

PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JUNE 2025

(L to R) Jim Hodgin, Janet Casper, Janet Knuth and Sheila Fischer support PLE at DINE TO DONATE night at Texas Roadhouse.

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UPCOMING EVENTS AND ANNOUNCEMENTS

JUNE LUNCH & LEARNS

- June 4:** Happy Birthday CenterWell w/ Janet Pillsbury
- June 11:** Wellbrooke Re-introduction w/ Katie Hacker
- June 18:** Meet the PLE Staff - Leesa, Mark, Betsy, etc.
- June 25:** Serenity Senior Living Pet Sanctuary w/ Stephanie Boer and Char Willsey

JUNE EVENTS TO REMEMBER

- June 14:** Flag Day
- June 15:** Father's Day
- June 17:** SHRED IT Day - \$5 a box/bag
- June 19:** Juneteenth



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



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, 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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johnperkon@msn.com • Ext. 219

BRENT HARTMAN • Senior Driver

CENTER INFORMATION

PRIME 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.

JUNE MESSAGE

PrimeLife Enrichment Center

JUNE IN HAMILTON COUNTY: CORN, CONCERTS, AND A WHOLE LOT OF PORCH SITTING

If the year were a Midwestern potluck, June in Hamilton County would be the dish everyone crowds around. It's warm, hearty, a little over-the-top, and somehow includes both sweet corn, backyard barbecues and fireworks (only legal ones of course). The snow shovels are finally back in the garage, the kids are out of school, and the only questions people follow now is "Which concert at the Palladium are we going to?" There's something so charming and just right about June in central Indiana—especially here in Hamilton County, where every town has its own flavor and we wouldn't have it any other way.

THE WEATHER: PREDICTABLY UNPREDICTABLE

Weather in Indiana is always a bit of a gamble—especially during spring when you could wake up in a hoodie and end the day in flip-flops. But come June, things start to even out. Mostly. You'll get stretches of sunshine in the high 70s that make you think you live in a country music video. Then a storm rolls through faster than you can say "I forgot to roll the windows up," and suddenly you're wringing out your car seat in the Target parking lot. Still, we take the good with the soggy. June is when we finally trust the patio furniture again. We open our garage doors not because we're working on something but because it just feels right. It's when everyone collectively decides to start walking the Monon Trail again, pretending like they've been doing it all year.

FROM CORNFIELDS TO CONCERTS: LOCAL FLAVORS

Hamilton County's got it all in June: sprawling cornfields in Arcadia and Sheridan, walkable downtowns, and suburbia at its most charming throughout the county. And June is the month where all of these places really show off. Noblesville kicks into gear with the Strawberry Festival on the square, a delightful excuse to eat whipped cream in public and listen to bluegrass with strangers. Over in Carmel, the Carmel Farmers Market becomes a Saturday morning ritual. You'll find people pretending to know how to pick the best zucchini while sipping \$6 pour-over coffee

and eyeing artisan goat cheese. Even if you don't buy anything, there's something about standing next to a guy selling "locally foraged mushrooms" that makes you feel healthier.

Lest we forget, there's Symphony on the Prairie at Conner Prairie—an essential rite of summer. There's just something magical about laying on a blanket, watching the sun dip behind the tree line, and hearing the Indianapolis Symphony Orchestra play everything from Beethoven to Beatles covers. Bonus points if you're the family that brings a whole table setup, complete with fairy lights and a coordinated charcuterie board. We see you. We envy you.

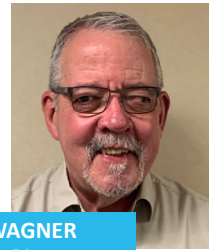
PORCH LIFE, COOKOUTS, AND THE MOSQUITO MENACE

Front porches in Hamilton County are more than just architectural features—they're stages for summer living. June is when you see folks out on their porches in rocking chairs, gossiping about which neighbor planted their petunias too early and who's been letting their dog "do its business" without picking it up. It's also when the grills come out in full force. The smell of burgers and brats wafts through the air like a siren call, and spontaneous cookouts become a neighborhood sport.

Of course, no conversation about June in Indiana would be complete without addressing our greatest natural predator: the mosquito. One minute you're enjoying a lovely evening outside, and the next you're sprinting inside, slapping yourself like a person trying to extinguish invisible fires. We all swear by our own mosquito-repellent strategies—citronella candles, electric zappers, that one special brand of spray from Rural King—and none of them actually work. Still, we endure. There's just something too good about a backyard bonfire, or a glass of lemonade on a back deck as the sun sets around 9:15 p.m. that makes the risk of itchy ankles worth it.

PARKS, PATHS, AND BACKYARD OLYMPICS

By June, the Monon Trail feels like I-465 for bikers, joggers, dog walkers, and those kids on electric scooters who think they're training for a high-speed chase. It's the scenic artery that connects Carmel to Westfield and beyond—and on weekends, it feels like the whole county is out there pretending they're in a Nike ad. Add in a stop at Bub's Burgers or Java House and suddenly you've got a full-on



GARY WAGNER
Executive Director

summer adventure. Westfield's Grand Park becomes a hub of activity. If you haven't had to navigate a soccer tournament traffic jam there, are you even a local? June is peak time for travel teams from all over the Midwest to descend upon Hamilton County, which means every restaurant within a 10-mile radius of US-31 is at max capacity. At home, kids rediscover the ancient art of making up their own games. June in Indiana has long been the birthplace of creative backyard sports—hose limbo, sprinkler tag, slip 'n slide relays. It's a time when an empty driveway becomes a basketball court, and a kiddie pool is all it takes to feel like you're at a resort.

ROMANCE IN THE AIR (PLUS THE LIGHTNING BUGS)

June is wedding season around here, and venues range from beautiful churches to converted barns or a lakeside ceremony at Morse Reservoir. At the reception following the ceremony, ties get loosened, sports coats are shed (especially if the ac isn't performing up to snuff, and those of us over the age of 60 watch the wedding party and all their young friends dance and party like there's no tomorrow.

Then come the lightning bugs. Indiana's little twinkling mascots start blinking their way across the yard just as the sky turns that perfect purplish orange. Suddenly everything feels still—except the kids with jars, running around, trying to catch a bit of magic before bedtime. If you've never had your first crush under a June sky filled with lightning bugs, I'm sorry. You missed out on a core Hoosier memory.

WRAPPING IT UP: JUNE, THE HEART OF SUMMER

June in Hamilton County is more than a month—it's a state of mind. It's fresh produce at the local Farmers Market, it's live music downtown, it's finding a shady spot on the Monon and just sitting for a while. It's the balance of tradition and change, of simple pleasures and big events. It's where cornfields meet cul-de-sacs, where small-town pride meets suburban sprawl—and somehow it works

beautifully. So, whether you're grabbing ice cream from Handel's, getting sunburned at Morse Reservoir, or just sitting on your porch watching the fireflies, June invites you to slow down, take a deep breath, and enjoy the ride. Even if that ride ends with a mosquito bite and melted dreamsicle on your car seat.

Given this overview of one of my favorite months of the year, here is a sampling of events that you might want to put into your June calendar:

- Dillon Park Summer Concert Series -- June 5, 2025 | Dillon Park, Noblesville
- History on Tap -- June 6, 2025 | Conner Prairie, Fishers
- Jams at the Junction -- June 6, 2025 | Grand Junction Plaza, Westfield
- Sam Barber -- June 7, 2025 | Nickel Plate District Amphitheater, Fishers
- Center Presents: Ben Harper & The Innocent Criminals -- June 8, 2025 | Payne & Mencias Palladium at the Allied Solutions Center for the Performing Arts, Carmel
- Americana on Main - National Corn Day -- Jun 11, 2025 | Main Street & Monon Trail,

Carmel

- Strawberry Moon Market -- June 11, 2025 | Taylor Center of Natural History, Noblesville
- Home Grown Music Concert Series -- Jun 13, 2025 | Federal Hill Commons, Noblesville
- Cool Creek Summer Concert Series -- June 13, 2025 | Cool Creek Park & Nature Center, Carmel
- St. Michael's Strawberry Festival -- June 14, 2025 | Historic Courthouse Square, Noblesville
- Center Presents: Jesus Christ Superstar -- June 14, 2025 | Payne & Mencias Palladium/ Civic Theatre at the Allied Solutions Center for the Performing Arts, Carmel
- Chase Rice -- June 14, 2025 | Nickel Plate District Amphitheater, Fishers
- Music & All That Jazz -- June 14, 2025 | Historic Courthouse Square, Noblesville
- Rick Springfield: I Want My 80's Tour -- June 17, 2025 | Fishers Event Center, Fishers
- Americans on Main - Ice Cream Social -- Jun 18, 2025 | Main Street & Monon Trail, Carmel
- Cool Creek Summer Concert Series -- June

20, 2025 | Cool Creek Park & Nature Center, Carmel

- Summer Music Fest -- June 21, 2025 | Clay Terrace, Carmel
 - Late Night on Main with Straight up Chumps -- June 21, 2025 | Carmel Arts & Design District
 - Center Presents: Peace on Earth: Beethoven's 9th Symphony -- June 22, 2025 | Payne & Mencias Palladium at the Allied Solutions Center for the Performing Arts, Carmel
 - Tenderloin Tuesday's™ Sweet 16th -- Jun 24, 2025 | Throughout Hamilton County
 - Movies in the Plaza -- Jun 25, 2025 | Grand Junction Plaza, Westfield
 - Symphony on the Prairie: Tusk: The Classic Fleetwood Mac Tribute -- June 27, 2025 | Fishers
 - Symphony on the Prairie: Arrival from Sweden, the Music of ABBA -- June 28, 2025 | Fishers
- In case you thought I forgot, Happy Father's Day to all the dads and grandpas on June 15th! — Gary



HEALTH MISINFORMATION

HOW TO IDENTIFY RELIABLE SOURCES ONLINE

With all the digital information available at our fingertips, it's easy to find inaccurate advice about your health. Health misinformation describes false or misleading medical information often found on websites or social media. It also includes health disinformation, a form of health misinformation that is created to deliberately mislead someone with misstated facts.

Medical misinformation used to be a handful of uniformed theories on the fringe, but it's grown into what some health officials are calling an "infodemic." The trend in health misinformation creates confusion, mistrust and even death.

"Years ago, health misinformation came from outliers in far-out conspiracy theories. It used to be an exception," said Emily Webber, MD, chief medical information officer at Indiana University Health and pediatrician at Riley Children's Health. "Now it feels like a constant, uphill battle for medical professionals to correct this information."

WHY HEALTH INFORMATION IS VULNERABLE TO MISINFORMATION

Health misinformation has always been around, but the trend exploded during the COVID-19 pandemic. Medical information is particularly susceptible to misinformation because it is complicated, it changes over time and it has the potential to affect everyone. During the pandemic, scientists were regularly learning new things about COVID, and the public sometimes struggled to keep up.

"People often think health information is static and unchanging, but it can evolve. In matters of public health, for example, we use the best information we have at the time," Dr. Webber said. "When COVID started to take off, that data was changing rapidly. Misinformation rose quickly along with it. Now we find ourselves with less agreement between the public and the health care community—and therefore, less trust—around things that used to be accepted facts."

How to detect fake health news?



WHY HEALTH MISINFORMATION IS DANGEROUS

As science works to find answers in rapidly changing situations, there are plenty of people willing to fill those gaps with misinformation. People who are already skeptical of science or internet trolls and bots designed to spread misinformation often fill this space. This is especially true in situations where people feel desperate for answers, and medical misinformation can have dangerous consequences.

For example, a poorly designed study in the 1990s that was since refuted falsely claimed that the measles, mumps, and rubella (MMR) vaccine caused autism. Despite multiple studies and articles explaining the flawed nature of this study, rates of immunization dropped over the next 20 years. Similarly, at the peak of the AIDS epidemic in the late 1990s, the South African government's refusal to accept the science of how HIV causes AIDS caused them to decline offering retroviral drugs, resulting in an estimated 330,000 deaths. The current measles outbreak in Texas is largely among unvaccinated children, including the first measles death in more than a decade.

"We know from decades of data that people are mainly motivated to get vaccinated for their personal interests, versus for the benefit for communities. But now, people also don't believe the science behind one of our best-studied vaccines," Dr. Webber said. "The Texas measles outbreaks are happening in these communities with historically low vaccination rates, and some parents of the children who are infected and

suffering say they still wouldn't had let their children receive the safe, effective, free vaccination. That's the great danger of health misinformation: Consuming bad information drives people to less safe decisions that affect them personally, and in cases of public health misinformation, it also dramatically and rapidly affects their community."

Sometimes misinformation comes from someone with a financial motivation. Splashy, loud and outrageous claims and "quick fixes" in a one-minute TikTok video, for instance, should be scrutinized for accuracy, especially if they come with a price tag. Not only should you question the message but also scrutinize the messenger.

"The way information can be shared means that we can consume this information quickly and without validation. Misinformation becomes like junk food—too easy to consume and unhealthy. For example, social media algorithms are designed to show you the stories that make you angry and scared, which are the ones that stick with you, even if they aren't true," Dr. Webber said. "We respond differently to information when we are angry and scared, and sometimes they hear what they want to hear. We'd all love to have an easy way to solve problems with a \$9.99 supplement, but that's not how health and science works."

HOW TO SORT FACT FROM FICTION

Given the amount of false information available online, it can be daunting to find the best sources for online medical advice. When in doubt, Dr. Webber encourages people to check claims against reliable sources of health information, it will take a collaborative effort between science, medical professionals and the public to break through the noise of online health misinformation. It's important to be a conduit of accurate and reliable information within your circle. Some of the most dangerous disinformation is spread on social media. If you prepare yourself with accurate health information, you can help others close to you navigate complicated medical information.

Source: <https://iuhealth.org/thrive/health-misinformation-how-to-identify-reliable-sources-online>

SHIP COUNSELING IS AVAILABLE ALL YEAR ROUND AT PLE



The State Health Insurance Assistance Program (SHIP) is a free, impartial counseling program for people with Medicare, offering unbiased information and assistance to help them make informed decisions about their health insurance options. SHIP is available in every state, including Indiana.

HERE'S WHAT SHIP DOES

Provides unbiased information: SHIP counselors help people understand Medicare, including Medicare Advantage Plans, Medicare Supplement Plans, and Long Term Care Plans.

Offers one-on-one counseling: SHIP can help people compare and enroll in plans, file claims, and appeal Medicare decisions.

Educates beneficiaries: SHIP provides resources and support to help people make informed choices about their healthcare.

Connects people with resources: SHIP can help beneficiaries with questions on Medicare, Medicare supplements, Medicaid, employer benefit plans, managed care plans, and long-term care.

Who can benefit from SHIP? Medicare beneficiaries, Their families and caregivers, People with limited incomes, Medicare beneficiaries under 65 with disabilities, and Individuals dually eligible for Medicare and Medicaid.

To schedule a time with a SHIP Counselor here at PrimeLife, talk to the front desk and they will let you know when counselors will be available.

This is such an important program and we are please to offer it here at PLE.

SHREDDING DAY AT PLE

We're cleaning house at PLE and you can join us by bringing in your old tax forms and other sensitive documents to safely shred here at PrimeLife.

WHAT: SHRED IT Day at PLE.

WHEN: Deadline for bringing your boxes or bags (of any size) for shredding is Monday, June 16, 2025.

WHY: For just \$5 per container - box or bag - the SHRED IT truck will be in the PLE garage to safely and efficiently shred sensitive documents safely.

WHERE: Please bring your container(s) to the garage doors at the back of PrimeLife on Monday, June 16 from 8 am and 2 pm.

What a great way to get rid of those old sensitive papers that need to be shredded.

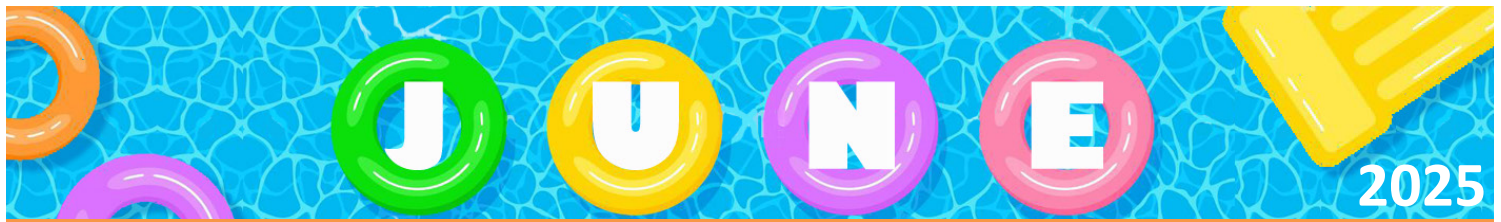


AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am EARLY AQUATIC AEROBICS	8:15 am EARLY AQUATIC AEROBICS	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
1:15 pm					

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00 am	The CLIMB	LABLAST	The CLIMB	ZUMBA GOLD	The CLIMB	SATURDAY
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		SUNDAY
1:30 pm		YOGA BLEND		YOGA BLEND		9:30 am POUND UNPLUGGED
EVENING CLASSES	5:30 pm DANCE FUSION		5:30 pm ZUMBA	5:30 pm DANCE FUSION		
	6:30 pm UPLIFT	6:00 pm SHINE	6:15 pm POUND	6:30 pm UPLIFT	REVEL Classes are in Orange. For daily updates (water and land): www.brown-bearsw.com/cal/pleinstructors	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	4 10:00 am Alzheimers Assoc. Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	5 9:00 am Pinochle L 9:00 am My Divine Sole, by appointment 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	6 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
9 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	10 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	11 10:00 am Alzheimers Assoc. Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	12 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	13 11:30 am Second Helpings Lunch * 12:00 pm Memory Café 12:15 pm Partner Bridge L 1:00 pm BONUS BINGO with Stephanie Hale
16 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	17 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	18 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$ 1:30 pm Nutrition Education - Brenda Moster	19 9:00 am Pinochle L 11:30 am SURPRISE Lunch 12:30 pm Card-Making \$ 1:00 pm Euchre L	20 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: 12:15 pm Partner Bridge L 12:30 pm Seeing Clearly with Ileen Arends 1:00 pm BONUS BINGO with Corey
23 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	24 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	25 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	26 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	27 11:30 am Second Helpings Lunch * 12:00 pm Memory Café 12:15 pm Partner Bridge L
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june WORD SEARCH

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

afternoon tea
barbeques
beaches
garden
warm

sandwiches
wildlife
singing
summer
tea

cappuccino
solstice
sandles
birds

cut grass
picnics
parties
happy

HOW DOES YOUR GARDEN GROW?

COMMENTARY

PrimeLife Enrichment Center

Every year, former PLE Driver and Master Gardener Mimi Merchun brings the PLE entrance to life with beautiful perennials of stunning colors creating a lovely background for Mrs. Goose to await the delivery of Baby Geese. Mimi is so talented and volunteers all her time to make the PLE garden grow and we thank her.

I, too, have become a gardener. Flowers are my life. I planted beautiful flowers at my new house and I am very proud of them.

OK. Wait. Let me adjust that. My best friend Earl installed solar lights, planted flowers and hostas, put down mulch, and made hanging planters full of annuals for my front porch. I was there the entire time and I watched from my rocker in the sun, but I am certainly not a gardener.

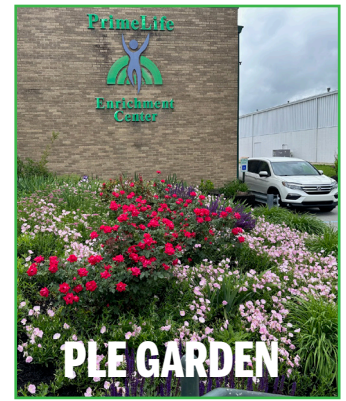
I now find myself every morning checking to make sure the hostas are still thriving and the hanging pots of petunias are still waving. To be completely accurate about work distribution, I picked the color scheme (purple and yellow) and my BFF, who is an excellent landscaper and has a gorgeous house and yard of his own, told me which ones would grow, created a budget for me and calculated how much of everything I would need.

From time to time, I see deer in my yard and I love to watch them daintily bounce across the grass. Sometimes I feed them little apples to get them to come back, but I would like to go on record as saying that if they so much as munch on a single hosta, there will be ramifications.

As proof that I am taking all this seriously, I now have a hose with a sprayer, a sprinkling can, and my very own box of Miracle Gro. Thanks to Earl, I watch my plants grow, water them when they need it, and brag about them even when no one wants to hear about it or see my pictures.

Growing up, we always had beautiful well-groomed lawns and my mother grew colorful, healthy gardens, but for my part, I was asked to not walk on the grass and not touch the plants. Turns out, my parents were smart to have me stay away because generally my house is where plants go to die.

Maybe all this time I've just been waiting for someone else to do all the work so I can sit on my front porch, watch the plants grow, the possums waddle, the deer perform ballet, and the Goldfinches have words with the Cardinals around feeders that I can't seem to keep full. I'll take it. — by Lori Raffel



LET'S GO ON A PICNIC!



THE MASTERS EGG SALAD SANDWICHES

INGREDIENTS

12 hard-boiled eggs, peeled and grated
1/2 cup mayonnaise
1 tsp. yellow mustard
1 Tbsp. finely chopped dill pickle
1 tsp. kosher salt
1 tsp. fresh cracked pepper
10 slices white bread, crusts removed

DIRECTIONS

Combine all ingredients except bread into a large mixing bowl.
Use the back of a fork to mash ingredients together until evenly combined and smooth.
Generously spread a layer of the egg mixture on top of 5 of the bread slices.
Top each with a remaining slice of bread.
Cut sandwiches into fourths, and serve.



CLASSIC PIMIENTO CHEESE

INGREDIENTS

1 (4-oz.) jar diced pimiento, drained
1 1/2 cups mayonnaise
1 tsp. Worcestershire sauce
1 tsp. finely grated yellow onion
1/4 tsp. cayenne pepper
1 (8-oz.) block extra-sharp yellow Cheddar cheese, finely shredded
1 (8-oz.) block sharp yellow Cheddar cheese, shredded

DIRECTIONS

Stir together pimiento, mayonnaise, Worcestershire, onion, and cayenne in a large bowl.
Stir cheeses into pimiento mixture until well combined. Store covered in the refrigerator up to 1 week.



CHICKEN CAESAR SALAD SANDWICHES

INGREDIENTS

3 cups shredded rotisserie chicken
1 garlic clove, minced
1 tablespoon fresh lemon juice
1 tablespoon red wine vinegar
1 teaspoon Dijon mustard
1/2 teaspoon Worcestershire sauce
1/4 teaspoon kosher salt
1/8 teaspoon black pepper
1/3 cup extra-virgin olive oil
1/2 ounce Parmesan cheese, grated
3 tablespoons mayonnaise
1/4 teaspoon garlic powder
4 mini baguettes, split
4 romaine lettuce leaves

DIRECTIONS

Place chicken in a medium bowl. Process anchovy fillets, garlic, lemon juice, red wine vinegar, mustard, Worcestershire sauce, salt, and pepper in a blender until smooth. Gradually add olive oil, and process until smooth; stir in Parmesan cheese. Pour dressing over chicken, and toss to coat.

Stir together mayonnaise and garlic powder in a small bowl. Brush cut sides of bread evenly with mayonnaise mixture. Heat a large skillet over medium-high. Cook bread, cut side down, in hot skillet, until toasted and golden brown, about 2 minutes. Divide chicken mixture and lettuce leaves evenly among bottoms of toasted bread; cover with bread tops



CHEESECAKE FRUIT SALAD

5 cups chopped ripe fruit (such as pineapple, honeydew melon, mango, kiwi, red grapes)

DIRECTIONS

Mix cheesecake filling:
Whisk together cream cheese, whipped topping, yogurt, sugar, lemon juice, and vanilla extract in a large bowl until combined.
Gently stir in fruit. Serve cold.

INGREDIENTS

1 (8-oz.) whipped cream cheese spread
1 cup thawed frozen whipped topping
1/4 cup vanilla yogurt
1/4 cup powdered sugar, sifted
1 tsp. fresh lemon juice
1 tsp. vanilla extract

JUNE 2-9, 2025

SCAMMERS CONTINUE TO IMPERSONATE GOVERNMENT

The Social Security Administration will never threaten, scare or pressure you to take an immediate action. Scammers continue to impersonate government employees in an attempt to obtain your personal information or money.

They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.

Do not give scammers money or personal information. Ignore them!

How to avoid a scam:

- **Remain Calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will

insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.

- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media, using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

SMP (Senior Medicare Patrol), is the watchdog for elderly and medicare fraud, refers to the Senior Medicare Patrol.

It is a national program that empowers Medicare beneficiaries and their families to prevent, detect, and report health care fraud, errors, and abuse. SMPs are funded by the U.S. Department of Health and Human Services.

PLE works with SMP by posting their daily warnings and scam information on our

Facebook page to warn everyone against fraud schemes and scams that are out to get money illegally from seniors and other groups of individuals.

Purpose:

SMPs are dedicated to educating beneficiaries about Medicare fraud, errors, and abuse, helping them identify potential problems and report them.

Role:

SMPs act as a vital resource for Medicare beneficiaries, providing confidential support and guidance. They also work with state and federal agencies to resolve beneficiary complaints and report suspected fraud.

Services:

SMPs offer a range of services, including:

Outreach and education programs

Individual counseling and assistance

Help in reporting fraud, errors, and abuse to the appropriate authorities

PrimeLife Enrichment receives funds from SMP for posting their information on our Facebook and Instagram accounts.

NEW MEMBERS

4/28/2025 Jeannette Godsmen
5/1/2025 Paula Harrawood
5/2/2025 Mary Overhage

5/7/2025 Marlene Tran
5/7/2025 Jackie Wolfe
5/1/2025 Maria Wright

5/20/2025 Christopher Zuccaro



Mother Goose awaits the arrival of her family.



CICOA Produce for Better Health Day



DIVVY Lunch Day at PLE is possible because we have such wonderful volunteers.



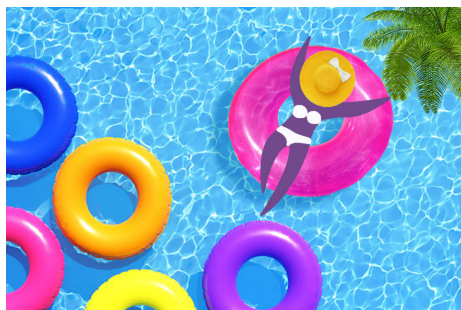
You can't get much more fun than riding in the PLE "Party Bus" to spend the date at a casino and stop for lunch along the way.



PLE had a great turnout for DINE TO DONATE night at Texas Roadhouse. Here are just a few of the members and supporters who helped us make the evening a success.

PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



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PLE SENIOR NEWS | JUNE 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.

DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

_____ \$1,000	_____ \$ 100
_____ \$ 500	_____ \$ 50
_____ \$ 250	_____ \$ (other)

I would like to make a monthly pledge of: \$ _____

We welcome checks, cash, Visa, Master Card
and Discover. Make check payable to: PrimeLife Enrichment,
Inc.

_____ Please send information on how I can benefit PLE
through my legacy/estate planning. [Note: Check with your
tax advisor re: leaving a lasting legacy for our seniors. Prime-
Life Enrichment, Inc. is a 501(c)(3) corporation.]

Name

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Phone

Email Address

Credit Card Number

Exp. Date

Security Code