar risks.

## TIPS TO BEAT THE HEAT

Drink lots of water to stay hydrated, even when you don't feel thirsty



Stay in the shade or use an umbrella

Plan outdoor exercise during cooler parts of the day



Never leave children or pets inside a parked car

Call or video chat family, friends & neighbours to check in, especially seniors living alone



Consult with your doctor/pharmacist on medications that increase your heat risk

### SIGNS AND SYMPTOMS

Mescher says, "Early on, there may be no symptoms from heat exposure. As time in the heat lengthens, or temperatures rise, adults and older children may experience nausea, vomiting, headache, fever, muscle aches and tightness, and intense thirst."

The longer without treatment, the more

intense the symptoms, including extreme fatigue or difficulty waking up, skin numbness, rapid breathing, faintness, inability to urinate for long periods, and inability to sweat. Look for signs such as increased temperature (fever), lethargy/difficulty waking, vomiting and muscle rigidity.

Call 911 if you see an adult or child with extreme symptoms—no sweating, altered mental status, confusion, seizures, or passing out—so they can see a medical expert at a hospital.

### TREATMENT

If you catch heat illness early, you can typically treat it by going into an air-conditioned area to rest and rehydrate with water or an electrolyte alternative.

Cool rags and water mist can help lower body temperature, but fans should not be used in extreme heat. Mescher explains that when the outside temperature is higher than body temperature, using fans may cause the body to gain instead of lose heat.

Source: <https://iuhealth.org/thrive/beat-the-heat>



As we age, so too do the people around us, which means eventually many of the people that we love and care about will die during our lifetimes.

Of course, knowing that death is inevitable doesn't mean any of us will feel prepared for dealing with it and the grief that follows. The adage is true: It never gets easier.

We at PrimeLife have been experiencing loss recently at a rate that is tough for anyone to handle. As much as we mourn these losses, we are also blessed that we knew these people and were able to be a part of their lives for a time. These special people in our lives will never be forgotten.

In my life, I have lost my immediate family and the majority of my extended family. While with each loss the grief gets less intense over time, that sense of loss will last forever and that will never change.

Some friends have asked me why I would choose to work at PrimeLife and open myself up to the loss of more people in my

life. That's actually an easy answer: I would not trade knowing a single person at PLE.

Yes, loving someone means opening yourself to the grief of losing them, but, to me, having them in our lives makes the sadness worth it. Making friends is a joy not to be missed in life and each wonderful person I meet at PLE reminds me of that.

Part of the process at PrimeLife is building a support system for ourselves to fall back on during times of need. There is always someone to talk to here - staff and members included - you only have to ask - or just sit down at a table.

Every one of us deals with loss differently - there is certainly no right or wrong way to grieve. Staying in touch with people and making an effort not to isolate is so important. The beauty of grief at places like PLE is that we don't have to face things alone.

My mother once told me that one of the hardest parts of growing older is losing so

many of your friends and family. I never really understood that until I began to experience it for myself. I learned to lean on friends and not be afraid to talk about death and how it makes me feel.

To me, the most difficult time is when the services are over and everyone begins to go back to their own lives. That's when I feel most alone and the impact of the loss begins to hit with full force.

It is the time we need each other more than ever. We need to talk about the person - share remembrances, funny stories, and the memories only we would know.

That's what knowing and loving people is all about and those are the memories that will heal us.

- Lori

### AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Patsy	8:15 am EARLY AQUATIC AEROBICS 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/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	VOLLEYBALL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne
11:30 am	ARTHRITIS FOUNDA- TION AQUATICS w/ Jeanne	ARTHRITIS FOUNDA- TION AQUATICS w/ Janice	ARTHRITIS FOUNDA- TION AQUATICS w/ Jeanne	ARTHRITIS FOUNDA- TION AQUATICS w/ Janice	ARTHRITIS FOUNDA- TION AQUATICS w/ Jeanne
12:30 pm	GETTING YOUR FEET WET w/ Patsy	ARTHRITIS FOUNDA- TION AQUATICS w/ Janice	GETTING YOUR FEET WET w/ Janice	AQUATIC YOGA w/ Janice	GETTING YOUR FEET WET w/ Patsy
1:30 pm	VOLLEYBALL w/ Patsy		OPEN POOL w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Patsy

### LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00 am	The CLIMB w/ Lindsay	LABLAST w/ Cindy	The CLIMB w/ Lindsay	LABLAST w/ Cindy	The CLIMB w/ Lindsay	<b>SATURDAY</b>
10:15 am	GOT BALANCE w/ Lindsay		GOT BALANCE w/ Cindy		STRENGTH & FLEXIBILITY w/ Cindy	9:30 am WERQ w/ Alicia
11:00 am	LABLAST w/ Cindy	TONING w/ Cindy	LABLAST w/ Cindy	TONING w/ Cindy	LABLAST w/ Cindy	
12:30 pm		ARTHRITIS FOUN- DATION EXERCISE w/ Cheryl		ARTHRITIS FOUN- DATION EXERCISE w/ Cheryl		<b>SUNDAY</b>
1:30 pm		YOGA BLEND w/ Cheryl		YOGA BLEND w/ Cheryl		9:30 am POUND UNPLUGGED w/ Sandy
<b>EVENING CLASSES</b>	5:30 pm DANCE FUSION w/ Kelsey		5:30 pm ZUMBA w/ Alicia	5:30 pm DANCE FUSION w/ Robby		
	6:30 pm UPLIFT w/ Sandy	6:00 pm SHINE w/ Sandy	6:15 pm POUND w/ Melissa	6:30 pm UPLIFT w/ Sandy	REVEL Classes are in Orange. For daily updates (water and land): <a href="http://www.brown-bearsw.com/cal/pleinstructors">www.brown-bearsw.com/cal/pleinstructors</a>	



# ACTIVITIES & EVENTS

PrimeLife Enrichment Center

## 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing  <b>Produce for Better Health</b> <b>Delivery: 12-3 pm</b>  <i>Creative Writing Class once a month until Fall</i>	<b>4</b> 10:00 am <b>BINGO</b> 10:30 am Cell Phone Group L 11:30 am CICOA Lunch \$ 1:00 pm Needlework L	<b>5</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn* 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B 1:30 pm World Travel Wednesday  5:30 pm Second Season L	<b>6</b> 9:00 am Pinochle L 10:00 am <b>BINGO</b> 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Card-making \$ 1:00 pm Euchre L	<b>7</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington* 12:15 pm Partner Bridge L
<b>10</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> with Nadia	<b>11</b> 10:00 am Sanders Glen Walking Club 10:30 am Cell Phone Group L 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1:00 pm Needlework L	<b>12</b> 10:00 am CAREGIVER SUPPORT Group Sponsored by Alzheimer's Association 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn* 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B  5:30 pm Second Season L	<b>13</b> 9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	<b>14</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Staged Reading of GEEZERS 12:15 pm Partner Bridge L  
<b>17</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b>  <b>Produce for Better Health</b> <b>Delivery: 12-3 pm</b>	<b>18</b> 10:30 am Cell Phone Group L 11:30 am CICOA Lunch \$ 1:00 pm Needlework L	<b>19</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn* 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B  5:30 pm Second Season L	<b>20</b> 9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L 1:00 pm Card Making \$	<b>21</b> 11:30 am <b>THE LONGEST DAY PIZZA PARTY</b> Sponsored by Wellbrooke of Carmel * 12:00 pm Memory Café: Therapeutic Activity sponsored by The Barrington* 12:15 pm Partner Bridge L
<b>24</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>	<b>25</b> 10:30 am Cell Phone Group L 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1:00 pm Needlework L 1:30 pm BOOK CLUB sponsored by Wellbrooke of Carmel <b>HIDING IN PLAIN SIGHT</b> by Julia Sweig	<b>26</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn* 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B  5:30 pm Second Season L	<b>27</b> 9:00 am Pinochle L 10:00 pm PLEVENDOR FAIR (10-3) Multi-purpose Rm  10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L 2:00 pm Living with Loss	<b>28</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Another Staged Reading of GOLDEN GIRLS 12:15 pm Partner Bridge L
<b>JUNE LUNCH &amp; LEARNS</b> <b>JUNE 5: Senior Home Pros</b> <b>JUNE 12: Alzheimer's Assoc.</b>				
<b>JUNE 19: Spine Health with Dr. Smucker</b> <b>JUNE 26: Stay Safe Online: Scam Prevention and Tips for Seniors</b> <b>JUNE 27: PLE Vendor Fair - 10 am to 1 pm</b>				
<b>KEY:</b> * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room				

# SUMMER WORD SEARCH

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

AUGUST  
 BARBECUE  
 BEACH  
 FAMILY  
 FLIP FLOPS  
 FUN  
 HOT  
 ICE CREAM

ICE POP  
 JULY  
 JUNE  
 OCEAN  
 PICNIC  
 POOL  
 RELAX  
 SHORTS

SPRINKLER  
 SUMMER  
 SUNGLASSES  
 SUNSCREEN  
 SUNSHINE  
 SWIMSUIT  
 VACATION



# MAYBE YOU CAN DRIVE OUR VAN (AND MAYBE WE'LL LOVE YOU)

MEMBER  
PrimeLife Enrichment Center

Retired? Too much time on your hands?  
Interested in part-time work with a worthy  
not-for-profit?

**Now is a great time to consider being a  
van driver for PLE! Any member who refers  
someone to us who ends up being hired  
and drives for 30 days or more, will receive  
one free month of membership at PLE!**

Here's the scoop on being a van driver:

Our ride service days are Monday-Friday,  
and our service area extends throughout  
Hamilton county, plus a few medical facilities  
that are just over the border into Marion  
County. We provide rides for seniors,  
veterans, and people on disability.

We're a non-profit with limited funding, so  
starting pay for the position is \$11 an hour.  
The majority of our drivers are retired and  
began working with us as a way to support  
the community or because they heard  
about PrimeLife through friends/family  
or recent media coverage. A few work as  
volunteers. Most of them drive for us one  
or two days a week on a recurring schedule,



but we do have a couple people that work  
three (or occasionally four) days a week. We  
also have some "floaters" who aren't on a  
recurring schedule but fill in as needed, like  
when we have an especially busy day and  
need to send extra vans out, or if one of the  
other drivers is unavailable due to vacation,  
illness, etc. and we need a sub.

While we can't offer much in terms of pay,  
all of our staff members do automatically  
receive full membership to our center,  
and that includes land and aquatic fitness

classes, lunch programs, and access to our  
workout room and gym equipment during  
business hours.

Driving shifts can begin as early as 8:00am,  
and we schedule rides within time ranges  
that allow our vans to get back to our facility  
by about 4:30 pm so that drivers can finish  
up paperwork and be heading home before  
5:00 pm. Drivers are not required to work  
that entire stretch, though, and we're able  
to plan shifts around our drivers' schedule  
limitations, when needed. For instance,  
if someone had a morning appointment  
and couldn't start until 10:00 am, or if they  
needed to be off by a certain time, we can  
work around things like that. We have one  
driver who needs a one hour midday break  
to go home and take his dog out. We're  
flexible!

If this sounds like something you'd be  
interested in, please let Nikki Vaughn know  
and she will pass your info along to our head  
driver (Brent Hartman) and have him reach  
out to discuss the next steps.

## REFRESHING SALADS FOR WARM JUNE DAYS



### RANCH POTATO SALAD

#### INGREDIENTS

- 1 (24-oz.) pkg. baby red potatoes, scrubbed and halved
- 10 cups water
- 1 Tbsp., plus 1/2 tsp. kosher salt, divided
- 4 thick-cut bacon slices, chopped
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 1/2 Tbsp. chopped fresh chives
- 1 Tbsp. chopped fresh flat-leaf parsley
- 1 1/2 tsp. fresh dill
- 1 tsp. fresh lemon juice
- 1/4 tsp. grated garlic (from 1 garlic clove)
- 1/4 tsp. black pepper
- 4 oz. mild Cheddar cheese, shredded

#### DIRECTIONS

Place potatoes, water, and 1 tablespoon of the salt in a medium saucepan. Cover pan, and bring to a boil over high.

Uncover pan, and reduce heat to medium-high to maintain a moderate boil. Cook, stirring occasionally, until potatoes are fork-tender, about 12 minutes. Drain potatoes.

While potatoes boil, cook bacon in a nonstick skillet over medium, stirring often, until crisp, 8 to 9 minutes.

Remove from heat. Transfer bacon to a paper towel-lined plate; set aside until ready to use.

Whisk together sour cream, mayonnaise, chives, parsley, dill, lemon juice, garlic, black pepper, and remaining 1/2 teaspoon salt in a medium bowl.

Add sour cream dressing, bacon, and cheese to cooled potatoes in bowl; toss to combine. Serve immediately, or cover and store in refrigerator up to 12 hours.



### CHICKPEA SALAD

#### INGREDIENTS

##### FOR THE SALAD:

- 1 (15-oz.) can chickpeas, drained and rinsed
- 6 oz. feta, cubed
- 1 English cucumber, cut into half moons
- 1 pt. cherry tomatoes, halved
- 1 orange bell pepper, diced
- 1/2 small red onion, thinly sliced
- 2 avocados, cubed
- 1 c. chopped Italian parsley
- 1/2 c. torn basil

##### FOR THE DRESSING:

- 1/3 c. olive oil
- 3 tbsp. red wine vinegar
- 2 tbsp. fresh lemon juice
- 1 grated garlic clove
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/4 tsp. red pepper flakes

#### DIRECTIONS

For the salad: In a large bowl, fold together the chickpeas, feta, cucumber, tomatoes, bell pepper, red onion, avocado, parsley, and basil.

For the dressing: In a medium bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, black pepper, and pepper flakes until combined. Pour over the salad and gently fold to combine. Serve immediately.

Tip: If you making the salad ahead of time, omit the avocado and basil. Stir these goodies in right before serving to ensure they are bright green and beautiful.



### GREEN GODDESS POTATO SALAD

#### INGREDIENTS

- 2 lb. small red potatoes (about 12), halved
- 1 1/2 tsp. kosher salt, plus more for the water
- 4 oz. snap peas, trimmed
- 3 stalks celery, chopped,
- 1/2 c. mayonnaise
- 1/2 c. fresh parsley
- 1/4 c. buttermilk
- 1/4 c. chopped fresh chives
- 2 tbsp. fresh lemon juice (from 1 lemon)
- 2 tbsp. chopped fresh tarragon
- 2 anchovy fillets
- 2 medium shallots, roughly chopped
- 1 small ripe avocado
- Black pepper, to taste

#### DIRECTIONS

Put the potatoes in a large pot and add enough water to cover by 1 inch. Season with salt. Bring to a boil over high heat and cook until the potatoes are fork-tender, about 10 minutes. Remove the potatoes with a slotted spoon and place them in a large bowl.

Add the snap peas to the boiling water and cook until just crisp-tender, about 1 minute. Drain, then thinly slice on an angle. Add to the bowl with the potatoes; add the chopped celery.

Meanwhile, make the dressing: Combine the mayonnaise, parsley, buttermilk, chives, lemon juice, tarragon, anchovies, shallots, avocado, celery leaves and 1 teaspoon salt in a blender and blend until smooth.

Once the potatoes have cooled slightly, pour the dressing over the vegetables, season with the remaining 1/2 teaspoon salt and a few grinds of pepper and toss well. Cover and refrigerate until chilled, at least 1 hour or overnight. Toss the potato salad again and top with more parsley and chives before serving.

# WHAT IS MEMORY CAFE?

Memory Café is a welcoming place for individuals with Alzheimer's Disease, dementia, brain disorders and their caregivers, or those of us that want to work on keeping the brain strength we have, and we have one right here at PrimeLife. Twice a month the Memory Café at PLE is sponsored by The Barrington, with PLE sponsoring the others. All are designed to be helpful for people working to keep their brains fit as well as their bodies.

Individual Memory Cafés focus on different aspects for a unique experience. You may find some are activities-based, while others focus on education. You might have one enjoying the connections of demographic-appropriate music and dancing. Others might focus on crafts and painting, while some facilitate informal conversation to create new friendships. Some simply guide the participants in exercises that foster reminiscing.

There truly is something for everyone!

Memory Cafés began emerging in Europe in the late 1990s. The concept originated in the Netherlands and spread to England in 2000, where the government



provides funding. Many grassroots efforts have spread the concept, and the first Alzheimer's Café in the US started in Santa Fe in 2008. Because many groups take them on independently, it's hard to know exactly how many there are in the US currently, but estimates suggest at least 100 to date.

Memory Cafés take place in a wide range of venues all across the world. For example, they can meet at Coffee Houses, Restaurants, Community Centers (like PLE), Assisted Living, Continuing Care Communities, Libraries, Museums, and even Farms - just about any warm, inviting location!

At PLE, the Memory Café is managed by Julie Barnes and Lori Raffel, and meets

every Friday at noon, with each week adding a unique experience for those who attend.

Activities are varied, but tend to focus on topics that are apt to cause one to reminisce about times gone by. That "connection" to the past can be as comforting as it is medically beneficial. Emphasis is often placed on activities where humor can be a central part of the enjoyment. Our activities include music, entertainment, therapeutic topics, and many others.

People can come together over lunch or a simple cup of coffee and enjoy each other's company. They can have fun and laugh.

Activities provide an outlet for individuals and couples to enjoy each other's company and meet new friends in the process. Additional benefits come down the road as these new friends can be turned to for support and resources. Memory Cafés allow people to remain socially engaged with others traveling the same journey.

We hope you will make it a "must do" event at noon on Fridays - on your weekly calendar.

NEW MEMBERS IN APRIL and MAY 2024

4/29/2024  
5/1/2024  
5/3/2024

Judy Thomas  
Loretta Berndt  
Bev Gallagher

5/9/2024  
5/9/2024  
5/14/2024  
5/16/2024

Donna Phelan  
Carolyn Noland  
Roger Claffey  
Margi Vasil



MAY was a  
great month at PLE!



**PrimeLife Enrichment Center**

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## PLE SENIOR NEWS | JUNE 2024

*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 benefit PLE  
through my legacy/estate planning. [Note: Check with your  
tax advisor re: leaving a lasting legacy for our seniors. Prime-  
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