



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

SEPTEMBER 2024

GOT BALANCE class with Lindsay

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UPCOMING EVENTS AND ANNOUNCEMENTS

SEPTEMBER LUNCH & LEARNS

September 4: [MayFlower Cruises and Tours](#)

September 11: [Alzheimer's Association](#)

September 18: [Stinson Law - Medicaid](#)

September 25: [Diabetes - IU Health](#)

SEPTEMBER EVENTS TO REMEMBER

September 2: [Labor Day](#)

September 8: [Grandparent's Day](#)

SECOND SEASON IS COMING BACK TO PRIMELIFE:

WHO: Adults that are wanting tools and encouragement as they navigate aging (do not have to be a PLE member)

WHAT: A structured 12-week mental health support group focused on aging with success and stability led by Holly Dunn MSW, LCSW

WHERE: PLE Library

WHEN: Wednesdays from 6-7 pm; Sept 4 - Nov 13

WHY: We are all in this together and we need all the support we can get

HOW: Sign-up with Julie - there is NO CHARGE

 **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
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

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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

FAX

317.815.7008

TRANSPORTATION

CALL:

317-815-7000, press 1
317-343-6749 (Messages returned
within 48 business hours.)

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

“There comes a day each September when you wake up and know the summer is over and fall has arrived. The slant of the sun looks different and something is in the air—a coolness, a hint of frosty mornings to follow.” — Ann Rinaldi, Time Enough for Drums

I understand the sentiment expressed by American Author Ann Rinaldi. If you read between the lines, though, it’s clear, at least to me, that she has captured in very few words the paradox of September. Humor me as I try to explain what I mean. Many people consider September to mark the end of summer. To be sure, this is perfectly understandable given that for most of us, Labor Day weekend marked the end of summer vacation. Tuesday after Labor Day, we’d all be back in school greeting old friends, meeting new classmates and teachers, and perhaps showing off our new clothes (unless you went to a school that required parochial uniforms). In short, summer was over and it was back to the scholastic grind. Back then, summer vacation lasted a full three months, but it still seemed to go by in a flash (maybe not for our parents).

Of course, now that most students return to school in early to mid-August, and some even start back in July, the day after Labor Day is just another break in the school schedule. As such, where does that leave September? Does early or mid-August become the new end of summer? Obviously, the answer to this rhetorical question is NO! Nor does it make too much sense that our society still regards Labor Day weekend as the end of summer. Look no further than your neighborhood swimming pool. You won’t find any of them open after Labor Day even though summer-like temperatures are not unusual in early to mid-September. And there is the rub. After all, summer officially began on June 20th, and doesn’t end until September 22nd. So the question is, who says we have to give up the last three weeks of summer? I know the days are getting shorter and I hope we have some of that cooler weather like we had in mid-August. But let’s give the leaves a little more time to change colors before we put

away our golf clubs and summer clothes and break out our sweatshirts and other fall gear.

Whether you regard September as summer’s last hurrah, or as the threshold of fall, we can all agree it is a hybrid month of seasonal transition, a bridge if you will, between the sweltering heat of summer and the crisp chill of fall. Some may think it pales in comparison to the fun-filled summer months of June and July. Others may say it lacks the allure of all that is associated with the last three months of the year. (Consider October in Brown County, Thanksgiving feasts, and all the holiday excitement of December.) In my opinion, however, September is still a very special month when our County comes alive with a blend of cultural festivals, community events, and for all of you sports lovers, the beginning of the football season. Here is just a sampling of September’s menu:

- The Carmel International Arts Festival: Held in the heart of Carmel, this annual event is a highlight of September. It transforms the city’s downtown area into a bustling arts district. The festival celebrates creativity and culture, making it a major draw for residents and visitors alike. 9/28-9/29
- Suburban Indy Home & Outdoor Living Show at Grand Park 9/20 – 9/22
- Hamilton County Parks: The county’s parks, including Cool Creek Park and Potter’s Bridge Park, offer excellent opportunities for hiking, picnicking, and nature walks. The cooling temperatures and changing foliage create a picturesque setting for outdoor adventures..
- Noblesville Riverwalk: The Riverwalk in Noblesville provides a scenic route along the White River, perfect for leisurely strolls and bike rides.
- Apple Orchards and Pumpkin Patches: September is the beginning of apple picking season, and Hamilton County’s nearby orchards offer a chance to harvest fresh apples and enjoy homemade apple



GARY WAGNER
Executive Director

products. Pumpkin patches also open up in September, providing a fun family activity and an opportunity to pick pumpkins for fall decorating.

- Carmel Farmers Market on Carter Green: A key destination for fresh produce, artisanal goods, and local crafts. The market’s end-of-summer offerings include seasonal fruits and vegetables, homemade baked goods, and unique handcrafted items.
 - Noblesville Main Street Market: Held in downtown Noblesville, this market features a mix of local vendors, including those offering fresh produce, handmade crafts, and specialty foods.
 - Artomobilia, Carmel Arts & Design District, 9/7
 - High School Football Games: Football games are a central part of community life in Hamilton County. High school football games draw enthusiastic crowds, with local teams competing and fans showing their support with team colors and cheers.
 - Marching Band Competitions: In addition to football, September is also a time for high school marching bands to showcase their talents.
 - Indian Summer: September often brings the possibility of Indian summer, where unseasonably warm and dry conditions can extend the feel of summer into the fall. This phenomenon offers a few extra days of warm weather, which can be perfect for outdoor activities and events.
 - Last but not least, the opening of the Indianapolis Colts season at Lucas Oil Stadium in downtown Indy, 9/8
- There you have it. Not a complete list by any means, but a fairly strong case for the month of September. Enjoy!

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

DIABETES MANAGEMENT: MAKING THE RIGHT CHOICES

Living with diabetes requires a thoughtful and strategic approach to dietary choices, and a clinical dietician plays a pivotal role in guiding individuals towards optimal health and wellness.

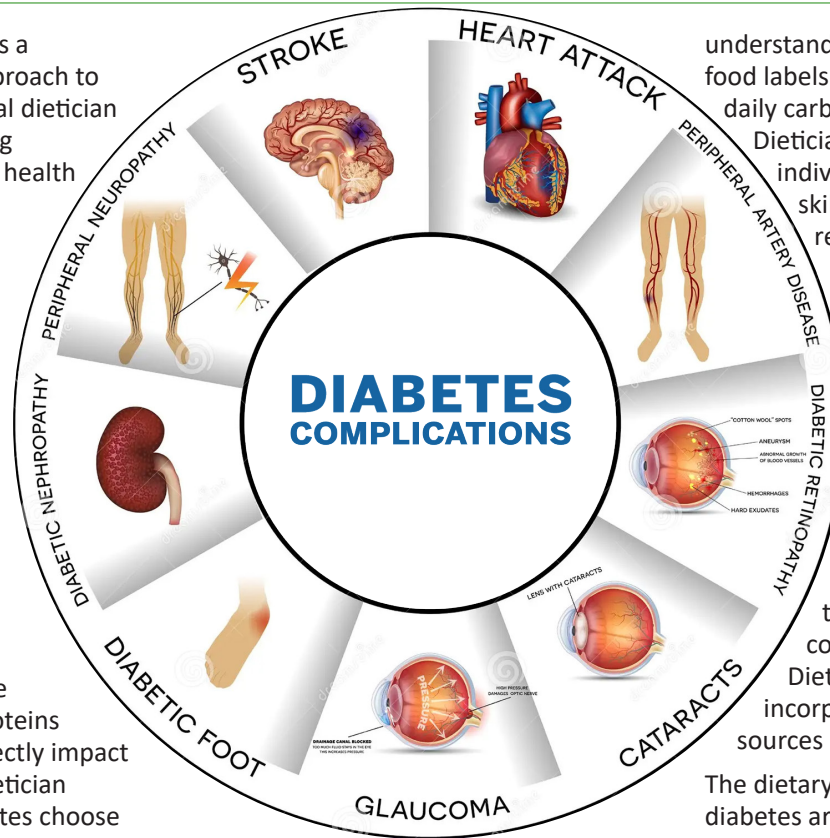
Understanding the dietary needs of someone with diabetes is crucial for managing blood sugar levels, preventing complications and enhancing overall well-being.

IT'S ALL ABOUT BALANCE

One of the key principles in managing diabetes through diet is maintaining a balance between carbohydrates, proteins and fats. Carbohydrates directly impact blood sugar levels, and a dietician helps individuals with diabetes choose complex carbohydrates with a low glycemic index. This includes whole grains, vegetables and legumes, which provide sustained energy without causing rapid spikes in blood sugar. Portion control is emphasized, ensuring that meals are well-balanced and tailored to individual needs.

PROTEINS HELP THE MUSCLES

Proteins play a crucial role in muscle maintenance and repair, but the source matters. Lean proteins such as poultry, fish, tofu and legumes are recommended, as they contribute to satiety without causing significant fluctuations in blood sugar levels. A clinical dietician assists in creating meal plans that incorporate the right balance of proteins, considering the individual's preferences and dietary restrictions.



understanding portion sizes, reading food labels and utilizing tools to track daily carbohydrate consumption. Dieticians work closely with individuals to develop practical skills for managing their diet in real-life situations.

FIBER IS IMPORTANT

In addition to macronutrient balance, a clinical dietician addresses the importance of fiber in the diet of someone with diabetes. Fiber-rich foods, such as whole grains, fruits and vegetables, contribute to digestive health and help control blood sugar levels. Dieticians guide individuals in incorporating a variety of fiber sources into their daily meals.

The dietary needs of someone with diabetes are multifaceted and require a comprehensive understanding of nutrition. A clinical dietician plays a vital role in empowering individuals to make informed choices, achieve a balanced diet and manage their diabetes effectively. Through personalized guidance, individuals with diabetes can embark on a journey towards improved health and well-being, fostering a sustainable and fulfilling lifestyle.

Source: Joni Fiscus, clinical dietician and certified diabetes educator at IU Health West Hospital

NOT ALL FATS ARE BAD

Healthy fats are an essential part of a diabetes-friendly diet. Dieticians educate individuals on incorporating sources of unsaturated fats, such as avocados, nuts, and olive oil, while limiting saturated and trans fats. This not only supports cardiovascular health but also aids in blood sugar management.

DON'T FORGET TO COUNT CARBS

Monitoring carbohydrate intake is a fundamental aspect of diabetes management, and dieticians educate their clients on the importance of counting carbohydrates to maintain blood sugar control. This involves

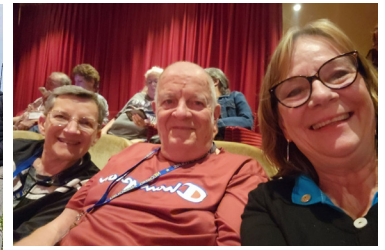
TAKE A DEE-TOUR

“DO WHAT YOU LOVE, LOVE WHAT YOU DO.”

It’s been my motto in life for a while. Let’s go back in time a bit; I hold a degree in Speech and Theatre but most of my work life was with senior services. While keeping my foot in the theatre community, I found another passion in travel. Yes, those seniors I coordinated events for wanted to travel – they just wanted to have someone do the research and figure all the details for them. I learned and enjoyed every step of the way.

Life can send you a few twists, am I right!?! One of mine was the move to Indiana 11 years ago. I found a job and a passion at PrimeLife Enrichment almost nine years ago. I facilitate the PLE Theatre Club, which meets the last Monday of the month, mostly, unless there is a Holiday. Please check the calendar and join us.

Plus, I coordinate PrimeLife Travel, because another personal motto is “GO! For as long as you can, as much as you can.” I listen to you - the members and where you want to travel. I don’t push, but I want to make sure you know what is offered. Last February a small group enjoyed a fabulous trip to Southern Italy. The October trip to Hawaii



is booked. For 2025: Feb 1-9, a cruise to the Eastern Caribbean is still open. Informational brochures on all trips are located in the PLE multi-purpose room in the file holders between the two large bulletin boards.

This month, on September 4, the PLE Lunch Lecture program at 11:45 will be info on our trip to Iceland, Land of Fire and Ice! Becky Squires with Mayflower Cruises and Tours has been on this trip and will tell us all. The trip dates are September 23-30, 2025.

Everyone is welcome to attend this trip meeting. Please invite your friends, neighbors, family. It always makes travel more fun.



If you have any questions you’ll find me around PrimeLife as I am also one of the PLE Transportation Drivers. Remember; Do what you love, love what you do - And never stop Going!

Enjoy Life – Dee Timi

(Above photos from trips to Italy and a cruise)

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): www.brownbears.com/cal/pleinstructors	

September

ACTIVITIES & EVENTS

2024

Reminder: Survey Due - Produce for Better Health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>LABOR DAY</p> <p>PLE IS CLOSED FOR THE DAY</p>	<p>3</p> <p>10:30 am Troy with Anything Tech</p> <p>11:30 am CICOA Lunch \$</p> <p>12:30 pm Golden Oldies of PLE Singing Club A</p> <p>1:00 pm Needlework L</p> <p>CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM</p>	<p>4</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Line Dance Club A</p> <p>11:45 am Lunch & Learn *</p> <p>12:30 pm Hand & Foot L</p> <p>12:30 pm Devotional Study B</p> <p>12:30 pm Art Class \$</p> <p>6:00 pm Second Season L</p>	<p>5</p> <p>9:00 am Pinochle L</p> <p>10:00 am Coffee & Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>12:30 pm Card-Making \$</p> <p>1:00 pm Euchre L</p>	<p>6</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: Music sponsored by The Barrington</p> <p>12:15 pm Partner Bridge L</p>
<p>9</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm BINGO</p> <p>1:00 pm Creative Writing B</p>	<p>10</p> <p>10:00 am Sanders Glen Walking Club</p> <p>11:30 am CICOA Lunch \$</p> <p>12:30 pm Golden Oldies of PLE Singing Club A</p> <p>1:00 pm Needlework L</p> <p>DIVVY</p>	<p>11</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Line Dance Club A</p> <p>11:45 am Lunch & Learn *</p> <p>12:30 pm Hand & Foot L</p> <p>12:30 pm Devotional Study B</p> <p>12:30 pm Art Class \$</p> <p>6:00 pm Second Season L</p>	<p>12</p> <p>9:00 am Pinochle L</p> <p>10:00 am Coffee & Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Euchre L</p>	<p>13</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: INDIANA NOSTALGIA</p> <p>12:15 pm Partner Bridge L</p>
<p>16</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm BINGO with Nic</p> <p>CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM</p>	<p>17</p> <p>11:30 am CICOA Lunch \$</p> <p>12:30 pm Golden Oldies of PLE Singing Club A</p> <p>1:00 pm Needlework L</p>	<p>18</p> <p>10-11 am Caregiver Support Group L</p> <p>11:30 am Second Helpings *</p> <p>11:45 am Line Dance Club A</p> <p>11:45 am Lunch & Learn *</p> <p>12:30 pm Hand & Foot L</p> <p>12:30 pm Devotional Study B</p> <p>12:30 pm Art Class \$</p> <p>6:00 pm Second Season L</p>	<p>19</p> <p>9:00 am Pinochle L</p> <p>10:00 am Coffee & Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>12:30 pm Card-Making \$</p> <p>1:00 pm Euchre L</p>	<p>20</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: Therapeutic Activity sponsored by The Barrington</p> <p>12:15 pm Partner Bridge L</p>
<p>23</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm BINGO</p>	<p>24</p> <p>10:30 am Tech with Troy</p> <p>11:30 am CICOA Lunch \$</p> <p>12:30 pm Golden Oldies of PLE Singing Club A</p> <p>1:00 pm Needlework L</p> <p>1:30 pm Book Club sponsored by Wellbrooke - <i>A Lady Cyclists Guide to Kashgar</i> - Suzanne Johnson</p> <p>DIVVY</p>	<p>25</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Line Dance Club A</p> <p>11:45 am Lunch & Learn *</p> <p>12:30 pm Hand & Foot L</p> <p>12:30 pm Devotional Study B</p> <p>12:30 pm Art Class \$</p> <p>6:00 pm Second Season L</p>	<p>26</p> <p>9:00 am Pinochle L</p> <p>10:00 am Coffee & Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Euchre L</p>	<p>27</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café GOLDEN GIRLS Episode: The Artist</p> <p>12:15 pm Partner Bridge L</p>
<p>30</p> <p>10:00 am Theatre Club L</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm BINGO with Nic</p>	<p>SPECIAL DATES:</p> <p>September 2: Labor Day - PLE is closed</p> <p>September 8: Grandparent's Day</p> <p>LUNCH & LEARNS:</p> <p>September 4: MayFlower Cruises and Tours</p> <p>September 11: Alzheimer's Association</p> <p>September 18: Stinson Law - Medicaid</p> <p>September 25: Diabetes - IU Health</p>			

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

September Success

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

FOCUS
SUCCESS
TESTS
VISION
CONNECTIONS

EMAILS
KNOWLEDGE
TEAMS
SKILLS

ACHIEVEMENTS
PROGRESS
PRIDE
GROUP WORK

ACADEMICS
INTEGRITY
RESEARCH
PROJECTS

ARE YOU FOLLOWING THE RULES OF THE POOL?

MEMBER
PrimeLife Enrichment Center

POOL INFORMATION

- Remember to sign in at the front desk. This is important for tracking attendance for PLE, insurance reimbursement and The Arthritis Foundation.

- If you are new to the pool, it is recommended to come to class early so the instructor can offer guidance and get to know you. It is difficult to do this after class begins.

- Enter and exit the pool through the locker room doors.

- If you are more than 15 minutes late, wait for the next available class or check with the instructor. Some classes can easily be joined late. For some classes it can be disruptive and potentially unsafe without a proper warm-up.

- Please do not enter the pool until an aquatic staff member is on duty. For your safety, you may be asked to exit the pool until someone is on duty.

- If you choose to enter the pool area early to wait for your class to begin, please

be considerate of the instructor and class participants and wait quietly.

- If you are late or the last to arrive for class, choose an available spot in the water. Be aware, however, you may not always get to choose your preferred depth in the pool.

- Please respect the instructor's preferences regarding the amount of socializing during class. Be considerate of others. If you are talking loudly, it may be hard for others to hear instructions or enjoy the music. Take advantage of the many other opportunities to socialize here at PLE and focus on exercise during class.

WHAT TO WEAR AND SHOWERING

- It is highly recommended to wear water shoes in the pool and in the showers. This will help protect your feet, help with slip hazards, and offer foot support.

- As a courtesy to other members, please do not dress in the showers.

- Replace your swimsuit if it becomes

sheer or the elastic no longer offers proper support. Recommendation-100% percent polyester swimsuits last a long time and do not fade.

- Swim diapers, pool retainer briefs, or Depends are not allowed in the pool. If you are even occasionally incontinent or unable to wipe yourself properly, please do not use the pool.

POOL RULES FROM THE CENTER FOR DISEASE CONTROL

- Stay out of the pool if you are ill or have had diarrhea within the past 2 weeks.

- Shower before entering the pool.

- Wash hands after using the toilet.

- Avoid swallowing pool water.

THUNDERSTORMS

- The pool will close for thunder and or lightning. Members and staff can reenter the pool area 30 minutes after the last sound of thunder or last sighting of lightning.

— Janice Cates, Fitness Coordinator

SEPTEMBER CROCK POT RECIPES



STOUT AND HONEY BEEF ROAST

INGREDIENTS

12 small red potatoes (about 1-1/2 pounds), scrubbed
 6 to 7 medium carrots (about 1 pound), peeled and cut into 1/2-inch pieces
 2 medium onions, quartered
 1 boneless beef chuck roast, trimmed
 1 can (14-1/2 ounces) beef broth
 1 cup stout beer or addt beef broth
 1/2 cup honey
 3 garlic cloves, minced
 1 teaspoon dried thyme
 1/2 teaspoon each salt and pepper
 1/4 teaspoon ground cinnamon
 2 tablespoons cornstarch
 1/4 cup cold water

DIRECTIONS

Place potatoes, carrots and onion in a 5-qt. slow cooker. Cut roast in half; transfer to slow cooker. In a small bowl, combine next 9 ingredients; pour over top. Cook, covered, on low 8-10 hours, until meat and vegetables are tender. Slice beef and keep warm. Strain cooking juices, reserving vegetables and 1 cup liquid. Skim fat from reserved liquid; transfer liquid to a small saucepan. Bring to a boil. Combine cornstarch and water until smooth; gradually stir into juices. Bring to a boil; cook and stir until thickened, about 2 minutes. Serve with beef and vegetables.



SCALLOPED TATERS

INGREDIENTS

1 package (2 pounds) frozen cubed hash brown potatoes
 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
 1-1/2 cups 2% milk
 1 cup shredded cheddar cheese
 1/2 cup plus 1 tablespoon butter, melted, divided
 1/4 cup dried minced onion
 1/2 teaspoon salt
 1/8 teaspoon pepper
 3/4 cup crushed cornflakes

DIRECTIONS

In a large bowl, combine the hash browns, soup, milk, cheese, 1/2 cup butter, onion, salt and pepper. Pour into a greased 5-qt. slow cooker. Cover and cook on low until potatoes are tender, 3-4 hours.

Just before serving, combine the cornflake crumbs and remaining butter in a pie plate. Bake at 350° until golden brown, 4-6 minutes. Stir the potatoes; sprinkle with crumb topping.



CHEESY CAULIFLOWER SOUP

INGREDIENTS

1 medium head cauliflower in florets
 1 medium carrot, shredded
 1/4 cup chopped celery
 2-1/2 cups water
 2 teaspoons chicken bouillon
 3 tablespoons butter
 3 tablespoons all-purpose flour
 3/4 teaspoon salt
 1/8 teaspoon pepper
 2 cups 2% milk
 1 cup shredded cheddar cheese

DIRECTIONS

In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).

In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.

7 SLOW COOKER MISTAKES TO AVOID

- Adding Delicate Vegetables Too Early
- Overfilling the Slow Cooker
- Using a Slow Cooker to Reheat Food
- Adding Fresh Herbs Too Early
- Not Reducing Liquid for Soups and Stews
- Not Searing Meat Before Putting it in a Slow Cooker
- Putting Frozen Foods in a Slow Cooker
- Adding Fresh Herbs Too Early

WHAT IS A SUPPORT SYSTEM?

The term Support System is thrown around a lot these days. Webster's defines it as *a network of people who provide an individual with practical or emotional support.*

Fundamentally, it's about having or creating a network of friends, family, and professionals who can offer guidance, emotional support, and practical help when needed. They boost our morale, stoke our supply of confidence, and often act as our own personal safety net. These noteworthy individuals advocate, champion, aid, approve, encourage, assist, promote, and even shield us as we venture out into the world every day.

One of the wonderful mysteries of a support system is that although we never know exactly when we will need one or who they might be, there is a magic in recognizing them when they get there. I have experienced this magic over and over at PLE.

My first time on stage was portraying the Fairy Godmother in a production of Cinderella. Our opening night at Carmel High School had an audience of enthusiastic strangers who laughed in all the right places and cheered at the end, but could not take

the place of the feeling when I looked out and saw my parents – both of them – in the second row. They had a million reasons why they were too busy to come, but just one reason why they showed up – *me*. That was one of my first experiences recognizing a support system, and the feeling is pretty remarkable.

As an adult, we may no longer have our parents or siblings right beside us, so our supporters can come from anywhere. They may be fellow participants at an Alcoholics Anonymous meeting, comrades at a Weight Watchers gathering or the neighbor who checks on us when they see newspapers piling up at our door.

They can also be a group of members at an extraordinary Senior Center who demonstrate their support in a thousand different ways for each other, the staff and their community every day. They do this because they are simply good people who understand the importance of being there for others. This is the same group of people who tirelessly support my theatre endeavors by attending my shows – wherever they may be – and getting the word out to other potential

ticket-buyers. I can no longer see my parents in the second row, but I certainly see all of you when you take your seats in support of me and our local theatres.

I read once that “You can do anything as long as you have the passion, the drive, the focus, and the support.” I have certainly experienced others having my back in and out of school, work, theatre, and all other types of encounters, but there is something special about PLE. I think we support each other because we may be the only ones that truly know what it's like to go through what we do, so we show our empathy in a multitude of ways.

We may recognize when others are experiencing personal struggles and provide a judgment-free sounding board, or celebrate someone's special day because we know there may be no one at home to offer that recognition. Sometimes our support is simply remembering someone's name and asking how they are, or offering a complement when someone hasn't heard one in a while - supporters seem to know what to do. You certainly knew for me.

— Lori Raffel

NEW MEMBERS IN AUGUST 2024

8/1/2024 Lizz Bertrand
8/1/2024 Bob Squires
8/2/2024 Jim Bradley
8/2/2024 Rita Bradley

8/5/2024 Dorothy Dailey
8/5/2024 Susan Stauffer
8/13/2024 Nancy Meyer
8/13/2024 Bill Rourke

8/13/2024 Kay Rourke
8/14/2024 Jerry P. Banning
8/14/2024 James D. Garretson
8/14/2024 Martha Young
8/16/2024 Sue Long

8/19/2024 Dennis Dunlap
8/19/2024 Rosalind Kornmann
8/26/2024 Anita Caraker
8/26/2024 Carolyn Turnbaugh
8/27/2024 James "Ben" Richey

WHAT A GREAT MONTH!



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PLE SENIOR NEWS | SEPTEMBER 2024

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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.

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_____ \$ 250 _____ \$ (other)

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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
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tax advisor re: leaving a lasting legacy for our seniors. Prime-
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