



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



### PLE SENIOR NEWS | AUGUST 2024

The CLIMB class on Mondays, Wednesdays, and Fridays at 9 am is very popular.

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#### UPCOMING EVENTS AND ANNOUNCEMENTS

##### AUGUST LUNCH & LEARNS

- August 7:** Eye Health
- August 14:** Assisted Living Locators
- August 21:** Blood Pressure with IU Health
- August 28:** Senior Companion Program

##### AUGUST EVENTS TO REMEMBER

- August 17:** Carmel Public Safety Day

##### GREETINGS PRIMELIFE MEMBERS:

Join us for a rebranding focus group meeting, and let your voices be heard.

- Tuesday – July 30, 2024 10am in the LIBRARY
- Thursday – August 1, 2024 1pm in the ANNEX
- Monday – August 5, 2024 12pm in the ANNEX

Groups will take no longer that 45 minutes to 1 hour. There will be sign-up sheets outside of Cindy's office, please select only one session. Space is limited to 15 participants per meeting. Please reach out to Cindy or Julie if you have any questions.



CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

# ABOUT US

PrimeLife Enrichment Center



## WELCOME!

### OUR MISSION

Our mission is to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health.

### OUR VISION

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  
The Next Step Network  
Adventure Archives



### 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-Greiw  
Sarah Schlifke

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

**GARY WAGNER** • Executive Director  
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**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



**GARY WAGNER**  
Executive Director

## AUGUST POTPOURRI

For those of you who may have slept through your world history class, August derives its name from the first Roman Emperor, Augustus Caesar, who transformed a humble month originally named Sextilis into a period of celebration and tribute. In ancient Rome, August was a time of festivals, religious observances, and lavish displays of power and prosperity. Today, echoes of these traditions resonate in various cultures around the world, where August remains a time for vacations, reunions, and community festivities. Of course, it used to be that August was the last full month of summer vacation before students returned to the classroom. Unfortunately, given that almost all schools now resume classes in early to mid-August, those days are long gone.

Many folks, myself included, consider the month of August to be somewhat of a paradox. On the one hand, it is summer's last hurrah. On the other, it is the gateway to fall which almost always goes way too fast before the onset of winter. But I don't even want to think about cold, dreary days that lie ahead. Instead, let's focus on the month at hand, beginning with what we call the "dog days" of August.

Perhaps more than any other month of the year, August evokes images of sweltering heat, lethargic afternoons, and a sense of summer's climax. The term "dog days" has roots in ancient Greek and Roman astrology, referring to the period when Sirius, the Dog Star, rises just before or at the same time as the sun. This astronomical phenomenon was believed to coincide with the hottest time of the year, typically occurring from mid-July to mid-August. Over time, the term evolved to describe any period of sultry heat, characterized by languid days and restless nights.

You don't have to be a meteorologist to know that Central Indiana experiences a continental climate characterized by hot, humid summers and cold winters. August epitomizes the peak of summer heat, with temperatures often soaring into the upper 80s and 90s Fahrenheit (around 30-35°C). Humidity levels can be notably high, adding to the discomfort and creating conditions that prompt many if not most of us to seek relief in air-conditioned spaces or cool bodies of water. As an aside, I must point out that having lived in Evansville for ten years prior to coming to PrimeLife,

our dog days in Hamilton County pale in comparison to August dog days down by the Ohio River..

Having said that, I will readily admit that our own dog days of August can be quite miserable with oppressive heat and humidity. Yet, many of us venture from our indoor retreats to enjoy such activities as going to the park, enjoying a day at the pool, going to outdoor concerts, etc. Some of us even venture onto the golf course (preferably before mid-afternoon). And as August begins to wind down, you can sense an underlying anticipation for the transition to cooler temperatures. Many families begin preparing for back-to-school activities. Others might start planning a fall trip to Brown County to catch its vibrant autumnal colors. Some check their calendars for upcoming fall festivals. And many, especially those of us who are diehard Colts fans, begin counting down the days before the start of football season. Whichever may be the case, the latter days of August mark the onset of a new chapter in the annual calendar and evoke a sense of wonder and gratitude for the beauty inherent in each season's cycle—a reminder that change, though inevitable, brings with it moments of profound grace and reflection.

— Gary

Now that we're well past all the July 4th fireworks and celebrations and have hopefully recovered from at least one party's national convention, you may be thinking there's not much to get excited about in August (unless you're a student of politics and plan to tune in to the other party's national convention). In the words of Lee Corso, former football coach at Indiana University and mainstay commentator since 1983 ESPN's Saturday College GameDay program, "Not so fast, my friend." While there may not be any major holidays in August, there are plenty of lesser-known observances that you may want to put on your calendar. Check these out:

### Monthly August holidays in 2024

- Back to School Month
- Boomers Making a Difference Month
- National Golf Month
- National Hair Loss Awareness Month
- National Sandwich Month

### Weekly August holidays in 2024

- National Simplify Your Life Week (Aug. 5–11)

- Elvis Week (Aug. 9–17)
- National Bargain Hunting Week (Aug. 12–18)

### Daily August holidays in 2024

#### August 2

- Indiana State Fair (thru August 18th)
- National Ice Cream Sandwich Day

#### August 3

- National Twins Day
- National Watermelon Day

#### August 4

- U.S. Coast Guard (USCG) Birthday
- National Purple Heart Day

#### August 8

- International Cat Day (Lori insisted I put this in.)
- National Pickleball Day (Julie insisted I put this in.)

#### August 10

- Spoil Your Dog Day (Nikki insisted I put this in.)

#### August 14

- Social Security Day

#### August 15

- National Back-to-School Prep Day

#### August 17

- Baby Boomers Recognition Day
- National Nonprofit Day
- National Thrift Shop Day (Hilda insisted I put this in.)

#### August 21

- Senior Citizens Day
- Gary Wagner's Birthday (Guess how old.)

#### August 22

- National Burger Day

#### August 26

- Musical Yoga Day (Cheryl insisted I put this in.)
- National Dog Day (Nikki again.)

#### August 28

- National Bow Tie Day (George insisted I put this in.)

#### August 29

- Marine Corps Reserve Birthday
- National Sports Day

#### August 31

- Eat Outside Day
- Speak Kind Words Saturday (last Saturday in August)

## 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
- Aerobic Equipment
- Social Events
- BINGO
- Weight Room
- Library and Game Room
- Groups/Clubs
- Classes/Services

**ENHANCED MEMBERSHIP: \$40 PER MONTH****INCLUDES ALL ABOVE, PLUS:**

All land and Aquatic Fitness Classes, Revel Fitness



# BENEFITS OF CONNECTED CARE PROGRAMS

As an adult who has Medicare, Medicare Advantage, or Medicare/Medicaid coverage, you deserve enhanced primary care that's focused on your unique needs. The highly skilled IU Health physicians and compassionate care team of experts at Connected Care deliver the health care services most important to you.

## WHAT TO EXPECT WITH CONNECTED CARE

Your doctor and care team will be well connected to you, your life and your needs. By offering longer appointment times (30 to 60 minutes), same-day appointments and 24/7 phone access to a provider, we provide the services that matter most, whether you're managing one or multiple chronic conditions, such as heart disease, high blood pressure, diabetes, COPD (chronic obstructive pulmonary disease), or dementia.

## WHY CHOOSE CONNECTED CARE?

Longer appointment times give you more time to talk with your doctor and work together to develop a coordinated plan of care that works for you and your life. Your compassionate care team will get to know you and your unique healthcare needs. You'll have access to a clinical pharmacist who can help with medication management and assist with affordability. Your care team works in collaboration with your specialists to ensure you receive consistent and coordinated care.

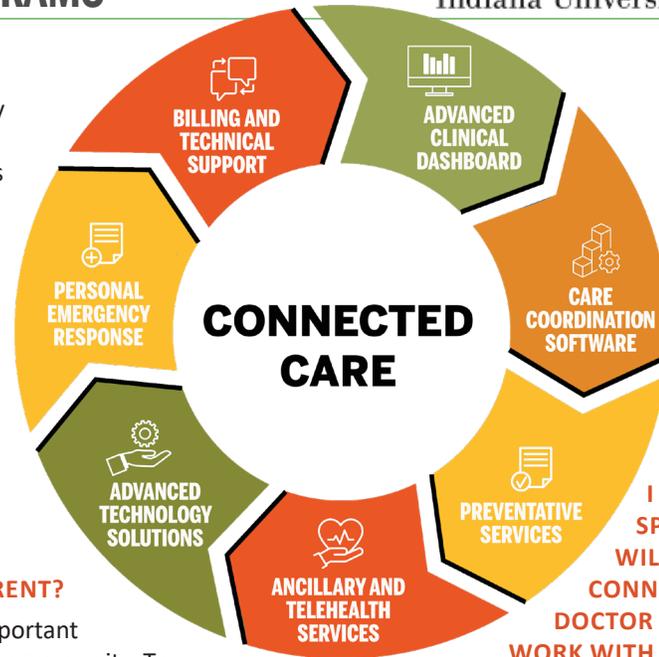
## WHO IS ON MY CARE TEAM?

Your care team will get to know you as a person and can include:

- Providers
- Clinical pharmacists
- Care managers
- Social workers
- Patient care navigators
- Virtual behavioral health services

This team provides expert care to meet the unique need of patients with Medicare.

Source: <https://iuhealth.org/find-medical-services/connected-care>



## HOW IS IU HEALTH CONNECTED CARE DIFFERENT?

We are an important partner in the community. To help us show our appreciation and stay connected to our patients, we host events throughout the year in our Community Room. This may include free seminars on relevant health topics, such as diabetes or heart disease, exercise classes, fun events, caregiver education and information about Medicare. This helps us get to know our patients and their loved ones, so we can provide important support services necessary for our patients' success.

## WHO CAN GO TO IU HEALTH CONNECTED CARE?

Connected Care practices are specifically designed for people with Medicare, Medicare Advantage or Medicare/Medicaid insurance coverage. If you're managing one or more chronic conditions, then Connected Care may be the right choice for you.

## DOES CONNECTED CARE COST THE SAME?

Yes. You can expect to see the same primary care visit costs that you always have if you are currently seeing an IU Health provider. You may actually see lower healthcare costs over time by reducing emergency visits or hospital stays.

## I SEE A SPECIALIST. WILL MY CONNECTED CARE DOCTOR WORK WITH THEM?

Yes. Your specialist will continue to provide care in addition to the new Connected Care primary care services you will receive. Your Connected Care doctor will be in direct contact with your specialist as needed and both will collaborate seamlessly to ensure you receive the most coordinated care possible.

## WILL CONNECTED CARE BECOME MY NEW PRIMARY CARE HOME?

Yes. Once you choose Connected Care, your physician and care team will begin providing the enhanced primary care services you need, for long as you need them.

## WHAT ARE SOME OF THE EXPANDED SERVICES OFFERED BY CONNECTED CARE?

Connected Care services include in-person and virtual visits, longer appointment times (30 to 60 minutes), same-day appointments, and 24/7 phone access to a provider. You'll also have access to a pharmacist, care manager, social worker, and virtual behavioral health services.

To learn more or find a provider near you, navigate to <https://iuhealth.org/find-medical-services/connected-care>

PrimeLife garners rave reviews for our health and wellness programs. Our members, fit mentally and physically, are accomplished doctors, lawyers, educators, and other professionals with an intelligence and knowledge they love to share with others. That's part of what makes us special.

Please remember that in addition to being a great place for Seniors to add longevity and value to their lives, PLE is a business that has a plan of action in place for many types of events, including health emergencies, when they occur. For this reason, it is important that we are able to put these policies and procedures in motion without interference.

### **ALERT PLE STAFF!**

When an emergency occurs or a health issue is reported, **PLE staff's first job is to maintain privacy and safety** for any compromised person in our facility. In a health situation, please alert staff as soon as possible. We are all CPR trained, know where the AED is, and we are trained to assess the situation to prevent further injury.

### **ALLOW FOR SPACE AND LISTEN TO STAFF!**

It is important to **listen to staff and not stand around or hover over those in need of help**. We realize that the friendships that are formed here are strong and all of you are kind and capable. We are also aware that many of you are doctors, nurses, and health care workers by trade, but please do not insert yourself into a health situation unless you are asked to do so. There is an emergency protocol, and it runs smoother without contradicting assistance.

### **DO NOT MOVE OR FEED AN INJURED PERSON!**

Please keep in mind that if someone falls and requires help to get up, members and staff are not to move them. If a member can get up safely with a chair, walker, or cane then please give them space to do so. **Human assistance must come from paramedics**, who are trained to determine any injuries that occurred, and prevent further injury.

The same guidelines also apply for members

who appear weak or confused. **Please do not administer food, drink, or medications.** Without knowing what is causing the confusion or weakness, we could cause choking, vomiting or additional injury by feeding them.

### **911 CALLS DO NOT ALWAYS RESULT IN HOSPITALIZATION**

If it is safe to help on site, EMS professionals will do so. We are so lucky to have an amazing paramedic squad close by who are attentive to each individual's needs when offering assistance. They have all the tools to get our injured members on the road to recovery and it is important to allow them to do their job.

It is so wonderful that PLE is filled with members who care about each other and are willing to provide assistance when it is needed, *but please remember:*

**Unless you are told otherwise, the best help you can give is to let PLE staff and EMS professionals do their job without interfering.** Thank you.

## 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		ADVANCED AQUATIC AEROBICS w/ Lisa		ADVANCED AQUATIC AEROBICS w/ Lisa	CARDIO AND STRETCH w/ Janice
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 FOUND. AQUATICS w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Patsy
12:30 pm	OPEN POOL w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Patsy
1:15 pm		3rd Tuesday of the month: VOLLEYBALL w/ Janice 1:15 - 2:15 pm			

## LAND FITNESS CLASSES

\* Instructor change on August 12.

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	SATURDAY
10:15 am	GOT BALANCE w/ Lindsay		GOT BALANCE w/ Janice *		STRENGTH & FLEXIBILITY w/ Lindsay *	9:30 am WERQ w/ Alicia
11:00 am	LABLAST w/ Cindy	TONING w/ Cheryl	LABLAST w/ Cindy	TONING w/ Cheryl *	LABLAST w/ Cindy	
12:30 pm		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		SUNDAY
1:30 pm		YOGA BLEND w/ Cheryl		YOGA BLEND w/ Cheryl		9:30 am POUND UNPLUGGED w/ Sandy
EVENING CLASSES	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.brownbears.com/cal/pleinstructors">www.brownbears.com/cal/pleinstructors</a>	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPECIAL DATES:</b>            August 17 Carmel Public Safety Day            9 am to 1 pm at 11611 N. Meridian            in Carmel. Open to all!</p> <p><b>LUNCH &amp; LEARNS:</b>            August 7 Eye Health            August 14 Assisted Living Locators            August 21 Blood Pressure - IU Health            August 28 Senior Companion Program</p>	<p><b>REBRANDING FOCUS GROUP</b>            Tuesday, July 30, 2024            10am in the LIBRARY</p> <p><i>Please try and attend 1 of the meetings. There will be sign-up sheets outside of Cindy's office, please select only one session. Space is limited to 15 participants per meeting. Please reach out to Cindy or Julie if you have any questions.</i></p>	<p><b>KEY:</b>            * - Open to Public            \$ - Additional Fee            Z - Also on Zoom            L - Library            B - Board Room            A - Annex</p>	<p><b>1</b> 9:00 am Pinochle L            10:00 am Coffee &amp; Conversation            11:30 am CICOA Lunch \$            12:30 pm Card-Making \$            1:00 pm Euchre L</p> <p><b>REBRANDING FOCUS GROUP</b>            Thursday, August 1, 2024            1pm in the ANNEX</p>	<p><b>2</b> 11:30 am Second Helpings Lunch *            12:00 pm Memory Café:            Music sponsored by The Barrington            12:15 pm Partner Bridge L</p>
<p><b>5</b> 11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO            1:00 pm Creative Writing B</p> <p><b>REBRANDING FOCUS GROUP</b>            Monday, August 5, 2024            Noon in the ANNEX</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM</b></p>	<p><b>6</b> 11:30 am CICOA Lunch \$            12:30 pm Golden Oldies of PLE Club A            1:00 pm Needlework L</p>	<p><b>7</b> 11:30 am Second Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            1:00 pm Bible Study B</p> <p><b>FOOT CARE - MY DIVINE SOLE CALL FOR APPT.</b>            463-234-8918</p>	<p><b>8</b> 9:00 am Pinochle L            10:00 am Coffee &amp; Conversation            11:30 am CICOA Lunch \$            1:00 pm Euchre L</p>	<p><b>9</b> 11:30 am Second Helpings Lunch *            12:00 pm Memory Café:            The Joy of Forgiving Yourself            12:15 pm Partner Bridge L</p>
<p><b>12</b> 11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO with Nic</p>	<p><b>13</b> 10:00 am Sanders Glen Walking Club            11:30 am CICOA Lunch \$            12:30 pm Golden Oldies of PLE Club A            1:00 pm Needlework L</p> <p><b>NO DIVVY</b></p>	<p><b>14</b> 10 -11 am Caregiver Support Group L            11:30 am Second Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Art Class \$            1:00 pm Bible Study B</p>	<p><b>15</b> 9:00 am Pinochle L            10:00 am Coffee &amp; Conversation            11:30 am CICOA Lunch \$            12:30 pm Card-Making \$            1:00 pm Euchre L</p>	<p><b>16</b> 11:30 am Second Helpings Lunch *            12:00 pm Memory Café:            Therapeutic Activity sponsored by The Barrington            12:15 pm Partner Bridge L</p>
<p><b>19</b> 11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO            1:15 pm Belgian Tour with Horst A</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM</b></p>	<p><b>20</b> 10:30 am Tech with Troy            11:30 am CICOA Lunch \$            12:30 pm Golden Oldies of PLE Club A            1:00 pm Needlework L</p>	<p><b>21</b> 11:30 am Second Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Art Class \$            1:00 pm Bible Study B</p>	<p><b>22</b> 9:00 am Pinochle L            10:00 am Coffee &amp; Conversation            11:30 am CICOA Lunch \$            1:00 pm Euchre L</p>	<p><b>23</b> 11:30 am Second Helpings Lunch *            12:00 pm Memory Café            Big Band Music            12:15 pm Partner Bridge L</p>
<p><b>26</b> 10:00 am Theatre Club L            11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO with Nic</p>	<p><b>27</b> 11:30 am CICOA Lunch \$  <b>DIVVY</b>            12:30 pm Golden Oldies of PLE Club A            1:00 pm Needlework L            1:30 pm Book Club sponsored by Wellbrooke of Carmel</p>	<p><b>28</b> 11:30 am Second Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Art Class \$            1:00 pm Bible Study B</p>	<p><b>29</b> 9:00 am Pinochle L            10:00 am Coffee &amp; Conversation            11:30 am CICOA Lunch \$            1:00 pm Euchre L</p>	<p><b>30</b> 11:30 am Second Helpings Lunch *            12:00 pm Memory Café            Adult Coloring            12:15 pm Partner Bridge L</p>

# SUMMER!

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

CAMPING  
FRISBEE  
OUTDOORS  
PLAY  
SHORTS  
SUN  
SWIMSUIT

DIVING  
GRASS  
PARK  
POPSICLE  
SPRINKLER  
SUNSCREEN  
TAN

FLOWERS  
HOT  
PICNIC  
SANDALS  
SUMMER  
SWIMMING  
WATERMELON

# IMPORTANT UPDATES FOR OUR MEMBERS

## HOW'S YOUR PARKING?

All of us have heard stories about emergency response vehicles trying to get through a road or parking lot where people have parked incorrectly. The results are often people suffering and even dying unnecessarily. In some states - like Indiana - Fire Trucks can simply push the car(s) out of the way to get by. Yes, they are allowed to do that and they are also allowed to tow the car and fine those people who park without leaving room for these vehicles.

This could happen at PLE any day based on the photo taken above on a recent Wednesday at lunch. Please remember to use the South side of the Carmel Ice Skadium parking lot for overflow, and not the sides of the PLE parking lot marked "No Parking".

Parking is an on-going issue at PLE, but is not OK to simply park where your car "fits" - instead please use the marked spaces so we know in case of emergency, Fire and EMS Trucks can get by and get to the building. We know it might make a longer walk to the door, but I think we can all agree it's worth it to get those emergency response vehicles where they need to be.



## HAVE YOU MOVED?

Do we have your most current address on file at PLE? Please take a moment to let a staff member know when you move to a new address, change your phone number or contact information. It's important that we always have the most up-to-date information on file and can easily contact you if necessary.

We know there are a million details to be handled when you are moving, but we promise to make it easy on you by updating your information quickly and letting you get back to activities.

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## ARE YOU ALWAYS CHECKING IN?

Members checking in when they arrive at PLE is one of the most important things you will do all day. If you forget to check in, PLE doesn't get credit for you being here and that snowballs.

You checking in means we can report your attendance to your insurance carrier and our donors and sponsors. Your attendance translates to dollars for PLE from Hamilton County, United Way, CICOA, and other places that use our statistics to measure our funding.

Bottom line: If you don't check in, PLE loses money and that means we all lose. If you need assistance, just ask.

## EASY ONE-DISH AUGUST RECIPES



### ROASTED ZUCCHINI CASSEROLE

#### INGREDIENTS

- 3 medium zucchini, sliced
- 2 medium onions, sliced
- 3 tablespoons olive oil
- Salt and ground black pepper to taste
- 1 (16 ounce) package penne pasta
- 1 (28 ounce) jar marinara sauce
- ½ cup grated Parmesan cheese

#### DIRECTIONS

Preheat the oven to 400 degrees.

Toss zucchini and onions in a large bowl with olive oil until evenly coated. Spread vegetables into a large baking dish.

Roast in the preheated oven until golden, about 30 minutes. Remove from the oven and season with salt and pepper. Reduce the oven temperature to 350 degrees F.

When the vegetables are almost finished roasting, bring a large pot of lightly salted water to a boil. Add pasta and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes; drain.

Lightly grease a 9x13-inch baking dish.

Heat marinara sauce in a saucepan over medium heat until hot. Spread hot sauce into the prepared baking dish. Top with cooked pasta, followed by roasted zucchini and onions. Sprinkle with Parmesan cheese.

Bake in the preheated oven until sauce is bubbly, 35 to 40 minutes. Remove from the oven and let rest for a few minutes before serving.



### DIFFERENT CHICKEN DIVAN

#### INGREDIENTS

- 2 cups cooked, cubed chicken breast meat
- 1 pound fresh broccoli, cooked and chopped
- 1 cup mayonnaise
- 1 ½ tablespoons curry powder
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic salt
- Salt and pepper to taste
- 2 ½ cups shredded Cheddar cheese, divided
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (6 ounce) can French-fried onions

#### DIRECTIONS

Preheat the oven to 350 degrees F.

Spread chicken in the bottom of a 9x13-inch baking dish and scatter broccoli over top.

In a medium bowl, combine mayonnaise, curry powder, cayenne pepper, garlic salt, salt, and pepper, and mix well. Add 1 cup Cheddar cheese, cream of chicken soup, and cream of mushroom soup and mix again, then pour mixture over chicken and broccoli. Sprinkle with remaining 1 1/2 cups of cheese and top with onions.

Bake in the preheated oven for 30 minutes.



### BRUNCH POTATO CASSEROLE

#### INGREDIENTS

- 4 pounds new potatoes, skinned, cut into 1-inch cubes
- 1 pound processed cheese food, cubed
- 2 cups mayonnaise
- 1 pound bacon, cooked crisp and chopped
- 1 onion, finely chopped

#### DIRECTIONS

Preheat the oven to 350 degrees.

Place potatoes in a large pan; fill with enough water to cover and bring to a boil. Cook until potatoes are just soft. Drain and place in a large bowl.

Gently stir processed cheese into hot potatoes without mashing them. Continue to stir every minute or so until cheese is melted.

Stir together mayonnaise, bacon, and onion in a separate bowl. Gently stir into potato-cheese mixture until well combined. Spread into a 9x13-inch baking dish.

Bake in the preheated oven for 50 minutes.



Big thanks to Chef Nicole of A Chef's Touch who has been sharing her innovative and delicious cookies with PLE on many Wednesdays!

Her tasty Raspberry Lemon Cookie is out of this world and her S'mores Cookie tastes like pure Summer! Chef Nicole has a wide array of culinary delights, including meals. Check her out at: [www.achefstouchindy.com](http://www.achefstouchindy.com).

In between my Freshman and Sophomore years in college, I worked at Camelot Records in Washington Square. It was just one Summer, but it was such a great time in my life with music providing the soundtrack to each work day.

We had mostly vinyl, some cassettes, and a few CDs, which were just coming out. I grew up with music all around me, listening to Count Basie, Duke Ellington, Frank Sinatra, The Beatles, and a whole range of Broadway musicals. That Summer I was exposed to so many different genres of music that my knowledge and love for it expanded to artists and styles that I had never paid much attention to before.

There were six full time employees and our taste in music differed as much as our backgrounds. I still lived at home with my parents, but we had one guy who was a forever hippie that followed the Grateful Dead around the country most of the year. One girl was classically trained in opera, but she could do a mean rendition of Aretha's RESPECT. Another kid was an entrepreneur who booked himself to DJ at

weddings and who, at the tender age of 16, had more money than all the rest of us combined. We had little in common, but music linked us together.

When people listen to their favorite songs together, something remarkable happens. Sharing music leads to stronger social bonds, and a sense of connection and understanding between people who otherwise may have never given each other a second thought.

Music serves as a powerful cue for all of us to recall time periods and events in our lives. Where were you the first time you heard a song? Who were you with? Was it at a wedding, funeral, prom, or just riding with the windows down on a steamy Indiana night?

Music transcends cultural boundaries and has the ability to impact our moods and speak to our souls. Music is still the thing that draws me closest to people.

Listening to music triggers the release of powerful chemicals in our brains like dopamine, serotonin and oxytocin that

give us a rush of pleasure and can prompt powerful responses ranging from pure joy to heart-breaking sorrow. We all know what song will transport us back in time to make us smile or cry when we hear it.

Music conjures emotions that normal words cannot. Neil Young's unique voice that possesses an undeniable authenticity. The mysticism of Stevie Nicks with haunting lyrics and ethereal sound. Boz Scaggs with his imperfect, but soulful voice. Carole King and her direct sincerity, kindness, simplicity. Frank with an edge born from creative phrasing and an aloofness only he could get away with. Ella with her soft edge, vulnerability, and warmth.

Since that Summer at Camelot, I have realized that some of the most important times in life don't fit into words... and that's why we have music. Thank goodness we have it. So croon along with the radio at full blast, sing with a group whenever you get a chance, and be uplifted, healed, soothed and inspired.

by Lori Raffle

NEW MEMBERS IN JUNE and JULY 2024

Bob Griffin 6/24/2024  
Mark Oehler 6/25/2024  
James Law 6/26/2024  
Sergia Gomez 6/26/2024

Sue Lightle 6/27/2024  
Susan Pieples 7/1/2024  
Kurt Pieples 7/1/2024  
Carol Dean 7/1/2024

Brad Ancil 7/1/2024  
Cindy Schroeder 7/2/2024  
Jane M. Weinkauff 7/8/2024  
Cindy Bauer 7/8/2024  
Sharen Ritchie 7/9/2024

Dave Cherry 7/11/2024  
Joan Carter 7/18/2024  
Michael Selking 7/23/2024  
Carol Selking 7/23/2024



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OUR CARMEL  
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DEPARTMENT



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# PLE SENIOR NEWS | AUGUST 2024

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-  
Life Enrichment, Inc. is a 501(c)(3) corporation.]

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