



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | AUGUST 2025

PLE instructors and members enjoy a new activity on the day of the Carmel Fire Department cookout.

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### AUGUST EVENTS

- AUGUST 6:** Hydrations impact on overall health
- AUGUST 13:** This special program from the Alzheimer's Association is designed to help people understand new treatments. It shares how treatments work, potential benefits, and side effects.
- AUGUST 19:** Reaching Resources serves as the central communication point for organizations serving the aging population in Hamilton County. Reaching Resources is the hub for aging resources in the community offering resource guides, advocacy, and support for older adults.
- AUGUST 20:** Are you feeling confused about what vaccines to get as we age? Julia Miller, Pharmacy Manager at IU Health North will provide information about vaccines, boosters, side effects and more!
- AUGUST 27:** As more seniors engage with the digital world for communication, banking, shopping, and healthcare, online safety is more important than ever. Protecting personal information, recognizing scams, and using secure devices are key to staying safe. We will be providing helpful tips and tricks.



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



## 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  
Steven Goodin  
Becky Henn  
Dan Overbeck  
Debbie Reimer

### 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

**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.



### 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**

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



# AUGUST MESSAGE

PrimeLife Enrichment Center

## Good bye July, hello August!

Many people consider August to be the beginning of the end of the dog days of summer – usually the hottest and most humid days from early/mid-July to mid-August. I, for one, believe that after the July heat and humidity we've had this year, any remaining dog days of August will be more like puppy days. At least that's my hope.

For generations, August was the month that many families squeezed in one last vacation before the kids started school. And school didn't start until after Labor Day weekend. Obviously, those days are long gone. Most schools today welcome young students back in late July or early August. As an editorial aside, I remember well when summer vacation lasted until Labor Day weekend. Obviously times have changed with many schools, but who's to say that the academic calendar of the 21st century is more conducive to the education of our children and grandchildren than that of the 20th century? One thing I know for sure is that I would have been mortified to the point of going on a hunger strike if summer vacation had ended before my August birthday. I refuse to live in the past, but as I said a couple of years ago, it's probably a good thing no one asked me if I was in favor of starting school before Labor Day. Having expressed my bias, let's take a quick look at some of the pros and cons associated with shorter summer vacations

Most schools now start in late July or early August rather than after

Labor Day for several practical and academic reasons. One key factor is the push to align the school calendar with standardized testing schedules. Many states require students to take standardized tests in the spring, often around April or early May. An early start to the school year gives teachers more instructional time before these high-stakes exams, which can significantly impact school funding and evaluations. It also adds flexibility in scheduling fall and spring breaks, professional development days, and bad weather make-up days.

Another reason is the rise of modified or "balanced" school calendars, especially in warmer southern states. These calendars typically offer more frequent breaks throughout the year, such as a two-week fall break or longer winter and spring holidays. To fit the required number of instructional days while still giving these extended breaks, schools must begin earlier in the year. Additionally, starting earlier can help schools finish the first semester before the winter break, allowing students to complete final exams without a long holiday interruption. Perhaps the most compelling advantage of starting the school year earlier than later is that in this age of two-income families, the earlier start to the school year can reduce the cost of daycare when both parents work.

While these and other fairly convincing arguments favor beginning the school year earlier, some educators, parents, and policymakers continue to debate



GARY WAGNER  
Executive Director

whether an earlier start is beneficial or detrimental to students and the overall school experience. In their opinion, some notable drawbacks deserve at least cursory consideration. For example, how about the impact of summer heat, especially in regions or districts where schools may not have adequate air conditioning? Excessive classroom temperatures can impact the ability of students to concentrate and perform well, potentially hindering their learning experience.

As far as I'm concerned though, the biggest negative about starting school earlier is that it shortens the summer break, which can be a valuable time for students to relax, travel with their families, or participate in camps, internships, or other enrichment activities. This shortened break can be especially problematic for families who rely on seasonal employment or have vacations planned around the traditional Labor Day start. I know the ship has sailed. It is highly unlikely that future generations of children will ever enjoy the three-month hiatus from school that most of us experienced in our youth. That's a shame.

Happy August! -- Gary

August is like the  
Sunday of Summer.

August is the slow, gentle month that stretches out  
the longest across the span of a year. It yawns and  
lingers on with the lights fading.

August is the border between Summer and Autumn;  
it is the most beautiful month I know.

Born in August, you carry the golden glow  
of Summer and the strength  
of a new season approaching.



# ARE YOU A DOER? WE NEED YOU

## Front Desk

- Work in the Thrift Shop
- Reminder phone calls
- Filing and organizing
- Computer entry
- Facility Tours

## Member Activities

- Teach seniors digital skills
- Help beautify the grounds
- Seasonal decorations
- Assist with special events
- Introduce sponsors and MC events



“Volunteers do not necessarily  
have the time;  
they just have the heart.”

“Our fingerprints don’t fade  
from the lives we touch.”

## Food Service

- Help our food partners serve
- Help clean up after meals
- Make coffee
- Carry food to tables



317-343-6800

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11078 3<sup>rd</sup> Avenue SW, Carmel, IN 46032





## THE IMPORTANCE OF STAYING HYDRATED IN THE SUMMER HEAT

As the temperatures rise and the sun shines brighter, it's crucial to prioritize staying hydrated to maintain good health and well-being. With summer in full swing, our bodies face increased risks of dehydration, making it essential to understand the importance of proper hydration.

### HOW WATER CAN HELP YOUR BODY

Water is essential to life and our bodies rely on it for numerous vital functions. Here's why staying hydrated is especially crucial during the summer months:

- Regulating Body Temperature:** Sweating is our body's natural mechanism to cool down when temperatures rise. However, this process can quickly deplete our water stores, leading to dehydration. By drinking enough fluids, we replenish the water lost through sweating, helping to regulate our body temperature and prevent overheating.
- Supporting Physical Performance:** Whether you're hitting the beach, going for a hike or enjoying outdoor activities, staying hydrated is key to sustaining optimal physical performance. Dehydration can lead to decreased endurance, muscle cramps and fatigue.
- Maintaining Cognitive Function:** Dehydration doesn't just affect our bodies; it also impacts our brains. Studies have shown that even mild dehydration can impair cognitive function, leading to difficulties in concentration, memory and mood. By staying hydrated, you can keep your mind sharp and focused, allowing you to tackle any summer challenges with clarity.

- Preventing Heat-Related Illnesses:** Prolonged exposure to high temperatures and inadequate hydration can result in heat-related illnesses such as heat exhaustion and heatstroke. These conditions can be serious and even life-threatening if left untreated. Drinking plenty of fluids helps to prevent dehydration and reduces the risk of these heat-related ailments.

### SIGNS AND SYMPTOMS OF HEAT-RELATED ILLNESS

Recognizing the signs of heat-related illness is crucial for staying safe during the summer months. Common symptoms include excessive sweating, muscle cramps, dizziness, headache, nausea and rapid heartbeat. If you or someone you know experiences these symptoms, it's essential to take immediate action to prevent the condition from worsening. Move to a cooler place, rest and drink plenty of fluids. In severe cases, such as heat exhaustion or heatstroke, symptoms may escalate to confusion or seizures.

When it is hot, it is easy to become dehydrated. Make it a habit to drink water regularly throughout the day.

### HYDRATION DID YOU KNOW?

Water makes up to <b>60%</b> of our body composition	Water helps the brain to make hormones and neurotransmitters to transport signals around the body	It helps our tissues and cell membranes remain moist to function correctly
Helps produce saliva which aids digestion	Acts as an internal shock absorber for our bodies	Helps deliver oxygen around our bodies along with many other functions

### DEHYDRATION LEVELS FLUID LOSS AS % OF BODY WEIGHT

<b>1% LOSS</b> Trouble focusing, impaired ability to regulate body temperature, mild thirst <small>1% (Equivalent to ~1-1.5 cups of water for an average person)</small>	<b>2-3% LOSS</b> Impaired memory and cognitive performance, decreased reaction times, dry mouth, loss of appetite	<b>4% LOSS</b> 20-30% reduction in work capacity (i.e., physical performance)	<b>5% LOSS</b> Difficulty concentrating, headache, sleepiness
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If you or someone else shows signs of severe heat-related illness, seek medical attention right away.

*Written by Dr. Kevin Nowak,  
Emergency Department Medical  
Director at IU Health Fishers Hospital*

Please consider donating

**PLEASE NEEDS A FRIDGE**

call Leesa at  
317-343-6800

**NEW**  
*Library or Bust*

Beep - Beep

10:15 11:15

**FRIDAY, AUGUST 22**  
SIGN UP AT THE FRONT DESK

# SAVE THE DATES!

AUGUST  
2025

WED  
06

**HYDRATION - IT'S  
NOT ALL ABOUT  
WATER!**



WED  
13

**ADVANCES IN  
TREATMENT**



WED  
20

**VACCINE &  
IMMUNIZATION  
101**



**ONLINE SAFETY**

WED  
27



TUES/THUR

POP UP EVENTS @ 10AM

"Listen. I wish I could tell  
you it gets better. But, it  
doesn't get better.

*You getter better."*

Joan Rivers

UPDATE!

**NEW  
LOCATION**

DIVVY box pick up by  
front door. Meals not  
picked up by 2pm  
will be donated.

HEALTH CODE



UPDATE!

**MONDAY  
PICK UP**

Produce boxes NOT  
picked up by 3pm on  
Mondays will be donated.

HEALTH CODE




You know you're getting  
old when you can't walk  
past a bathroom without  
thinking "I may as well go  
while I'm here."



## AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	EARLY AQUATIC AEROBICS Instructor: Lisa	EARLY AQUATIC AEROBICS Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Patsy	EARLY AQUATIC AEROBICS Instructor: Lisa	
9:30 am		ADVANCED AQUATIC AEROBICS Instructor: Lisa	AQUA ZUMBA Instructor: Ali	ADVANCED AQUATIC AEROBICS Instructor: Lisa	
10:30 am	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne	OPEN POOL Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne	VOLLEYBALL Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne
11:30 am	ARTHRITIS FOUNDATION AQUATICS Instructor: Betsy	ARTHRITIS FOUNDATION AQUATICS Instructor: Patsy	ARTHRITIS FOUNDATION AQUATICS Instructor: Jeanne	ARTHRITIS FOUNDATION AQUATICS Instructor: Barb	ARTHRITIS FOUNDATION AQUATICS Instructor: Patsy
12:30 pm	OPEN POOL Instructor: Betsy		OPEN POOL Instructor: Betsy	OPEN POOL Instructor: Barb	OPEN POOL Instructor: Patsy

## LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	The CLIMB Instructor: Lindsay	DANCE FEVER Member Lead	The CLIMB Instructor: Lindsay	ZUMBA GOLD Instructor: Ali	The CLIMB Instructor: Lindsay
10:00 am	GOT BALANCE Instructor: Lindsay		GOT BALANCE Instructor: Betsy		STRENGTH & FLEXIBILITY Instructor: Lindsay
11:00 am	DANCE FEVER Member Lead	SAIL Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL Instructor: Betsy	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: Betsy	REVEL Classes are in Orange. For daily updates (water and land): <a href="http://www.brown-bearsw.com/cal/pleinstructors">www.brown-bearsw.com/cal/pleinstructors</a> OR scan this code: 
1:30 pm		YOGA BLEND Instructor: Vicki		YOGA BLEND Instructor: Vicki	
EVENING CLASSES	5:30 pm DANCE FUSION Instructor: Kelsey		5:30 pm ZUMBA Instructor: Alicia	5:30 pm DANCE FUSION Instructor: Karen	
	6:30 pm UPLIFT Instructor: Sandy	6:00 pm SHINE Instructor: Sandy	6:15 pm POUND Instructor: Melissa	6:30 pm UPLIFT Instructor: Sandy	

# AUGUST

2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

11:30 am Second Helpings Lunch \*  
12:15 pm Partner Bridge L

4

11:30 am CICOA Lunch \$  
12:00 pm Practice Bridge L  
*Not for beginners*  
12:15 pm BINGO  
1:00 pm Creative Writing B

**CICOA PRODUCE  
FOR BETTER HEALTH •  
12:00 -3:00 PM**

5

11:30 am CICOA Lunch \$  
12:30 pm Golden Singers Club A  
1:00 pm Needlework B

6

10:00 am Alzheimers Assoc. Support Group B  
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 \$

7

9:00 am Pinochle L  
11:30 am CICOA Lunch \$  
12:30 pm Card-Making \$  
1:00 pm Euchre L

8

11:30 am Second Helpings Lunch \*  
12:15 pm Partner Bridge L  
1:00 pm BONUS BINGO with Stephanie

11

11:30 am CICOA Lunch \$  
12:00 pm Practice Bridge L  
*Not for beginners*  
12:15 pm BINGO  
1:00 pm Creative Writing B

12

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**

13

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 \$

14

9:00 am Pinochle L  
9:00 am IMS Trip \$  
11:30 am CICOA Lunch \$  
1:00 pm Euchre L

15

11:30 am Second Helpings Lunch \*  
12:15 pm Partner Bridge L  
2:30 pm Memory Café:

18

10:00 am Theatre Club L  
11:30 am CICOA Lunch \$  
12:00 pm Practice Bridge L  
*Not for beginners*  
12:15 pm BINGO  
1:00 pm Creative Writing B

**CICOA PRODUCE  
FOR BETTER HEALTH •  
12:00 -3:00 PM**

19

11:30 am CICOA Lunch \$  
1:00 pm Needlework B  
Sponsored by Wellbrook of Carmel  
1:30 pm Book Club

20

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 \$

21

9:00 am Pinochle L  
11:30 am CICOA Lunch \$  
12:30 pm Card-Making \$  
1:00 pm Euchre L

22

10:00 am CPL:  
11:30 am Second Helpings Lunch \*  
12:15 pm Partner Bridge L  
1:00 pm BONUS BINGO with Corey

25

11:30 am CICOA Lunch \$  
12:00 pm Practice Bridge L  
*Not for beginners*  
12:15 pm BINGO  
1:00 pm Creative Writing B

26

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**

27

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 \$

28

9:00 am Pinochle L  
11:30 am CICOA Lunch \$  
1:00 pm Euchre L

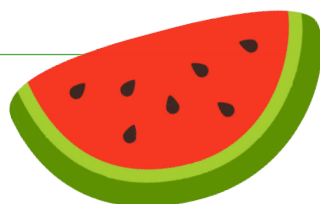
29

11:30 am Second Helpings Lunch \*  
12:15 pm Partner Bridge L



# SUMMER

## WORD SEARCH



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

AUGUST

COOKOUT

HIKING

PARK

SANDALS

SUNGLASSES

VACATION

BEACH

FIREFLIES

LEMONADE

PICNIC

SMORES

SUNSHINE

WATERMELON

CAMPING

FIREWORKS

OUTDOORS

POPSICLE

SPRINKLER

SWIMMING



# GOODNESS WHISPERS OUT OF PEOPLE, IT RARELY SHOUTS

Goodness is something that we all possess in various quantities and is recognized by others in our character and conduct. Goodness in a person's nature does not need to be shouted – it will be noticed even without saying – even in silence.

When I was growing up, I went to church one Sunday with my Grandma Sophie. I was maybe in first grade and I had a dollar that my Dad had given me for the offering basket. I had never put money in the basket before, so I was pretty excited and after doing so, I told just about anyone who would listen, including the minister and my Grandma.

On the way home in the giant front seat of her Studebaker, Grandma told me she was proud of me for making the contribution, but that talking about it made it less important. I knew what I had done (and God knew) so no one else needed to know.

This did not go over well with me. I mean, what's the use of doing something good if no one knows about it? It sure seemed that everyone found out when I did

something *bad* and I wanted things to even out. Grandma said doing good and keeping it a secret made it that much better and talking about it "took away some of the good."

At the ripe old age of six, I thought that was ridiculous, but I have remembered that lesson and try to live by it. Whenever I am given the chance to do good, I think of Grandma Sophie and I am reminded that the deed is the important part - not bringing attention to it.

I recently read: *If you want to feed the homeless, feed the homeless, but the moment you put it on social media, you're also feeding your ego.* I am a firm believer that good deeds are never invisible and are paid back to us in some way.

Years ago I attended a conference featuring Fred Smith, founder of FedEx, as keynote speaker. As leaders he said we shouldn't be busy telling others how great we are, but instead we should consider how people feel about themselves when they are around us. It really got me thinking.

Did I make a friend, co-worker, or stranger feel better about themselves by what I said

## COMMENTARY

PrimeLife Enrichment Center

and how I treated them? Smith went on to say that people may not always remember what you said or the words you used, but they will always remember how you made them feel.

I left PLE on the Wednesday after the Carmel Fire Department Cookout feeling good about the place I work and thankful for all the volunteers, staff, and members who took part in the days activities. Our amazing kitchen volunteers fed a record 120 people that day. Our staff, instructors and members took part in entertaining the group and making everyone feel welcome.

Some prepared for weeks for the event, while others just jumped in during the activities and assisted in any way they could. Everyone put their hearts into the service they performed that day. No one came to be praised - and so much goodness whispered out of people that day that no shouting was needed.

Grandma Sophie was right. If we truly have goodness inside us, we don't need to tell anyone - it will whisper out of us and anyone *really* listening will know. Everyone knew that day. — by Lori Raffel

## NO NEED FOR AN OVEN WITH THESE REFRESHING SALADS



### SMOKED SALMON EGG SALAD

#### INGREDIENTS

- 3/4 cup mayonnaise
- 1 teaspoon dill weed
- 1/2 teaspoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 hard-boiled large eggs, chopped
- 4 ounces smoked salmon, chopped
- 6 croissants, split
- 1-1/2 cups fresh baby spinach

#### DIRECTIONS

In a large bowl, combine the first 5 ingredients. Stir in the eggs and salmon. Place 1/3 cup egg mixture on the bottom of each croissant; top with spinach leaves and replace croissant tops.



### TARRAGON CHICKEN SALAD

#### INGREDIENTS

- 2 cans (6 ounces each) light water-packed tuna, drained and flaked
- 1 cup chopped celery
- 1/4 cup chopped sweet onion
- 1/3 cup reduced-fat mayonnaise
- 2 tablespoons minced fresh parsley
- 1 tablespoon lemon juice

- 1 teaspoon minced fresh tarragon or 1/4 teaspoon dried tarragon
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon white pepper

#### DIRECTIONS

In a small bowl, combine the tuna, celery and onion. Combine the mayonnaise, parsley, lemon juice, tarragon, mustard and pepper. Stir into tuna mixture. If desired, serve on lettuce leaves.



### CASHEW-CURRY CHICKEN SALAD

#### INGREDIENTS

- 2/3 cup honey Greek yogurt
- 4 teaspoons lemon juice
- 4 teaspoons honey
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/8 teaspoon ground ginger
- 3 cups cubed cooked chicken breast
- 4 celery ribs, chopped
- 2 medium carrots, chopped
- 2/3 cup golden raisins
- 1/2 cup chopped cashews

#### DIRECTIONS

In a large bowl, combine the first eight ingredients. Add the remaining ingredients; toss to coat.



### TANGY CILANTRO LIME CONFETTI SALAD

#### INGREDIENTS

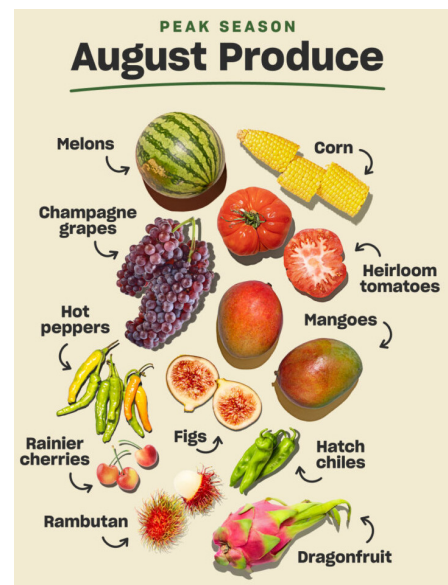
- 2 medium sweet orange peppers, chopped
- 2 medium avocados, peeled and cubed
- 1 container (10-1/2 ounces) cherry tomatoes, halved
- 1 cup fresh or frozen corn, thawed
- 1/2 medium red onion, finely chopped

#### DRESSING:

- 1/4 cup seasoned rice vinegar
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 1/2 cup fresh cilantro leaves
- 2 garlic cloves, halved
- 2 teaspoons sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper

#### DIRECTIONS

Place the first 5 ingredients in a large bowl. Place dressing ingredients in a blender; cover and process until creamy and light in color. Pour over vegetable mixture; toss to coat. Refrigerate, covered, up to 3 hours.



# MEMORY CAFÉ

JUST FOR PEOPLE EXPERIENCING MEMORY LOSS  
WITH THEIR CARE PARTNERS



Grand Re-Opening  
August 15, 2:30pm  
PLE Boardroom

ART, MUSIC, MOVEMENT AND COGNITIVE THERAPY  
COMMUNITY AND SOCIAL INTERACTION.

## FOOT SOAK & TRIM

\$30 - \$35 BASED ON NEED  
AUGUST 12<sup>TH</sup> 9 - 11:30

SIGN UP AT FRONT DESK

NAILS BY HILLIARY



CASH / CHECK / CREDIT



# PROGRAMS

PrimeLife Enrichment Center

## NEW MEMBERS

Sai Neha Athota	7/2/2025	Barbara Delph	7/14/2025	Donna Callis	7/17/2025	Joyce Bencal	7/18/2025
Nancy Cook	7/7/2025	Alka Jog	7/15/2025	Lois Edwards	7/17/2025	Linh Mink	7/18/2025
Sheila Fischer	7/7/2025	Christine Jones	7/15/2025	Nancy Hill	7/17/2025	Tee Nguyen	7/18/2025
Janet Isham, Mrd	7/9/2025	Anjali Leley	7/15/2025	Neil Pickett	7/17/2025	Courtney Hudson	7/21/2025
Kim Farinella	7/10/2025	Chandrika Raval	7/15/2025	Marissa Thompson	7/17/2025	Carolina Hernandez	7/23/2025
Brenda Wyatt	7/10/2025	Taylor Coleman	7/16/2025	Tracey Thompson	7/17/2025	Anne Kornafel	7/25/2025



## VETERAN STORIES NEEDED

The Clay Township Library & Military Museum (106th and College Ave.) has a mission to preserve, protect, honor and share our Hamilton County Veterans stories. Dedicated volunteers are creating a website to preserve these precious narratives.

If you are a veteran (WW2 to present) or a relative of a veteran and wish to share your experiences, please contact PLE Member Judy Ford.

317-730-0152 • [judithbford@gmail.com](mailto:judithbford@gmail.com)



### PrimeLife Enrichment Center

1078 Third Ave. SW  
Carmel, IN 46032

## PLE SENIOR NEWS | AUGUST 2025

Check out our website at  
[www.primelifeenrichment.org](http://www.primelifeenrichment.org)

And be sure to visit our Facebook Page:  
PrimeLife Enrichment, Inc.

We are grateful for all of your support.

Come visit us at the center for a tour or call us at  
317.815.7000 for more information.

### DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

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

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

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

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

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

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City, State, Zip

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Phone

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