



# PrimeLife

## ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE staff and members at the September 20, 2021 meeting of the Carmel City Council receiving Good Samaritan Awards for providing immediate assistance and life saving efforts to a fellow citizen. Back row L to R: Tim Hannon, Miles Nelson, Jeff Worrell, Sue Finkam, Kevin Rider, Adam Aasen, Tony Green, Laura Campbell. Front row L to R: Chief David Haboush, Cindy Schembre, Julie Barnes, Lori Raffel, Jo Signorino, Jeanne Simkus, EMS Division Chief Jon Alverson, Mayor Jim Brainard.

## PLE SENIOR NEWS | OCTOBER 2021

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FIND US ON FACEBOOK  
@PrimeLifeEnrichment

### UPCOMING EVENTS AND ANNOUNCEMENTS

#### OCTOBER 5, 2021

On Tuesday October 5, 2021 PLE and IU Health will be hosting a flu shot and Covid vaccination booster clinic. The clinic will be from 10-1 pm at PrimeLife. We will be sending an email to all members with a link provided to sign up in advance for one or both of these vaccinations as we have a limited number of both. Walk-ins will be accepted as able.

Be aware that the booster shot is ONLY available for persons 65 and over OR who are high risk due to health conditions.

It is safe to have both the flu shot and booster at the same time.

Please feel free to share with family and friends.

#### MEMBERSHIP DRIVE KICK OFF!

#### OCTOBER 19, 2021

6:30pm — 7:30pm  
LaBlast Master Class with Dancing with the Stars Pro Louis Van Amstel

#### OCTOBER 20, 2021

Lunch & Learn with Louis Vam Amstel

#### OCTOBER 7, 2021

2:00pm — 3:30 pm  
BAG BINGO sponsored by Wellbrooke of Carmel. All proceeds to Alzheimer's Association.

#### OCTOBER 18 - 22, 2021

PLE's Got Talent!

#### OCTOBER 28, 2021

3:00pm — 5:00 pm  
Stinson Law Halloween Scavenger Hunt

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

# ABOUT US

PrimeLife Enrichment Center

## WELCOME!

### OUR MISSION

PrimeLife Enrichment provides programs and services that promote independence, optimal wellness and socialization for those aged 50 and beyond.

### OUR VISION

PLE is recognized in Central Indiana as a pioneering force in the pursuit of empowered, independent living for older adults.

### OUR CORE VALUES

**Stewardship:** We believe we must responsibly use our resources to provide services that are effective, accessible and affordable.

**Gratitude:** We believe it is a privilege to be entrusted by our community to serve those who created the community.

**Innovation:** We believe in continuously striving to develop creative ways to meet evolving needs.

**Respect:** We believe in the intrinsic value of every individual and honor the contributions made by each.

**Opportunity:** We believe that the senior years should be a time of continued value and purpose, growing wisdom and creative expression.



#### 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 multigenerational program that includes Zumba, Pound, LaBlast, High Cardio Dance, and Resistance Training 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 weekly 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.

We feel privileged and honored to serve the older adults of Hamilton County. Amazing members and supporters at 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 human services, and dedication to the people we serve.

## OUR FUNDERS

#### Grant Providers

Hamilton County Council  
CICOA Aging & In-Home Solutions  
United Way of Central Indiana  
Community Dev. Block Grant  
Hamilton County Community Foundation

#### Our Sponsors

Adventure Archives  
Discovery Commons at College  
Harrison Park Properties  
IU Health Park  
Riverview Health  
Sanders Glen  
Stinson Law Firm  
Sycamore Reserve  
Wellbrooke of Carmel

## OUR DIRECTORS

Marcia Claerbout, President  
Sarah Schlifke, Vice President  
Howard May, Treasurer  
Suzanne Marks, Secretary  
Stephen Gross, Past President

Terry Dollar  
Kaye Hirt Eggleston  
Charles Jeffras  
Timothy McGuire  
Dan Overbeck

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

### Executive Director

Gary Wagner

### Financial Director

Colleen Bonanne

### Assistant Director

Cindy Schembre

### Fitness Director

Betsy Fowler

### Community Engagement and Activities Coordinator

Julie Barnes

### Facility Manager

John Perkon

### Transportation Coordinator

Dee Timi

### Senior Driver

Brent Hartman

### Receptionist

Lori Raffel

## HOURS OF OPERATION

### MONDAY-THURSDAY

8:00 AM - 5:00 PM

### 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 Third Avenue SW  
Carmel, IN 46032

### PHONE

317.815.7000

### EMAIL

[info@primelifeenrichment.org](mailto:info@primelifeenrichment.org)



## TRANSPORTATION

### TO SCHEDULE CALL:

Dee Timi, Transportation  
Phone: 317.815.7008, ext. 205

### TRANSPORTATION AVAILABLE

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



## OCTOBER IS A BUSY MONTH FOR PLE

### TO ALL OUR MEMBERS, SUPPORTERS, AND FRIENDS OF PRIMELIFE ENRICHMENT:

October is a month of transition. Summer has ended, and winter awaits, along with all of the holiday festivities which will be here before we know it. I confess that October is one of my favorite months of the year. No oppressive heat and humidity, beautiful multi-colored leaves, little if any grass to cut, and usually, no snow – although I remember helping my children build a snowman with a jack-o-lantern head about 30 years ago. Let's not forget Halloween which admittedly may or may not be one of your favorite days of the year, depending on how many trick-or-treaters you have.

From PrimeLife Enrichment's perspective, this October is even more special than usual. Why? Because our adaptive or strategic planning process begins this month, as does our Membership Drive. Both of these will require a concerted effort from many people to help shape the future of PrimeLife Enrichment for years to come. A few folks might wonder why be concerned about the future when we seem to be doing fairly well in the present. Yes, we are doing well, especially given all of the ongoing challenges related to the pandemic. However, maintaining the status quo is not a viable option. As the population of seniors continues to grow in Hamilton County at a faster rate than any other county in Indiana, we must position ourselves to meet the evolving needs of those we serve. At the same time, we must become more self-supporting as the priorities of traditional funding sources continue to change, often resulting in less support for PrimeLife.

### ONE KEY TO OUR SUCCESS

A new adaptive or strategic plan will be one key to success. As I mentioned last month, such a plan will lay out key steps to take for PrimeLife Enrichment's sustained financial and community viability. Our Board of Directors and key staff will gather together later this month to begin the planning process. Our goal is to have a new plan in place by the beginning of 2022.



Promoting PrimeLife and Everything We Do  
October 19, 2021 Kick Off

### MEMBERSHIP DRIVE

A second and very exciting key to success is our upcoming Membership Drive. It kicks off on October 19th at 6:30 p.m. in the Enrichment Center. The special attraction will be Louis van Amstel, a professional dancer who has appeared on "Dancing with the Stars" and who created the very popular "LaBlast" dance program we offer to our members. The membership drive will end on January 31st. If you've ever wanted to know how you can help insure the future of everything we do at PrimeLife Enrichment, this is it! Membership fees and insured fitness fees such as Silver Sneakers, Renew Active, etc. are our two most important sources of earned revenue. The more members we have, the more services we can provide, and the less dependent we become on outside funding. As



**GARY WAGNER**  
Executive Director

reported last month, our stakeholder survey found that word of mouth is the most common way people hear about PrimeLife. Specifically, our members, family members,

friends, and staff are all important when it comes to promoting PrimeLife and everything we do to serve Hamilton County seniors. So please join us on October 19th for what promises to be a very enjoyable evening as we begin our Membership Drive.

### COVID PROTOCOL UPDATE

Currently, all members and guests who enter our Enrichment Center must be fully vaccinated and wear a mask except when eating or participating in a fitness activity. This policy will remain in force indefinitely, subject to monthly review. None of us enjoy wearing masks, but please respect our policy and the health of your fellow members. Thank you for your loyal support and understanding!

-- Gary

## MEMBERSHIP OPTIONS

### BASIC MEMBERSHIP: \$20 PER MONTH

- Indoor Walking Track, Weight Room, Aerobic Equipment
- Computer and Game Room
- Social Events, Groups, Clubs, Classes, Services and Games

### ENHANCED MEMBERSHIP: \$40 PER MONTH

- Basic Membership PLUS All Fitness Classes

### INSURANCE PROGRAMS: BASIC MEMBERSHIP

- Silver Sneakers
- Prime
- RenewActive
- Active and Fit
- Silver and Fit

#### YOUR FIRST CLASS FREE!

Want to try it out before you decide, ask for a FREE Day Pass.  
Scholarships are also available!



### TAKE A TOUR OF PLE

Stop in for a tour or call us to make an appointment and let us answer all your questions.

Masks are required for ALL individuals, even fully vaccinated – proof of vaccination is required. call 317.815.7000.

## SIX THINGS TO CONSIDER ABOUT THE COVID-19 VACCINE

Indiana University Health

The COVID-19 vaccine is an important decision for many Hoosiers. You or your loved ones may have questions about the vaccine or whether it is the right time to get the vaccine. You or your loved ones may also wonder about the safety and development of the vaccines or the side effects.

Those are important questions to ask for you and your family. We want to support you in thinking through these questions. Talk to your doctor to learn more if you have questions or concerns.

Dr. Lana Dbeibo, an infectious diseases physician with IU Health, shares six things to consider about the COVID-19 vaccines.

### 1. The COVID-19 vaccines are safe and effective

Each of the vaccines approved for emergency use (and Pfizer, now fully FDA approved) in the United States have undergone thorough medical and scientific review. This occurred during the clinical trial process and continues to occur as they are being given to patients.

More than 378 million doses of COVID-19 vaccines have been given to patients in the United States. In Indiana, over 3 million Hoosiers have been fully vaccinated against COVID-19.

### What about side effects?

Common side effects after the COVID-19 vaccine include swelling or redness at the injection site, fever, headache, tiredness, muscle pain, chills and nausea. Some people have no side effects. It is important to know that you cannot become infected with COVID-19 from getting the vaccine. The vaccines do not contain the live virus. Learn more about what to expect after your COVID-19 vaccine.

### What should I know about the Johnson & Johnson vaccine pause?

In April, the Centers for Disease

Control and Prevention and Food and Drug Administration recommended a pause on the Johnson & Johnson vaccine. During this time, the CDC and FDA did additional review by medical experts. After 10 days, they determined the benefits of the vaccine outweighed its known risks and recommended lifting the pause.

The J&J vaccine has a risk for rare but serious blood clots. Women younger than 50 years old should be aware of their small increased risk for this rare adverse event. Find full information about the safety review from the FDA.

### 2. Why were the vaccines developed and approved so quickly?

The vaccines were developed and approved quickly because of many resources and funds made available during the pandemic. Research from previous coronavirus diseases, such as SARS and MERS, gave scientists a head start on COVID-19 research. The technology for the vaccines already existed as well.

The vaccines were also manufactured while waiting FDA approval so they could be shipped as soon as they were approved. Typically manufacturing that many doses would happen after approval. This helped to reduce the time it required for hospitals and other healthcare facilities to receive the vaccine.

### 3. The COVID-19 vaccines protect you from getting sick

Getting a COVID-19 vaccine can protect you from a severe case of COVID-19 and death. Each of the vaccines are highly effective at preventing serious disease, hospitalization and death.

### 4. The COVID-19 vaccines can help those around you

In addition to protecting you, getting a COVID-19 vaccine can help others around you. This includes older adults or those with chronic medical conditions who may be more likely to

get a serious case of COVID-19 if they were to catch it.

### 5. It will help others in your family and community

All our lives have been affected by COVID-19. Schools, businesses and workplaces have been closed. Social activities, sports and celebrations have been limited.

We all want to return to these activities and see things reopen. Every person who gets a COVID-19 vaccine helps get our communities one step closer. To end the pandemic, it will require the majority of the population be vaccinated.

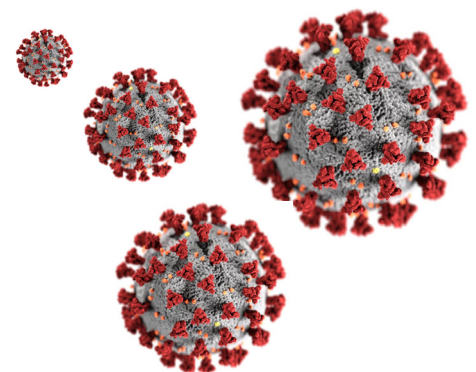
### 6. It is easier than ever to sign up

The COVID-19 vaccines are free to everyone. Many locations in Indiana are offering walk-in options. To schedule an appointment or find walk-in options near you, call 211 or visit [ourshot.in.gov](https://ourshot.in.gov).

IU Health offers free rides to any COVID-19 vaccine appointment in Indiana. If you need help with transportation, call 1.888.IUHEALTH (1.888.484.3258) and choose option 9 (8 am - 5 pm Monday - Friday; 8 am - noon Saturday).

If you have any questions or concerns about getting a COVID-19 vaccine, have a conversation with your primary care doctor. That is a good starting point as you think through this important decision.

Source: Lana S. Dbeibo, MD, Infectious Diseases, IU Health Thrive article



## FALL FESTIVALS IN HAMILTON COUNTY



### STONYCREEK FARM'S 45TH ANNUAL PUMPKIN HARVEST FESTIVAL

October 1 – 31, 2021  
Noblesville, Indiana

Get your pumpkin patch fix and ride a hayride during the month of October.



### INDIANA RENAISSANCE FAIRE

October 7 – 8, 2021  
Noblesville, Indiana

Be transported to the Golden Age of Queen Elizabeth I with costumed characters, full-contact jousting, medieval music, swordplay and more.



### HEADLESS HORSEMAN

October 12 – 29, 2021  
Fishers, Indiana

Conner Prairie becomes Conner Scairie, a haunted land with ghoulish characters. Come face-to-face with the menacing Headless Horseman on a haunted hayride, and navigate your way out of the new seven-acre corn maze.



### BOO N BREW

October 28,  
2021  
Carmel,  
Indiana

Adults can enjoy beer in the beer garden while kids trick-or-treat from store-to-store, with other fun activities





# FITNESS SCHEDULE

PrimeLife Enrichment Center

## PLE FITNESS PROGRAMS ARE DESIGNED FOR YOU

### AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	Intermediate Aquatic Aerobics w/ Jerri		Intermediate Aquatic Aerobics w/ Jerri		
9:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne
10:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool	Intermediate Aquatic Aerobics w/ Jeanne	Volleyball	Intermediate Aquatic Aerobics w/ Jeanne
11:30 am	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program w/ Wendy	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program	Getting Your Feet Wet w/ Betsy	Open Pool	Getting Your Feet Wet w/ Patsy
1:30 pm	Aquatic Ai Chi w/ Betsy		Aquatic Ai Chi w/ Betsy		
3:15 pm			Open Pool		

**NOTE:** Starting October 1, 2021, you DO NOT need to pre-register for water classes! Classes will be limited to 12 people. The first 12 to check in will be admitted to the class. Questions? Contact Betsy Fowler at 317-815-7000, ext. 220.






### LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy		LaBlast w/ Cindy	Strength and Conditioning w/ Cheryl or Resilience for the ages	8:45 am Zumba w/ Alicia
10:00 am	Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Got Balance w/ Cheryl Strength & Flexibility w/ Cindy		Strength & Flexibility w/ Cindy	9:30 am Pound w/ Sandy
11:00 am	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	SUNDAY
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		Sunday Class will resume November 7
2:00 pm	<b>NEW!</b> Yoga w/ Cheryl					
5:30 pm		<b>NEW!</b> Line Dancing Class starting 10/26 @5:15 pm for 6 weeks. \$48 for members, \$60 for non-members	Dance Fusion w/ Rachel	Shine w/ Sandy		NOTE: All land classes are streamed live for replay so you may take them later. Classes remain online for streaming approximately 1-2 weeks.
6:15 pm	Zumba w/ Kira	Shine w/ Sandy	Pound w/ Sandy			

\*\*All land classes in person unless noted otherwise. Members see weekly sign-in emails for links.



## OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L  Music by George & Tom Most Fridays from 11:45 am to 12:15 pm
<b>4</b> 11:45am CICOA Lunch \$ 1pm Practice Bridge L	<b>5</b> 11:45am CICOA Lunch \$ 1pm Needlework L  <div>From 10 am Vaccine Clinic with IU Health to 1pm at PLE</div>	<b>6</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot	<b>7</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L 1pm Card Making (today in Board Room) 2-3:30pm Wellbrook of Carmel BAG BINGO Benefitting Alzheimers Assoc.	<b>8</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<b>11</b> 11:45am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L	<b>12</b> 10:00am Walking Club sponsored by Sanders Glen 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L	<b>13</b> 10am Caregiver Sup Grp spon by Alz Assoc. 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	<b>14</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L	<b>15</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L  
<b>18</b> 11:45am CICOA Lunch \$ 1pm Practice Bridge L  	<b>19</b> 11:45am CICOA Lunch \$ 1pm Needlework L  <div>6:30pm LaBlast Master Class with Dancing with the Stars Pro Louis Van Amstel</div>	<b>20</b> 11:00pm LaBlast Master Class with Louis Van Amstel 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	<b>21</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card Making 1pm Euchre L	<b>22</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<b>25</b> 10am Theatre Club L 11:45am CICOA Lunch \$ 1pm Practice Bridge L 3:30pm Book Club <i>The Alice Network</i> by Kate Quinn	<b>26</b> 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L	<b>27</b> HAPPY BIRTHDAY! October Treats by Sycamore Reserve 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	<b>28</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L 3pm-5pm Stinson Law Halloween 	<b>29</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L



OCTOBER 6..... Lisa B - WWPL - probably yoga and fun  
OCTOBER 13..... Rocky Winbush - Morning Light  
OCTOBER 20..... LaBlast with Louis Van Amstel  
OCTOBER 27..... Brian Barrett CCPL



KEY:  
\* - Open to Public  
\$ - Additional Fee  
Z - Also on Zoom  
L - Library

## A PLE CROSSWORD

### PLE Original Crossword Puzzle



#### DOWN

1. Card game played on Thursdays
2. 1078 3rd \_\_\_\_\_
3. Orange, yellow and white treat
5. Opposite of "out of"
6. Look for these in our shop
9. Beauties with wings
10. We wear these everyday now, not just Halloween
11. Betsy's class
12. Dave and Esther's favorite
15. Once a year we celebrate
17. Not an amateur
20. Bring this exercise indoors in Winter



#### ACROSS

4. These fly around blindly on Halloween
6. Get overexcited and this raises
7. Best way to hydrate
8. High school ritual
12. Orange vegetable you can carve
13. Cindy's class
14. "Take a \_\_\_\_!"
16. We make it early at PLE
18. "Where there's smoke there's \_\_\_\_"
19. They grow in our garden
21. On your burger but not ketchup
22. This fades after Summer
23. We get this in small cartons



## DO YOU REMEMBER...IDEALS MAGAZINES?

"TO EVERYTHING THERE  
IS A SEASON"

That's a motto *Ideals* magazine took to heart. Since 1944, *Ideals* has celebrated all the seasons, including issues devoted to Spring, Summer, Autumn and Wintertime,

My mother was an avid fan - as was her mother - and they were the first things I asked for when my mom passed. Readers love the unique *Ideals* blend of homespun poetry, heartwarming photos, and lavish illustrations.

This beautiful book wasn't a magazine made to be tossed away after a single reading. *Ideals* magazine is a keepsake.

Lori Raffel



## TWO PERFECT AUTUMN RECIPES TO MAKE THIS OCTOBER



**PUMPKIN SPICE COOKIES**

### INGREDIENTS

1 package yellow cake mix (regular size)  
 1/2 cup quick-cooking oats  
 2 to 2-1/2 teaspoons pumpkin pie spice  
 1 can (15 ounces) solid-pack pumpkin  
 1 large egg, room temperature  
 2 tablespoons canola oil

### FROSTING:

3 cups confectioners' sugar  
 1 teaspoon grated orange zest  
 3 to 4 tablespoons orange juice

### DIRECTIONS

Preheat oven to 350°. Combine cake mix, oats and pie spice. In another bowl, beat pumpkin, egg and oil; stir into dry ingredients just until moistened.

Drop by 2 tablespoonfuls onto baking sheets coated with cooking spray; flatten with the back of a spoon. Bake until edges are golden brown, 18-20 minutes. Remove to wire racks to cool.

For frosting, combine confectioners' sugar, orange zest and enough orange juice to achieve desired consistency. Spread over cooled cookies.



**PRETTY AUTUMN SOUP**

### INGREDIENTS

2-1/2 cups cubed peeled butternut squash  
 1 large sweet potato, peeled and cubed  
 3 medium carrots, sliced  
 1/4 cup thawed orange juice concentrate  
 3 cups fat-free milk  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 3 tablespoons reduced-fat sour cream  
 2 tablespoons minced chives  
 1 tablespoon sesame seeds, toasted

### DIRECTIONS

Place the squash, sweet potato and carrots in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 12-16 minutes or until tender. Cool slightly. Transfer to a food processor; add juice concentrate. Cover and process until smooth.

Transfer to a large saucepan; stir in the milk, salt and pepper. Cook and stir over low heat until heated through (do not boil). Top each serving with 1-1/2 teaspoons sour cream, 1 teaspoon chives and 1/2 teaspoon sesame seeds.

### WHAT VEGGIES AND FRUITS ARE BEST IN AUTUMN?

Apples	Collard Greens	Lettuce	Pumpkin
Bananas	Cranberries	Limes	Radishes
Beets	Garlic	Mangos	Raspberries
Bell Peppers	Ginger	Mushrooms	Rutabagas
Broccoli	Grapes	Onions	Spinach
Brussels Sprouts	Green Beans	Parsnips	Sweet Potatoes
Cabbage	Herbs	Pears	Yams
Carrots	Kale	Peas	Swiss Chard
Cauliflower	Kiwifruit	Pineapples	Turnips
Celery	Lemons	Potatoes	Winter Squash





## WHAT DOES IT COST TO OWN A CAR IN INDIANA?

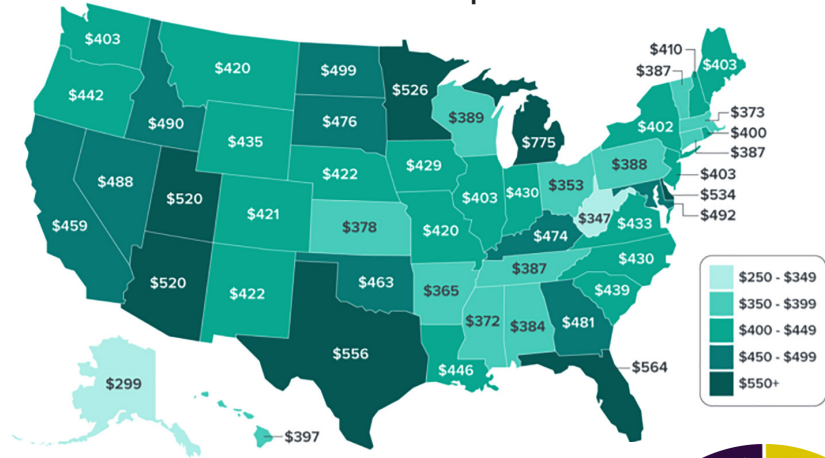
### THE AVERAGE COST OF OWNING A CAR EACH MONTH

Calculating the total cost of owning your car — or one you might buy soon — is the best way to make sure your auto budget is in line.

The average monthly payment on a new car was \$575 in the second quarter of 2021, according to credit reporting agency Experian. But that's far from the true cost to own a car.

For vehicles driven 15,000 miles a year, average car ownership costs were \$9,561 a year, or \$797 a month, in 2020, according to AAA. That figure includes depreciation, loan interest, fuel, insurance, maintenance and fees.

### The Average Cost of Owning a Car in Indiana is \$430 a Month.



Here is how we are spending those dollars:  
Information provided by NerdWallet



## TRENDS IN SENIOR FITNESS ARE ALL ABOUT ACTIVE AGING

### ACTIVE AGING

One of the most important implications for US businesses to understand about the population shift is that more and more older adults are not only expecting to live longer– they're expecting to live well.

### WHAT IS ACTIVE AGING?

Active aging has been defined by the World Health Organization as "the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age." The term is used to describe the idea of supporting general well-being – good physical, social, and mental health and remaining active in your family and community.

The term is more than a description of how people are aging. It's an entire industry and PLE has been a part of it for years. Meeting the needs, wants and desires of seniors who are a diverse population is changing business models and having a profound effect on our entire economy.

Many businesses – especially those focused on senior living – are embracing the idea of active aging as a foundation on which they build an organization-wide culture of wellness. This means creating opportunities for physical fitness, mental and cognitive health, enjoyment, social connections, and lifelong learning. Across the US, senior centers are rebuilding or remodeling into robust fitness centers equipped with state-of-the-art machines, areas for social activities, rooms for fitness classes, and even coffee bars and meals. Sound familiar?

Today's senior centers are creating fitness centers that are



ACTIVE AGING WEEK  
OCTOBER 4-10, 2021



*The International Council on Active Aging  
has declared October 4-10, 2021 as Active Aging Week.*

the hub of the lifestyle of seniors, meeting social needs and the desire to spend time engaged in fun, interesting activities, not just physical fitness.

The very idea of a "Senior Center" is changing focus to:

- Balanced nutrition for optimum health
- Creating a friendly and welcoming environment that fulfills social and emotional needs.
- Making fitness more fun and accessible than ever before for older adults of all ages and ability levels.

Kind of nice to be an important part of business growth, isn't it? Companies and advertisers are looking at how they can better cater to seniors in all capacities.

### FITNESS AND WELLNESS: THE DRIVING FORCE BEHIND INDUSTRY CHANGE.

Perhaps the most common goal among seniors of all backgrounds, cultures, interests, and walks of life, is to remain healthy and independent *right up to the time of death*. This means focusing on access to experienced trainers and wellness professionals, age-friendly exercise equipment, and an active

aging culture. Being a part of the development of skills, interests, and talents is key to places like PrimeLife Enrichment. Senior centers and communities are focused on having a place where older adults can continue their lives rather than simply providing a place for them to live out the rest of their days.

Today's seniors are also embracing technology to support their health goals. However, there is a strong social element to how they want to utilize that technology. Even though new fitness trackers, online programs and mobile apps pop up every day, most of today's seniors prefer brick and mortar wellness facilities staffed with professionals and filled with their peers.

The Boomer generation's attitudes and expectations around wellness and active aging is driving industry changes. Being a part of Boomers having a good understanding of how physical activity and lifestyle choices can impact their health and happiness is at the forefront. We are living in a world with more options for remaining physically fit than ever before. Yoga, aquatics, strength-training, walking, flexibility and balance training... the options are as varied as the seniors seeking them out.

**PrimeLife Enrichment Center**

1078 Third Ave. SW  
Carmel, IN 46032



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## PLE SENIOR NEWS | OCTOBER 2021

To receive our newsletter by mail or online, please contact Lori at 317.815.7000.

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

And be sure to visit our Facebook Page.  
PrimeLife Enrichment Centeration.

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 inform

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You can help by supporting our services!

Please accept my/our donation in the amount of:

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We welcome cheks, cash, Visa Master Card and  
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ment, Inc.

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