



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JULY 2025

PLE Staff (L to R) Dianna Hopper, John Perkon, Betsy Fowler, Leesa Engelmann, Sheila Fischer, Mark Gross, Lori Raffel, Gary Wagner, and Dee Timi.

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UPCOMING EVENTS AND ANNOUNCEMENTS

JULY LUNCH & LEARNS

- July 2:** PT Solutions with Dr. Vishakha Hiremath
- July 9:** Carmel Fire Dept. Cookout
- July 16:** Fall Prevention and Balance Testing with Summit Home Care
- July 23:** Carmel Symphony Orchestra
- July 30:** Produce for Better Health Rosemary O. Flannery Nutrition Services Coordinator CICOA Aging & In-Home Solutions

JULY EVENTS TO REMEMBER

- July 3:** Holiday Observed - PLE Closed
- July 4:** Independence Day - PLE Closed



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.

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



PEOPLE



STRENGTH

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.



WELLNESS

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.



BALANCE

REVEL FITNESS PROGRAM

For more of a challenge, the Revel Fitness program is a multi-generational program that includes Zumba, Pound, LaBlast, 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

Wellbrooke of Carmel
Senior Helpers
CenterWell Senior Primary Care
Fish Window Cleaners

OUR DIRECTORS

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

Michael Bratcher
Becky Henn
Dan Overbeck

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

STAFF

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BRENT HARTMAN • Senior Driver

CENTER INFORMATION

PLE HOURS:
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
317.815.7007

TAKE A TOUR OF PLE
[Call us to schedule
a tour Monday thru
Thursday 9 am to 2 pm](#)
and let us answer all
your questions.

PrimeLife Enrichment Center



TRANSPORTATION

TO MAKE A RESERVATION CALL:
317-815-7000, press 1, or
317-343-6794, and leave message.
Message will be returned within 2
business days.

**RESERVATIONS ARE MADE BY
VOICEMAIL ONLY**

**TRANSPORTATION
AVAILABLE** - *currently there is a
waiting list for transportation*

MONDAY - FRIDAY
8:00 AM - 3:30 PM
Schedule as early as possible,
at least one week ahead.

JULY MESSAGE

PrimeLife Enrichment Center

To all PrimeLife members, clients, families, supporters, and friends,

Recently, a husband and wife dropped by my office for a short visit that ended up being about 90 minutes long, I'm not complaining at all, because this couple has generously supported PrimeLife for many years. Over those years, I'd like to think that we've become friends, and that's why it's always great to catch up with them whenever they take a break from their RV travels throughout the country.

I'm not sure how we got on the subject, but we started talking about what it was like to grow up in the 1950s when life seemed to move at a slower, and often simpler pace. In the course of our conversation, we reminisced about our own childhoods so many years ago. It turns out that the three of us had much more in common than our appreciation for PrimeLife Enrichment and how important it is to all of the seniors and families we serve. It turns out that it is indeed a small world as evidenced by all three of our lives throughout the 50s. Consider, for example, the fact that the wife of the visiting couple grew up in an Indianapolis west side neighborhood called Eagledale. Imagine our mutual surprise when I said that the first house my wife and I bought several decades ago was also in Eagledale. She asked me what street this house



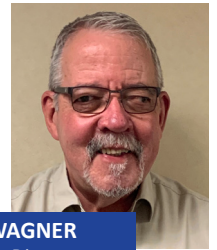
was on. Surprise turned nearly into incredulousness when we discovered that both of us had lived on the very same street, just a block or so from each other.

At this point, the husband reminded me that we had both spent our early childhood years growing up in two small northern Indiana towns just fifteen minutes apart. We shared what it was like to grow up as country boys versus city "slickers". Some of my more vivid recollections included milking cows by hand, feeding corn to chickens, collecting eggs from the chicken coop, picking apples with my grandma, going down into the root cellar to bring up some potatoes and riding in the back of my grandpa's Model A Ford on the way to church on Sunday. As I look back, not all of my

memories make me yearn for those good old days. Since we had no running water or indoor plumbing... well, you can imagine. Nor did we have electricity, but we did have oil lamps. No telephone either, but we could use the grandparent's wall phone if there was an emergency. Of course, you had to crank it to talk to an operator. In retrospect, we had very few if any of today's so-called modern conveniences to which we have all become accustomed.

If you grew up in a more urban setting, you might not have the same memories. But I'll wager that you will agree with the two conclusions that my guests and I came to near the end of our meeting: 1. Life was indeed much simpler growing up in the 50s; and 2. We were very lucky to be the last generation to have enjoyed our childhood throughout that decade. Yes, life has changed much over the past several decades and will likely continue to do so. Let's enjoy our memories, reflect on the many changes we've seen in our lifetimes, appreciate the technical and cultural progress we've made, and recognize that much work remains as we share our memories and strive to build an even better society.

Happy July! Gary



GARY WAGNER
Executive Director

FIREWORKS IN HAMILTON COUNTY

Spark!Fishers

June 24 – 28 | Nickel Plate District

CarmelFest

July 3-4 | Civic Square

Star-Spangled Symphony

July 3-5 | 8 p.m. | Conner Prairie

Lights Over Morse Lake

July 3-6 | Morse Lake Cicero

Lights Over Morse Lake

Fireworks: Friday, July 4 at 10 p.m.

Fireworks in Fishers

July 4, 10 p.m.

Noblesville July 4th Festival

July 4 | 4 – 10 p.m. | Forest Park and downtown Noblesville

Sheridan 4th of July Festival

July 4 | 11 a.m. - 10 p.m. | Biddle Memorial Park

Westfield Rocks the 4th

July 4 | 4 – 10:30 p.m. | Grand Park Sports Campus

Glorious Fourth

July 4-6 | 10 a.m. - 5 p.m. | Conner Prairie

CPR SAVES LIVES

LEARNING CPR FOR OUR MEMBERS

Sudden Cardiac Arrest (SCA) can happen to people at any time or place. Victims of SCA must be treated immediately. If CPR is performed immediately, it can double or triple the chance of survival from an out-of-hospital cardiac arrest.

Learning CPR is crucial because it significantly increases the chances of survival for someone experiencing cardiac arrest, and it can save lives. CPR is a life-saving skill that provides immediate support to victims of cardiac arrest by keeping blood and oxygen circulating to the brain and vital organs until professional medical help arrives.

HERE'S WHY LEARNING CPR IS SO IMPORTANT

Increased Survival Rates:

Studies show that bystander CPR can double or triple the chances of survival for someone experiencing cardiac arrest.

STAFF WORKING FOR YOU

PrimeLife Enrichment Center

Time-Sensitive:

When a person collapses due to cardiac arrest, every second counts. Without CPR, brain damage can begin within minutes.

Empowerment:

CPR training gives you the knowledge and skills to act confidently and effectively in an emergency.

Widely Needed:

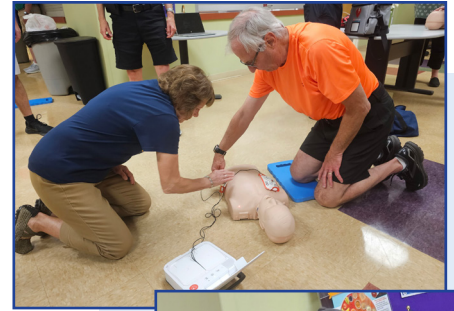
Cardiac arrest can happen to anyone, anywhere, at any time. Having more trained individuals can make a difference.

Community Benefit:

CPR training creates a safer environment for everyone, making communities stronger and safer.

— by Lori Raffel

PLE Staff, Instructors and Drivers completed CPR and First Aid training on June 2, 2025. Thank you to the Carmel Fire Dept. for their training.





CARING FOR YOUR MENTAL HEALTH

FOCUS ON NURTURING YOUR MENTAL HEALTH

As nature blooms and the days grow longer, it's the perfect time to focus on nurturing our mental health and wellbeing! Jennifer VanSkyock, licensed clinical addiction specialist and program manager at IU Health Jay Outpatient Behavioral Health and Ball Addiction Treatment and Recovery Center, offers insight into how to improve mental health every day.

WHAT CAN WE DO TO IMPROVE OUR MENTAL HEALTH?

Several factors can significantly impact our emotions. One area to consider is your physical well-being. This means incorporating daily physical activity into your routine. This doesn't require any special equipment or even highly strenuous activities, but simply walking, dancing and stretching can help. It can also be beneficial to walk outside; being in nature can help you feel calm and grounded. Other important areas to focus on when improving mental health are sleep and diet. Ideally, people should aim for seven to nine hours of sleep per night to support their mental health. Focusing on a healthy diet, which involves consuming

nutritious foods—particularly those that are unprocessed, low in fat and low in sugar—and maintaining adequate hydration throughout the day will also support proper mental health.

HOW CAN WE MONITOR OUR THOUGHTS TO HELP OUR MENTAL HEALTH?

Often, we let our thoughts dictate our emotions and behaviors. Shifting this behavior into a more intentional approach can help us feel more peaceful, content and joyful. We can work on our thoughts by using mindfulness activities, practicing meditation, seeking professional help when needed, cultivating gratitude, and setting realistic goals for ourselves.

HOW DOES TECHNOLOGY IMPACT OUR MENTAL HEALTH?

Intentionally limiting screen time can improve overall mental health. While technology is a valuable resource that can provide a wealth of information, it can also create tension, stress and anxiety, disrupting sleep and even impacting our relationships.

Limiting exposure to technology provides an opportunity to focus on other activities or behaviors that can have a positive impact on our mental health.

Making time for personal, in-person connections is essential to us as humans. Try to put down your screen and look up at the people around you. Discuss topics that interest you with others and learn about their passions. This personal interaction will likely have a much more significant impact than scrolling through your phone.

WHAT ELSE CAN WE DO TO ENHANCE OUR MENTAL WELL-BEING?

There are many enjoyable activities you can do to enhance your mental health, such as engaging in a hobby. If you don't have any hobbies, now is the perfect time to start considering what might be a good fit for you!

Think back to your youth; what did you love doing? Our communities have local parks, community and art centers, libraries, places of worship and local businesses that offer classes. You could try gardening, photography, dance or an exercise class.

Mental health is a form of health, and YOU have the power to develop routines that will help you optimize your wellness!

Source: IU Health Connect, Jennifer VanSkyock, LCSW

PRODUCE FOR BETTER HEALTH

We do amazing things here at PLE, and one of them is the program *Produce for Better Health*. Twice a month, a 15 to 20 lb box of seasonal fruits and vegetables is delivered to PLE members who have signed-up. One of the goals of the program is to improve eating habits of our members and lower the risk of chronic diseases like high blood pressure and diabetes.

The criteria to get the food box is simple:

First, sign-up for lunches at a CICOA meal site like PLE. CICOA meals are provided on Monday, Tuesday, and Thursday every week at 11:30 a.m. The requirement is to eat here once a quarter. You do not need to be

a member of PrimeLife but you do need to be over the age of 60.

Second, fill out the enrollment application and complete a baseline health survey. The program requires monthly blood pressure and weight measurements for participants and completion of a quarterly satisfaction survey.

The produce boxes are delivered to PLE on the first and third Monday of each month and asked it be picked up by you by the next day.

If you miss picking up your box or don't turn in your measurements two times in a row, we assume you don't want or need

to be on the program. If you are gone for a while and just need your name paused, that's fine, and you can get back on the list when you return.

The sponsors of this wonderful free produce are CICOA, Aging & In-Home Solutions and Anthem Blue Cross and Blue Shield Foundation.

— by Dee Timi



REVEL FITNESS 15 YEAR ANNIVERSARY

FITNESS
PrimeLife Enrichment Center

Revel Fitness is a vibrant, community-focused fitness studio offering a variety of dance and fitness classes for individuals aged 16 and up. Located inside the Primelife Enrichment (PLE) building, Revel provides a welcoming, judgment-free environment where members can focus on personal well-being, build confidence, and connect with others.

More than just a place to exercise, Revel is a supportive family where friendships flourish and everyone is encouraged to be their best self. Memberships are available through PLE, making it easy to become part of the Revel community.

PLE recently hosted the Revel Fitness 15 year anniversary and the event was a testament to fitness, friendship and fun.

For daily updates on (water, land and Revel):
www.brownbearsw.com/cal/pleinstructors

TESTIMONIALS:

Missy Hahn - *I thought I was doing the right thing by getting active. Revel welcomed me with open arms, and I found the best friends a girl could ask for. I was preparing to have knee replacement surgery and needed to demonstrate motivation to heal. I knew my*



For more details: <https://www.revelfitness.net/>

friends would look out for me and cheer me on. 3 weeks after surgery I was back at Revel participating in Shine and Pound at my own pace, with encouragement to heal safely. 2 years later I'm still dancing and keep adding amazing women to my circle. Welcoming, supportive, community

Katie LaFollette - *I've been a Revel member for 13 years and have made so many lifelong friends along the way! Some have moved away, but we still keep in touch—I've even visited them and attended their weddings. Fun, family and welcoming.*



Jen Blake - *I recently became an empty nester and finally had time for "me". I tried out Revel and fell in love with the music, workouts, and especially the people I met. Not only am I feeling better physically, I feel better mentally. I literally get sad when I miss a class. Revel has been a great way to celebrate being "me". Motivating, welcoming, uplifting.*

AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am EARLY AQUATIC AEROBICS	8:15 am EARLY AQUATIC AEROBICS	8:30 am INTERMEDIATE AQUATIC AEROBICS	8:15 am EARLY AQUATIC AEROBICS	
9:30 am		ADVANCED AQUATIC AEROBICS	AQUA ZUMBA	ADVANCED AQUATIC AEROBICS	
10:30 am	INTERMEDIATE AQUATIC AEROBICS	OPEN POOL	INTERMEDIATE AQUATIC AEROBICS	VOLLEYBALL	INTERMEDIATE AQUATIC AEROBICS
11:30 am	ARTHRITIS FOUNDATION AQUATICS	ARTHRITIS FOUNDATION AQUATICS	ARTHRITIS FOUNDATION AQUATICS	ARTHRITIS FOUNDATION AQUATICS	ARTHRITIS FOUNDATION AQUATICS
12:30 pm	OPEN POOL		OPEN POOL	OPEN POOL	OPEN POOL

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	The CLIMB	LABLAST	The CLIMB	ZUMBA GOLD	The CLIMB
10:00 am	GOT BALANCE		GOT BALANCE		STRENGTH & FLEXIBILITY
11:00 am	LABLAST	SAIL	ZUMBA GOLD	SAIL	LABLAST
12:30 pm		ARTHRITIS FOUNDATION EXERCISE		ARTHRITIS FOUNDATION EXERCISE	
1:30 pm		YOGA BLEND		YOGA BLEND	
EVENING CLASSES	5:30 pm DANCE FUSION		5:30 pm ZUMBA	5:30 pm DANCE FUSION	REVEL Classes are in Orange. For daily updates (water and land): www.brown-bearsw.com/cal/pleinstructors
	6:30 pm UPLIFT	6:00 pm SHINE	6:15 pm POUND	6:30 pm UPLIFT	

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	2 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * PT Solutions 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	3  PLE CLOSED ALL DAY	4  PLE CLOSED ALL DAY
7 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 CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM	8 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM	9 10:00 am Alzheimers Assoc. Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * Carmel Fire Dept. Cookout 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	10 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	11 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 1:00 pm BONUS BINGO with Stephanie Hale
14 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	15 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	16 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * Fall Prevention and Balance Testing with Summit Home Care 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	17 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	18 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: 12:15 pm Partner Bridge L 1:00 pm BONUS BINGO with Corey
21 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 CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM	22 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B Sponsored by Wellbrook of Carmel 1:30 pm Book Club DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM	23 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * Carmel Symphon Orchestra 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	24 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	25 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
28 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 1:00 pm Creative Writing B	29 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	30 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * Produce for Better Health Rosemary O. Flannery Nutrition Services CICOAging & In-Home Solutions 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	31 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex

4th of 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
 BLUE
 BRITAIN
 DECLARATION
 FIREWORKS
 FLAG
 FOURTH

FREEDOM
 INDEPENDENCE
 JULY
 LIBERTY
 NATION
 PARADE
 RED

REVOLUTION
 RIGHTS
 STATES
 SUMMER
 THIRTEEN
 UNITED
 WHITE



THE EPIDEMIC OF LONELINESS

LONELINESS POSSIBLY KILLS MORE PEOPLE THAN CANCER

There have been several studies made to find out why people are lonely in their older age. Results include living alone, being widowed or divorced, a lack of contact with friends and family and limited opportunities to participate in social occasions.

Grief. When you first lose someone, everyone is there for you, checking in on you. But then they forget. Seniors lose so many people in their lives that sometimes they are left watching the world around them and feeling that they no longer belong. Maybe you are used to being a couple and suddenly you are the third wheel.

My parents were members of our church bowling league for years, but when my father passed away, they stopped inviting my mother to bowl. When she called the church, they said “technically it is a couples bowling league” and she didn’t try again.

Special Occasions. As a single person with no remaining immediate family, I am blessed with many friends inviting me to their family



events and holiday gatherings. While I am always grateful for the offer, I also know the feeling of being alone in a group of people that I don’t really know and who certainly don’t know me. That doesn’t feel like a celebration.

Limited. Some of us don’t feel safe driving at night, and the idea of driving to and from an event in a strange area in the dark can be overwhelming - not to mention dangerous - and often leave us isolated at home.

According to the CDC, long-term isolation can severely impact physical and mental health, increasing the risk of heart disease, stroke, dementia, and depression. It can also lead to cognitive decline, weakened immunity, and even earlier death.

Loneliness and isolation can significantly disrupt sleep patterns, making it difficult to fall asleep or stay asleep. It has also been identified as a risk factor for developing dementia, including Alzheimer’s disease.

When I was younger and had grown out of the “roommate” phase, I lived alone and liked it. As I grew older, I recognized that I had fewer places to go and was lonely at times, which led to me withdrawing from friends, events, and social media.

COMMENTARY

PrimeLife Enrichment Center

I am after all an introvert. In an effort to save myself, I started making it a point to say “yes” when I was asked to events and I started taking the initiative and inviting others to meet for coffee on the weekends. It was sometimes difficult, but it got easier and I found that I was happy that I went.

Just the act of promising to be somewhere made it easier for me to get up, get dressed and go out. I didn’t force myself to be in large groups, but the result was I had people to talk to and text with - contact with the outside world - and that made a difference.

I find lately that I look forward to going home and that being alone doesn’t have to mean being lonely. Sometimes you need to be alone. Not to be lonely, but to enjoy your free time just being yourself.

I guess I have learned to enjoy my own company. Being alone doesn’t mean I am not loved. *Alone* is a physical state, while *loneliness* is an emotional one. It’s possible to be physically alone and not feel lonely, and conversely, to be surrounded by people and still feel lonely.

Reach out - you may find others are waiting for you to connect, then use solitude to reflect and be creative and you won’t be lonely. — by Lori Raffel

THE BEST POTLUCK DESSERTS NO ONE THINKS TO BRING



CARAMEL SNICKERDOODLE BARS

INGREDIENTS

1 cup butter, softened
2 cups packed brown sugar
2 large eggs, room temperature
2 teaspoons vanilla extract
2-1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1/4 cup sugar
3 teaspoons ground cinnamon
2 cans (13.4 ounces each) dulce de leche
12 oz white baking chocolate, chopped
1/3 cup heavy whipping cream
1 tablespoon light corn syrup

DIRECTIONS

Preheat oven to 350°. Line a 13x9-in. baking pan with parchment, letting ends extend 1 inch over the sides.

In a large bowl, cream butter and brown sugar until light and fluffy, 3-4 minutes; beat in eggs and vanilla. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture. Spread onto bottom of prepared pan.

In a small bowl, mix sugar and cinnamon; sprinkle 2 tablespoons mixture over batter. Bake for 25-30 minutes until the edges are light brown. Cool completely in pan on a wire rack.

Spread dulce de leche over crust. In a small saucepan, combine white baking chocolate, cream and corn syrup; cook and stir over low heat until smooth. Cool slightly. Spread over dulce de leche. Sprinkle with remaining cinnamon sugar. Refrigerate, covered, at least 1 hour. Lifting with parchment, remove from pan. Cut into bars. Refrigerate leftovers.



FRITO CANDY

INGREDIENTS

2 pkg. (9-3/4 ounces each) corn chips, divided
2 cups semisweet chocolate chips, divided
1 cup sugar
1 cup light corn syrup
1 cup creamy peanut butter

DIRECTIONS

Spread 1 package corn chips on the bottom of a greased 13x9-in. baking pan; sprinkle 1 cup chocolate chips over the top.

In a large heavy saucepan, combine sugar and corn syrup. Bring to a boil; cook and stir 1 minute. Remove from heat; stir in peanut butter. Pour half the peanut butter mixture over the chip mixture. Top with remaining package corn chips and 1 cup chocolate chips; drizzle with remaining peanut butter mixture. Let stand until set. Cut into bars.



ROOT BEER FLOAT CAKE

INGREDIENTS

1 package white cake mix (regular size)
1-3/4 cups cold root beer, divided
1/4 cup canola oil
2 large eggs
1 env whipped topping mix (Dream Whip)

DIRECTIONS

In a large bowl, combine cake mix, 1-1/4 cups root beer, oil and eggs. Beat on low speed for 2 minutes or stir by hand for 3 minutes.

Pour into a greased 13x9-in. baking pan. Bake at 350° for 30-35 minutes or until a toothpick inserted in the center comes out clean. Cool completely on a wire rack.

In a small bowl, combine the whipped topping mix and remaining root beer. Beat until soft peaks form. Frost cake. Store in the refrigerator.



BLUEBERRY-LEMON UPSIDE-DOWN CAKE

INGREDIENTS

4 cups fresh or frozen unsweetened blueberries, thawed
1/2 cup sugar
2 cups miniature marshmallows
1 package yellow cake mix (regular size)
1/2 teaspoon grated lemon zest
Whipped topping

DIRECTIONS

Preheat oven to 350°. In a greased 13x9-in. baking dish, layer blueberries, sugar and marshmallows. Prepare cake mix batter according to package directions, adding lemon zest before mixing batter; pour over marshmallows.

Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes before inverting onto a serving plate. Serve warm with whipped topping.

What do you call it? Potluck dinner, Pitchin-in, Shared lunch, Bring a Plate, Fellowship meal, Carry-in dinner, Covered dish supper?

HOW 1% EACH DAY MAKES A POSITIVE IMPACT ON YOUR LIFE

Improving by just 1% each day may seem small, but over time, it compounds into remarkable growth. This approach, often referred to as “the aggregation of marginal gains,” emphasizes consistent, incremental improvement rather than dramatic change. The concept is simple: make tiny, daily improvements in different areas of life—whether it’s health, work, skills, or mindset—and let those small gains accumulate.

Imagine you’re learning a new skill, like playing the piano or running a business. A single practice session might not seem to make a difference, but if you improve just 1% each day, your progress over weeks, months, and years becomes exponential. This philosophy is powerful because it removes the pressure to make huge leaps and instead focuses on achievable, daily steps.

THE POWER OF COMPOUNDING

When you improve by 1% every day, the benefits compound. Think of it like

compound interest in finance—the small daily gains snowball into impressive long-term results. Mathematically, if you improve by 1% each day, in a year, you’d be 37 times better than when you started. The key is consistency, not perfection.

HOW TO APPLY THE 1% RULE

Start Small – Pick one area to improve and focus on small adjustments. Want to get healthier? Start by drinking an extra glass of water each day.

Track Your Progress – Measuring progress keeps you motivated. Whether it’s journaling, using a habit tracker, or logging achievements, tracking ensures momentum.

Eliminate Friction – Make small improvements easy to do. If you want to read more, keep books accessible instead of buried on a shelf.

Stay Consistent – The most successful people aren’t the most talented but the most consistent. Stick to daily improvements, no matter how small.



Embrace Failure – Not every day will be perfect. But even setbacks can be learning opportunities, fueling future progress

MINDSET MATTERS

The 1% rule isn’t just about skills—it applies to mindset too. Developing mental resilience by making small improvements in thinking, perspective, and habits leads to a stronger, more confident version of yourself. Every day, ask: “What can I do slightly better today than yesterday?”

– by Leesa Engelmann, Assistant Director

PROGRAMS

PrimeLife Enrichment Center

W E L C O M E N E W M E M B E R

NEW MEMBERS

5/29/2025	Jane (Jan) Blackburn	6/5/2025	Jaime Swick	6/10/2025	Cynthia Starks	6/24/2025	Diana (Dee) Anson
6/3/2025	Kim Corrello	6/9/2025	Robert Edward Lee	6/11/2025	Andrea Burnett	6/24/2025	Bill Leatherman
6/4/2025	Lionel Jones	6/9/2025	Marion "Kay" Myers	6/11/2025	Carole Effron	6/24/2025	Marilyn Leatherman
6/5/2025	Sara Blackburn	6/10/2025	Natalie Armstrong	6/12/2025	Christie Desrosiers	6/24/2025	Treva Leonard
		6/10/2025	James (Jim) Mullins	6/12/2025	Roger White		



PLE Member Lonnie Jones with his wonderful photography.



PLE Staff learning CPR from Carmel Fire Department Trainer



Char Willsey from Serenity Senior Pet Sanctuary



Happy Birthday, Joel! (pictured here with his harem)



Thank you to Buffalo Wild Wings and Texas Roadhouse for their generous contributions for our Juneteenth lunch. It was delicious.



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

PLE SENIOR NEWS | JULY 2025

Check out our website at
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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You can help by supporting our services!

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