



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JULY 2024

PrimeLife group attending *TINA* downtown at the Old National Center.

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UPCOMING EVENTS AND ANNOUNCEMENTS

JULY LUNCH & LEARNS

July 17: Independent Adult Day

July 24: Elvis in the House!

July 31: Burn Prevention - Ascension St. V

SPECIAL EVENTS IN JULY

July 4: Independence Day

July 10: Carmel Fire Department Cook Out

 **FIND US ON FACEBOOK**
facebook.com/PrimeLifeEnrichment

 **FIND US ON INSTAGRAM**
instagram.com/PrimeLifeEnrichment

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
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

"July is hot enough to actually make us miss winter." - Unknown

"Technology is anything that wasn't around when you were born." - Alan Kay

To all our members, supporters, and friends,

I may have spoken too soon in last month's newsletter when I trumpeted June as one of my favorite months of the year. While it still beats the cold, drab months of February and March, I'm thinking very seriously of lumping it in with July and August as months filled with dog days of summer. In case you've been away, this year's month of June seemed to be a chain of high heat and humidity days, the likes of which I can't remember. You expect such miserable weather in August and sometimes in July (towards the end of the month). But June is supposed to be the most pleasant of summer months. You can throw open your windows, keep your air conditioning turned off, and sit on your patio or deck enjoying an adult beverage without sweating profusely. Such was not the case this last month.

Maybe it all has to do with global warming and a lingering El Niño. I'll let the climatologists figure it out. All I know is that I'm hoping July will not follow the example of June. In the meantime, thank goodness for central air at home and in the office, as well as the AC in our vehicles. I'm sure you remember as I do when these were considered luxuries many years ago that few could afford. Of course now, our children and grandchildren can hardly relate to the days when box fans provided at least some relief from the heat at home. And if you were going on a family trip, all the car windows were rolled down (manually).

Speaking of luxuries we now take for granted, how about gas furnaces and heat pumps? Does anyone besides me remember oil or coal furnaces? I'm digressing from what started as a diatribe against hot weather, but honestly, doesn't it amaze you when you think about everything we have today that few would have imagined possible throughout much of our lifetimes. We have lap top computers and cell phones that are more powerful than



the electronic behemoths that were in temperature controlled rooms less than 40 years ago. Speaking of phones, remember dial rotary phones? The younger generations may be whizzes with iPhones and Androids, but few could find their way out of a phone booth, much less know how to dial up the internet. How about your first television? Chances are, it was a black and white model in a bulky wooden cabinet. It seemed like every couple of weeks my dad would pull one or more bad tubes from the back of the television and go to the drugstore to find a replacement. If he couldn't fix it, we had to call the TV repairman. Of course, now that flat screen color televisions (with no tubes) are a staple in most homes and offices, TV repairmen have pretty much become extinct. If your television breaks, you just go buy a new one. How



GARY WAGNER
Executive Director

about automatic transmissions? I doubt that many of the younger generations could handle a three-speed on the column, without grinding the gears or killing the engine. And whatever happened to those avocado- or copper-colored refrigerators with a freezer compartment on top that held ice cube trays? Certainly an improvement over the ice box I remember in my grandmother's house. But now we have stainless steel side-by-side or French door refrigerators with ice and water dispensers. Last but not least, who could have seen the days when you could actually use your watch as a telephone?

Do you ever wonder if or when such advances will slow down or stop? Charles H. Duell who was Commissioner of the U.S. patent office in 1889, thought it would. In fact, he predicted that the patent office would shrink and eventually close because "Everything that can be invented has been invented." Here we are, 135 years later, and no end in sight. None of us have a crystal ball that gives a view of what is to come in the future. By now, however, one thing should be obvious. As long as there are people with inquisitive and talented minds, tomorrow's landscape will always be different than today's. Embrace the change and remember these words of Albert Einstein: "Life is like riding a bicycle. To keep your balance, you must keep moving."

Happy July!

– Gary

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



SUMMER IS HERE: SUN SAFETY TIPS

With summer in full swing, here are some mid-season skincare reminders to help you enjoy the sun safely!

WHAT'S THE DIFFERENCE BETWEEN SUNSCREEN AND SUNBLOCK?

Chemical sunscreens filter ultraviolet light and reduce penetration into the skin. These include avobenzene, homosalate, octisalate, oxybenzone and octinoxate. Most chemical sunscreens now protect from both UVA and UVB rays, but be sure to check labels for "broad spectrum coverage." Physical sunblocks include zinc oxide and titanium dioxide. These reflect the sun to prevent absorption of both UVA and UVB rays through the skin.

CHOOSING THE RIGHT SPF

Use a sun protection factor (SPF) of 30 or higher, which should provide 97 percent protection from UVA and UVB rays if applied appropriately. For children older than six months, physical sunblocks that contain fewer chemicals are the best choice.

APPLICATION AMOUNT AND FREQUENCY

Because UV light breaks down sun protection products in just a few hours, reapplying every two hours is recommended. I advise applying a physical sunblock to the entire body before going out in the sun. Then if a chemical sunscreen is preferred, apply one with SPF 30 or higher every two

SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT

immediate redness, burning, pain and blisters. Sunburn can also cause brown spots, wrinkles and skin cancer. Sun poisoning can refer to a severe sunburn resulting in fever, chills, headache, nausea and dizziness. It can also refer to polymorphous light eruption (sun sensitivity). Typically, this appears as a rash each spring upon first sun exposure and improves over the next few months as sun exposure continues.

TREATMENT

Recommended remedies for mild cases of sunburn include applying cool cloths to affected skin or taking frequent cool showers or baths. Lotions with aloe vera can also help soothe skin. Topical steroids, such as hydrocortisone cream, may help alleviate sunburn pain and swelling. Do not use topical steroids on children under

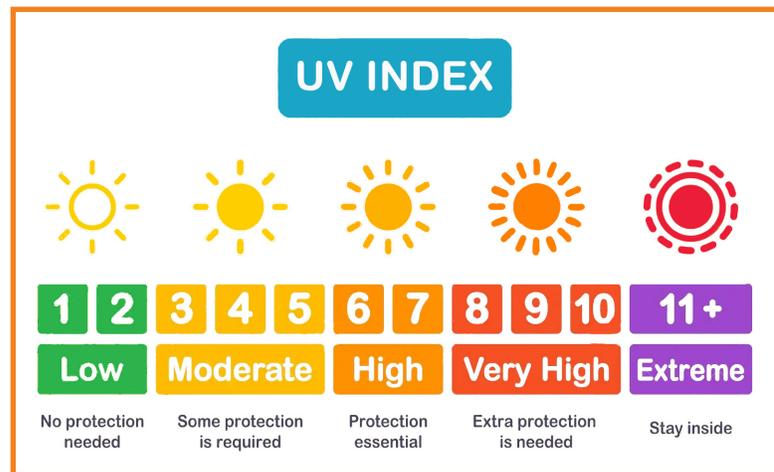
two without consulting a doctor. For more serious cases of sunburn or sun poisoning, call your doctor.

hours. For most adults, a quarter cup of sunscreen/sunblock should adequately cover the body.

"SUNBURN" AND "SUN POISONING" EXPLAINED

Sunburn results from over exposure to ultraviolet light, which leads to

Source: Melanie Kingsley, MD, IU School of Medicine Dermatology



MIX AND MATCH JULY CELEBRATION DAYS

July provides opportunities to enjoy life's simple pleasures and to celebrate moments of joy with others. Since we all know how important it is to stay mentally active, here is something that might help and hopefully be entertaining at the same time. All you have to do is match the July days of celebration given below with the description given to the left by writing the correct number next to the name of the July holiday. You'll find the answer key on page 14, but don't peek until you've completed this fun exercise.

1. A day dedicated to laughter and humor, where people share jokes and funny stories to spread joy.
2. Commemorates the adoption of the Declaration of Independence and is marked with fireworks, parades, barbecues, and patriotic events.
3. The Colonel and Popeye both look forward to celebrating this day.
4. Winners of the Indy 500 like to milk this day for all it's worth.
5. A day dedicated to one of the most popular side dishes, complemented with catsup or dipping sauces.
6. A day for celebrating a ball park favorite, often enjoyed with various toppings and condiments.
7. A day to celebrate the tiny characters that have become integral to digital communication.
8. A day to savor the creamy goodness of a summer-time treat before it melts.
9. A day to enjoy the summer by lounging in a canvas or rope bed often suspended between two trees.
10. Buttermilk, Trigger, Champion, Scout, Silver, Topper and Buckshot might have enjoyed this day off.
11. A day to indulge in all your favorite but often unhealthy foods such as chips, candies, cookies, and other snacks.
12. A day that celebrates how you might be able to beat the heat.
13. A day to indulge in calorie-rich "cheesy" desserts, often covered with cherries, strawberries, or even chocolate.
14. A day to celebrate the patriarchs and matriarchs of our families.
15. A tribute to Garry Moore and to those who testify in court.
16. A question you might hear when temperatures and humidity soar.
17. Commemorates signing of the American Disabilities Act.

JULY CELEBRATION DAYS:

- ___ National Fried Chicken Day
- ___ World Emoji Day
- ___ Tell the Truth Day
- ___ National Disability Independence Day
- ___ National Hot Dog Day
- ___ National Junk Food Day
- ___ National Ice Cream Day
- ___ "Hot enough for ya?" Day
- ___ Independence Day
- ___ World Day for Grandparents and the Elderly
- ___ National Day of the Cowboy
- ___ International Joke Day
- ___ Cow Appreciation Day
- ___ National Hammock Day
- ___ National Swimming Pool Day
- ___ National French Fry Day
- ___ National Cheesecake Day

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 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/ Patsy	ARTHRITIS FOUNDATION AQUATICS w/ Janice	GETTING YOUR FEET WET w/ Janice	AQUATIC YOGA w/ Janice	GETTING YOUR FEET WET w/ Patsy
1:30 pm	OPEN POOL 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	SATURDAY
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 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): www.brownbears.com/cal/pleinstructors	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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>CICOA PRODUCE FOR BETTER HEALTH</p>	<p>2</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Singing Club A 1:00 pm Needlework L</p>	<p>3</p> <p>11:30 am Lunch sponsored by MAJESTIC CARE 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B</p>	<p>4</p> <p> PLE CLOSED ALL DAY</p>	<p>5</p> <p>PLE CLOSED ALL DAY</p>
<p>8</p> <p>11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:15 pm African Safari w/ Horstra A Zimbabwe & Botswana</p>	<p>9</p> <p>10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 12:30 pm DIVVY 12:30 pm Singing Club A 1:00 pm Needlework L</p>	<p>10</p> <p>11:30 am CFD COOKOUT 12:30 pm Hand & Foot L 1:00 pm Bible Study B</p> <p></p>	<p>11</p> <p>9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L 1:30 pm Nutrition w/ Brenda - Purdue Extension</p>	<p>12</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L</p>
<p>15</p> <p>11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO</p> <p>CICOA PRODUCE FOR BETTER HEALTH</p>	<p>16</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Singing Club A 1:00 pm Needlework L</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L</p>	<p>19</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Big Band Salute 12:15 pm Partner Bridge L</p>
<p>22</p> <p>11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO</p>	<p>23</p> <p>11:30 am CICOA Lunch \$ 12:30 pm DIVVY 12:30 pm Singing Club A 1:00 pm Needlework L 1:30 pm Book Club sponsored by Wellbrooke of Carmel - Big Lies in a Small Town by Diane Chamberlain</p>	<p>24</p> <p>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</p>	<p>25</p> <p>9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L 1:30 pm Nutrition w/ Brenda - Purdue Extension</p>	<p>26</p> <p>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>29</p> <p>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</p>	<p>30</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Singing Club A 1:00 pm Needlework L</p>	<p>31</p> <p>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</p>	<p>SPECIAL DATES: July 3 Majestic Care Lunch July 10 CFD Cook out!</p> <p>LUNCH & LEARNS: July 17 Independent Adult Day July 24 Elvis in the House! July 31 Burn Prevention - Ascension St. V</p>	
				<p>KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex</p> <p></p>

JULY WORD SEARCH



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

AMERICA	FREEDOM	REVOLUTION
BLUE	INDEPENDENCE	RIGHTS
BRITAIN	JULY	STATES
DECLARATION	LIBERTY	SUMMER
FIREWORKS	NATION	THIRTEEN
FLAG	PARADE	UNITED
FOURTH	RED	WHITE

CAN YOU PIVOT AT PRIMELIFE?

MEMBER
PrimeLife Enrichment Center

Have you ever showed up at Primelife ready to attend your favorite class or activity only to find out it has been cancelled at the last minute? We all know "Stuff Happens" and cancellations sometimes cannot be helped, but it is disappointing nonetheless! How do you handle it? Do you leave frustrated? Or can you pivot and have a backup plan? Primelife has so much to offer. Why not take the opportunity to try something new or just socialize and make new friends while you are here.

A few months ago, we had a bad thunderstorm and had to clear the pool. Storms continued so we cancelled the rest of the classes for that day. One of the class members, Nick, had a moment of disappointment like everyone else, but he had a backup plan! He simply said "I'll go walk on the track. No Problem." I loved his response!

Do you have a backup plan? Have you had an orientation for the weight/cardio



room? Have you walked the track? Walking with a friend is always fun! I recommend taking your first lap nice and slow and look at all the artwork by some of our members at PLE. If your favorite aqua class is cancelled, check out what land classes are available and give it a try.

Maybe it's a good opportunity to skip your workout (just this once) and try some of the activities available at PLE or sit down with a friend or make a new friend and

chat over lunch or coffee. There is some serious game play later in the afternoon. Join in or start up a game of Sequence or Uno. There are plenty of games to choose from. For a quiet activity, check out the library or see if there is a puzzle that you can help put together. Take a few minutes to browse the Thrift Shop. There are some groups and activities that you need to sign up for in advance. If such an activity is happening while you are at PLE, ask if you can observe for a while. You may just decide to sign up! You may get lucky and show up on a Monday for Bingo or Lunch and Learn on Wednesday- no sign up necessary!

You get the idea. I guess this article is another version of that famous saying, "If life gives you lemons, make lemonade"! Life is full of disappointments, learning to pivot and have a backup plan may help during these times.

by Janice Cates
Fitness Coordinator

JULY RECIPES



LEMON PASTA

INGREDIENTS

- 2 Tbsp. olive oil
- 2 Tbsp. unsalted butter
- 4 garlic cloves, thinly sliced
- 1/4 tsp. red pepper flakes
- 1 lb. uncooked spaghetti
- 2 tsp. kosher salt
- 1/2 c. grated parmesan cheese, plus more for serving
- 2 Tbsp. fresh lemon zest
- 1/4 c. fresh lemon juice
- 1/4 c. chopped fresh basil, plus more for serving
- Freshly ground black pepper, for serving

DIRECTIONS

Heat a large pot over medium heat; add the oil and butter. Allow the butter to foam, then add the garlic and red pepper flakes. Cook until fragrant, 1 minute.

Add the pasta, 6 cups of water, and salt to the pot and bring to a simmer. Reduce the heat to medium-low and continue simmering for 8 to 10 minutes, stirring frequently to prevent sticking, until the pasta is al dente.

Remove from the heat and stir in the parmesan, lemon zest, lemon juice, and basil. Serve topped with more parmesan, basil, and black pepper.



LOADED BAKED POTATO SALAD

INGREDIENTS

- 4 lb. Russet potatoes
- 2 Tbsp. finely chopped dill pickles, plus 1/4 c. juice from the jar
- 1 1/4 c. sour cream
- 1/2 c. mayonnaise
- 1 Tbsp. ranch seasoning
- 2 tsp. yellow mustard
- 1 tsp. kosher salt
- 1 tsp. ground black pepper
- 8 slices cooked bacon, chopped, divided
- 1 1/2 c. shredded sharp cheddar
- 1/4 c. thinly sliced green onions, plus more for serving

DIRECTIONS

Preheat the oven to 400°F.

Place the potatoes on a baking sheet. Using a fork, prick the potatoes all over. Bake until fork tender, about 1 hour. Let cool for 15 to 20 minutes, or until able to handle comfortably.

Peel the potatoes, chop into 1-inch pieces, and transfer to a large bowl (It's ok if they crumble a bit! Add all of the little pieces to the bowl.) Drizzle the chopped potatoes with the pickle juice and let them sit until the potatoes have cooled completely, about 1 hour.

In a small bowl, stir together the sour cream, mayonnaise, pickles, ranch seasoning, mustard, salt, and pepper until fully combined.

Pour the sour cream mixture over the cooled potatoes. Add the chopped bacon (reserving 2 tablespoons), cheese, and green onion and stir gently to combine. Refrigerate until ready to serve. Top with more green onion and the remaining 2 tablespoons of bacon just before serving.



CRAB CAKES

INGREDIENTS

- 1 egg
- 1/4 c. mayonnaise
- 1 tsp. dijon mustard
- 1 tsp. finely grated lemon zest
- 2 Tbsp. chopped parsley
- 1 1/2 tsp. Old Bay seasoning
- 1 lb. fresh lump crab meat
- 1/2 c. panko breadcrumbs
- 2 Tbsp. melted butter, plus more for greasing

DIRECTIONS

For the crab cakes: In a medium bowl, beat the egg. Stir in the mayonnaise, dijon mustard, lemon zest, parsley and Old Bay seasoning and mix well to combine. Add the crab meat and panko and mix gently but thoroughly to combine. Form 8 crab cakes by pressing them into shape with 1/3-cup measuring cup. Place on a greased sheet tray and refrigerate for 30 minutes.

For the spicy remoulade: In a small bowl, whisk to combine the mayonnaise, hot sauce, parsley, capers, garlic, paprika, lemon juice, salt and pepper. Refrigerate until ready to use.

Place an oven rack 8 inches from the broiler element. Heat the broiler over high heat. Brush the tops of the crab cakes with melted butter. Broil until golden on top and heated through, 4 to 5 minutes. Serve immediately with lemon wedges and spicy remoulade



The last time I was in a waiting room, two ladies were discussing their grandchildren. I wasn't really listening until one said "His parents are upset because he isn't doing all the things he should be at his age." Then, in a whispered tone, "He's low on the milestone charts."

She went on to say that he should be walking by now and talking in complete sentences. He is also not meeting goals in his social development, including recognizing familiar people and showing willingness to engage with others.

That's a lot of pressure on a human being who has yet to use the toilet. Everyone develops at different rates and we all grow up at different speeds. Thank goodness we don't have those charts for when we are adults.

Not only do I have trouble recognizing people, but I forget their names within five seconds of meeting them, and I am sometimes painfully shy and struggle to leave the house to engage with other people most nights after 6 pm.

We all know 70 year olds who still have sharp minds and the ability to walk a mile

without getting winded - all performance levels determined by lifestyle, good genes, environment, and a strong will. We don't all have those in spades. I try to remember not to compare myself to others, but instead try and be a little better person than I was the day before.

A two year old is measured on how often they take interest in other people's lives. I still go from one end of the spectrum to the other on this one. Yes, I care, but I don't always remember to ask and really listen when people talk about their lives.

Another chart asks if a three year old identifies emotions, like happy, sad, scared, in themselves and others. That's a tough one, too. Sometimes I can spend the day with someone and not see until the next day that they were struggling, even though I care about them and what they're going through.

Studies want to know how much four year olds show an interest in being a part of a group. Every day at PLE I see 80 year olds who walk in the door on a Monday and walk out on Friday with six friends and a date for cards over the weekend.

Not me - and thank goodness I now know that's OK. I don't make friends as quickly as others, but when I make one, I am a good and loyal friend. Some of us will spend the majority of our lives searching for our group and where we fit in, but it may take us 60 years to get up the courage to walk across the cafeteria and ask if we can sit at the table with them.

Thank goodness for theatre in high school, or I would have continued to bust out show tunes in my room and never known there were other people who sang at will and knew all the words to every song in *A Chorus Line* and *Les Mis*.

As we get older, we get better at some things, not so great at others. I don't want to compare myself to anyone else, much less a chart that says I spend too much time with John, Paul, George, and Ringo.

Teddy Roosevelt said "Comparison is the thief of joy" and I hope I remember that every day. Yes, we need to know if our toddler is too small for his age, but thank goodness by the time our hair is white, we are OK with whatever chart we land on.

by Lori Raffel

NEW MEMBERS IN MAY and JUNE 2024

5/16/2024 Lina Girgis
5/24/2024 Richard Gilyeat
5/29/2024 David D. Hall

5/29/2024 Carol Troyer
6/3/2024 Lillie Fawcett
6/3/2024 Jill Harper
6/12/2024 Sheila Hoover

6/12/2024
6/17/2024
6/20/2024

Carol O'Connor
Veronica "Roni" Adler
Gary Stover



ANSWERS for JULY CELEBRATION DAYS:

- 3 National Fried Chicken Day
- 7 World Emoji Day
- 15 Tell the Truth Day
- 17 National Disability Independence Day
- 6 National Hot Dog Day
- 11 National Junk Food Day
- 8 National Ice Cream Day
- 16 "Hot enough for ya?" Day
- 2 Independence Day
- 14 World Day for Grandparents and the Elderly
- 10 National Day of the Cowboy
- 1 International Joke Day
- 4 Cow Appreciation Day
- 9 National Hammock Day
- 12 National Swimming Pool Day
- 5 National French Fry Day
- 13 National Cheesecake Day

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