



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | NOVEMBER 2021

Louis Van Amstel leading one of two LaBlast classes last month. at PLE. Photo by Ann Johnson

WHAT'S INSIDE

About Us	2
Center Information	3
From Our Director	4
Membership Options	5
Health Spot by IU Health	6
PLE at Work	7
Fitness Schedule	8
Activities and Events Calendar	9
PLE Crossword Puzzle	10
Sponsorship Update	11
Nutrition and Recipes	12
In Memory	13
SHIP / Membership Drive	14



FIND US ON FACEBOOK
@PrimeLifeEnrichment

UPCOMING EVENTS AND ANNOUNCEMENTS

November 1 through 5, 2021

The entire week is devoted to celebrating volunteers - it's called Thanks-for-Giving-Week.

Thursday, November 4, 2021

Volunteer Reception and Awards from 3 - 4 pm.

Thursday, November 11, 2021

Please join us in the multipurpose room from 1 - 3 pm to make cards for the Sunshine Card Club to share with others. This special class is being called Harlene's Cards of Sunshine in memory of Harlene Swanson.

November 1 - December 15, 2021

SHIP volunteers will be available to answer your Medicare and Medicaid questions here at PLE (or over the phone) by appointment only. Dates are limited.

Call (317) 815-7000 or come in to make an appointment with the front desk here at PLE.

Thursday and Friday, November 25 and 26, 2021

PLE will be closed both days in honor of Thanksgiving.

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



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.

NOVEMBER IS ANOTHER GREAT MONTH

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

As most of you know, we kicked off our membership drive last month with a blast – or more accurately, with two LaBlast Master Classes led by none other than Louis Van Amstel of “Dancing with the Stars” fame. Many thanks to Assistant Director Cindy Schembre and Julie Barnes, our Community Engagement/Activities Coordinator, as well as volunteers, for all of their hard work to make it such a memorable event. As I observed (from a distance) the frenetic dancing of the purple-clad participants during October 20th's Lunch & Learn, and saw so many others enjoying their Second Helpings lunch while watching and listening to all that was going on, it struck me that everything that was happening epitomized what PrimeLife is all about. Let me explain.

A successful organization must have a strong foundation if it is to enjoy long-term success even in the face of unforeseen challenges. Such organizations are able to move forward as they transform adversity into opportunity. Again, though, the key is a strong foundation, and I believe PrimeLife's foundation is stronger than ever before. Consider, if you will, the four pillars or cornerstones that provide the foundation for all we do. They are: fitness, socialization, education, and nutrition. It is well-documented that all four of these are prerequisites for healthy aging. All of our land and aquatic fitness activities are designed to help our members become and stay as fit

as possible. The opportunities for socialization are too numerous to list here, but whether you're playing bridge, meeting friends in the morning to share coffee and conversation, or simply visiting with one another in-between classes, such socialization is a great defense against depression and feelings of isolation. Education is critical as well. That's why we bring in experts to talk about health issues, personal finances, and even how to do



(Above) LaBlast Master Class participants with Louis Van Amstel (floor).

LaBlast. Finally, as was discussed in last month's article on active aging, optimum health requires balanced nutrition. Our CICOA and Second Helpings lunches help provide such nutrition. So, getting back to our Lunch & Learn/LaBlast Master Class, I saw all four pillars of our foundation in play. The class participants were certainly engaged in a fitness activity. Others were having a nutritious lunch and enjoying the company of fellow members, and all had the opportunity to ask Louis questions such as how many hours per day he devotes to practicing his routines.

I might be biased, but I truly believe no other senior organization in



GARY WAGNER
Executive Director

Central Indiana does as much or more to help individuals enhance their quality of life as they age. If you haven't already done so, please take advantage of the

many programs and activities we offer. And if you are a member, share our story with your friends and neighbors who might benefit from visiting PrimeLife's Enrichment Center to see our four pillars in action.

ANOTHER FAVORITE MONTH

Last month I mentioned that October was one of my favorite months of the year. I can say the same about November. This is the month during which we think about everything for which we are thankful. I have to admit that Thanksgiving is one of my favorite holidays, not just because of turkey and pecan pie, but also because it is possibly the least commercialized holiday of the year. Finally, this November has special meaning for me since it marks the one-year anniversary of my taking over the leadership reins of this wonderful organization as its interim director, followed by my appointment as Executive Director last April. It's been a challenging and rewarding 12 months, and I sincerely thank our Board, staff, and all of our members and friends for their ongoing support.

-- 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.

WHAT IS PALLIATIVE CARE?

PALLIATIVE CARE IS SPECIALIZED MEDICAL CARE FOR PEOPLE LIVING WITH A SERIOUS ILLNESS

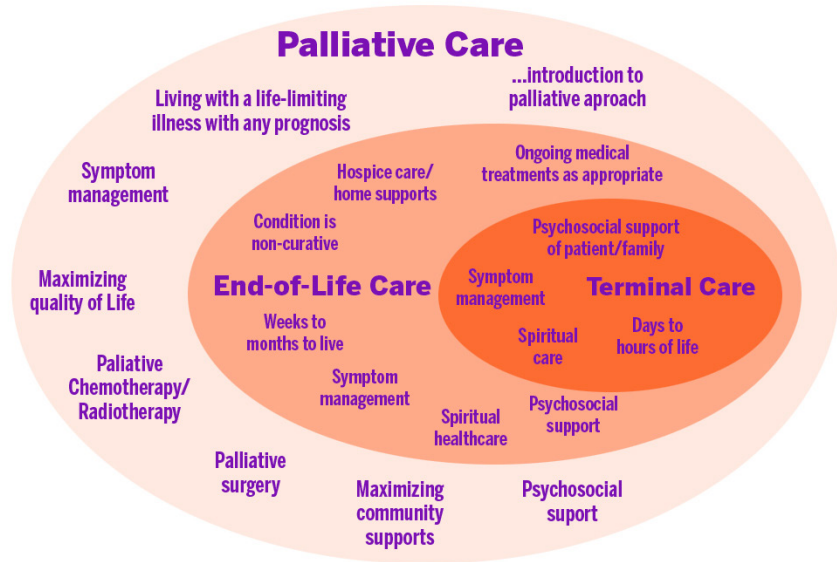
Palliative care is comprised of an interdisciplinary team of professionals expertly trained to help patients and their families cope with serious illness, its symptoms and effects. Palliative care teams often consist of palliative care physicians, advanced practice providers, registered nurses, social workers and chaplains.

As a medical specialty, palliative care improves quality of life for patients with serious illness. Palliative care's primary goal is to ease symptoms that cause distress, such as pain, nausea, anxiety and breathing problems. Palliative care is designed to provide comfort, regardless of whether an illness is being actively treated. In fact, active treatment of illness does not have to stop for palliative care to be delivered.

PALLIATIVE CARE GOALS

- Ease symptoms that cause distress - Medications and other methods are used to improve quality of life while the illness is being treated.
- Coordinate care - Team members regularly communicate with one another to ensure care goals are met.
- Address emotional and spiritual needs - The care team helps patients and families cope with stress, depression, anxiety and other issues.

THE PHASES AND LAYERS OF CARE



- Share information and provide decision-making support - Palliative care professionals can provide guidance and resources regarding advanced directives so patients and families can make related decisions when considering how serious illness will be treated.

- Assist with advanced care planning - Team members can help patients and family members navigate POST (Physician Orders for Scope of Treatment), advanced directives and other legal documents to carry out patients' wishes should they be unable to make care decisions for themselves.

PALLIATIVE CARE IS NOT HOSPICE

Palliative care is a consultative service focused on easing symptoms and providing comfort for patients with serious illness. Hospice, primarily provided as an outpatient service in homes, focuses on end-of-life care for patients expected to die within six months if their disease follows its usual course. For patients who are ready for discharge and require end-of-life care, contact IU Health Hospice at 317.962.0800. An IU Health Hospice liaison will meet with patients and their families in the hospital, at home or in a nursing facility to provide information regarding hospice and enrollment.

Source: IU Health Patient Care - Palliative Care

WHO DOESN'T WANT A LITTLE MORE SUNSHINE IN THEIR LIFE?

WHAT EXACTLY IS THE "SUNSHINE CARD CLUB?"

Did you know that PLE has a volunteer group that sends greeting cards to seniors for all occasions? Ann Johnson and Lisa Smith pioneered the Sunshine Card Club in 2020. To date, they have sent out over 700 greetings to seniors dealing with illness, celebrations, grief, and isolation.

There is something so special about receiving a card in the mail. Not a bill, not an ad, not a "you've already been approved." A card sent specially to you from someone who cared enough to select it and send it to you.

That's how the Sunshine Card Club started - recognizing people who

have reached a special event in their lives, lost someone they love, are on the mend, or simply did something above and beyond.

These ladies have done this solely with donations of supplies and postage from the community.

If you would like to donate your time or supplies to the Sunshine Card Club or have a request for a card to be sent, please let Julie Barnes, Activities Coordinator know.



(Above L to R) Lisa Smith and Ann Johnson from Sunshine Card Club.
(Right L to R) Jo Signorino, Lisa Smith and Ann Johnson)

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/ Betsy	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		10:00 am Dance Fusion w/ Robby
2:00 pm	Yoga w/ Cheryl		Yoga w/ Cheryl			
5:30 pm		NEW! 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		
6:15 pm	Zumba w/ Kira	Shine w/ Sandy	Pound w/ Sandy	LaBlast w/ Debbie starting 11/11		

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

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L	2 11:30am CICOA Lunch \$ 1pm Needlework L	3 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot	4 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making Volunteer Reception and Awards 3 - 4:00 pm	5 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L Music by George & Tom Most Fridays from 12:00 am to 12:30 pm
THANKS-FOR-GIVING WEEK				
8 11:30am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L	9 10:00am Walking Club Sponsored by Sanders Glen 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	10 10am Caregiver Sup Grp spon by Alz Assoc. 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot	11 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Harlene's Cards of Sunshine 	12 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
15 11:30am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L	16 11:30am CICOA Lunch \$ 1pm Needlework L	17 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	18 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L	19 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
22 10am Theatre Club L 11:30am CICOA Lunch \$ 1pm Practice Bridge L	23 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	24 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L BIRTHDAY TREAT FROM SYCAMORE RESERVE:	25 Happy Thanksgiving  PLE CLOSED for Holiday	26 PLE CLOSED for Holiday
29 11:30am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L	30 11:30am CICOA Lunch \$ 1pm Needlework L	VETERANS DAY by Cheryl Dyson <div> On Veterans Day we honor all, Who answered to a service call. Soldiers young, and soldiers old, Fought for freedom, brave and bold. Some have lived, while others died, And all of them deserve our pride. </div> <div> We're proud of all the soldiers who, Kept thinking of red, white and blue. They fought for us and all our rights, They fought through many days and nights. And though we may not know each name, We thank ALL veterans just the same </div>		



NOVEMBER 3..... Music George and Tom - To Thank Our Volunteers
NOVEMBER 10..... Adventure Archives
NOVEMBER 17..... IU Health with Dementia Friends
NOVEMBER 24..... Big Brothers and Big Sisters

Next **BOOK CLUB:**
 December 13 - 3:30 pm - L
Beneath A Scarlet Sky
 by Mark Sullivan

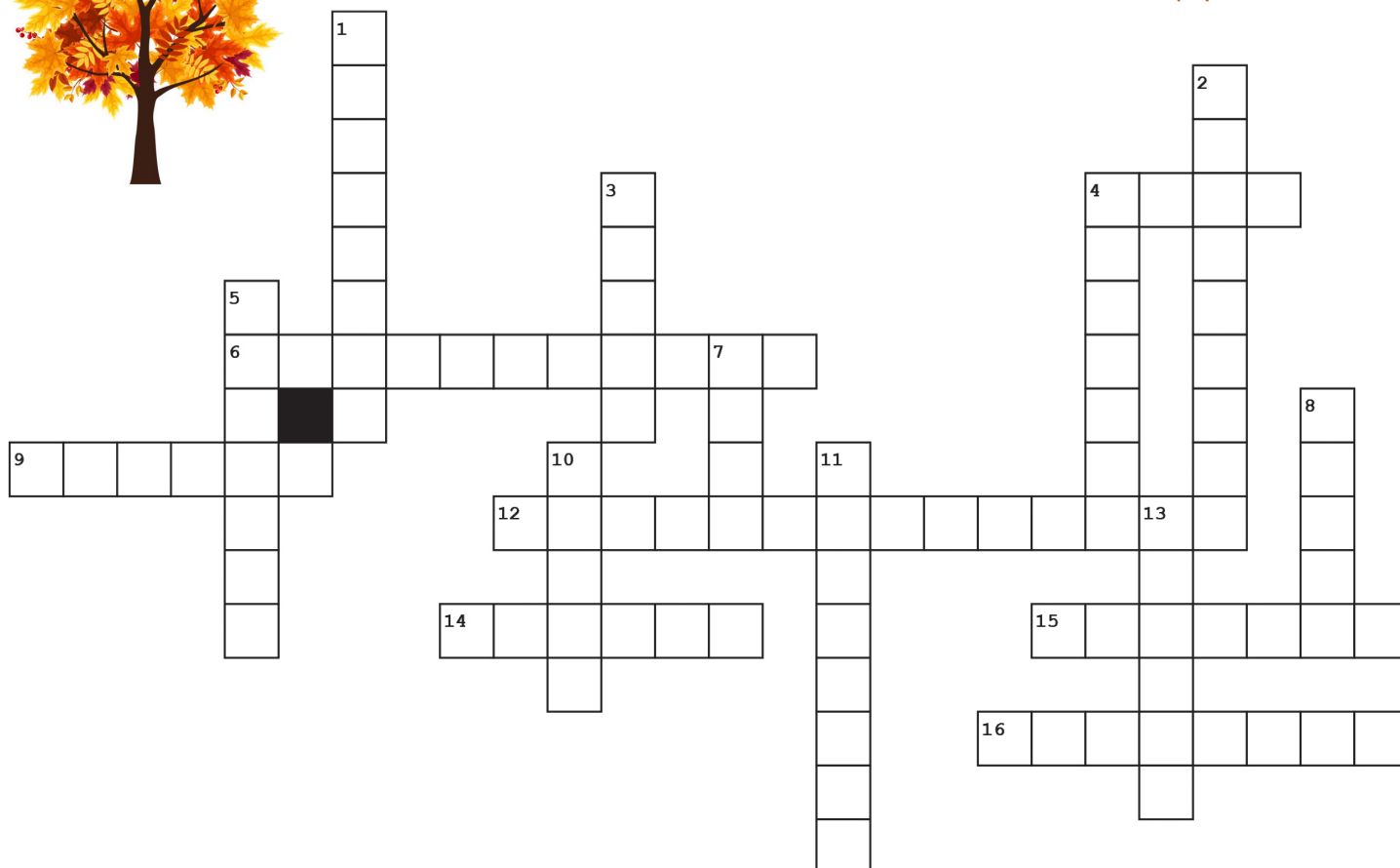
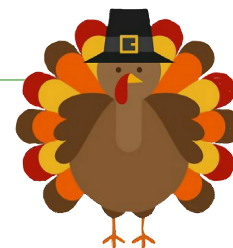
KEY:

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

A PLE CROSSWORD



NOVEMBER Crossword Puzzle



Across

- 4. A-maizing vegetable
- 6. Driving us crazy in Carmel
- 9. Ben Franklin wanted this as national bird
- 12. Lunches on Wednesdays and Fridays
- 14. It's right outside our door
- 15. Third vaccine for some
- 16. They landed on a rock

Down

- 1. Maybe he discovered America, maybe not
- 2. Euchre, Bridge, Hearts
- 3. Lunches on Mondays, Tuesdays and Thursdays
- 4. Who has a dog named Rigby?
- 5. The greatest gift we get from PLE
- 7. Our leader Gary is one of these
- 8. She is the PLE Cruise Director
- 10. Lunch and _____
- 11. We give thanks on this day of the week
- 13. He sings sweetly at lunch on Fridays

CARPENTER REALTY STEPS UP WITH VAN SPONSORSHIP

WHAT WOULD WE DO WITHOUT OUR SPONSORS?

Carpenter Realty has been a supporter of PrimeLife Enrichment for a long time. Most recently, they became a Platinum Sponsor for the 2021 Life's A Journey event. Their generous sponsorship came with having their name on the side of a PLE transportation vans while it drove around Hamilton County.

There are so many costs of doing business on a day-to-day basis that people don't always think about, so when Kaye Hirt and Suzanne Marks agreed to step up as van sponsors we gladly accepted.

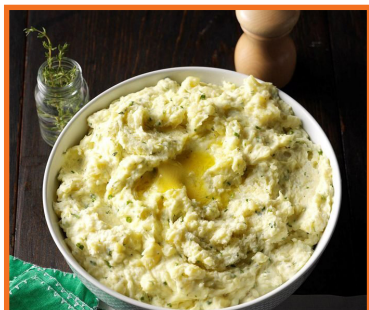
Carpenter has been a loyal partner with PLE for many years in many ways. They not only have been connecting families and businesses for 50 years, they have been good citizens in their community. Along with finding people homes, partnering with local not-for-profits like PLE is another commitment they are making to their community.



(L to R) Kaye Hirt and Suzanne Marks from Carpenter Realty show off the van their company is sponsoring. (PLE driver George Billeisen is behind the wheel)

Carpenter Realtors, Inc.
8901 S. Meridian St., Indianapolis, IN 46217
800-630-1727
eclientcare@callcarpenter.com

SOME OUTSIDE-THE-BOX SIDE DISHES FOR THANKSGIVING



GARLIC AND HERB MASHED POTATOES

INGREDIENTS

4 pounds Yukon Gold potatoes (about 15 medium), peeled and cubed
1 package (8 ounces) cream cheese, cubed and softened
1/2 cup butter, cubed
1 cup sour cream
1/3 cup heavy whipping cream
3 tablespoons minced fresh chives
1 tablespoon minced fresh parsley
3 garlic cloves, minced
1 teaspoon minced fresh thyme
1/2 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS

Place potatoes and water to cover in a 6-qt. stockpot; bring to a boil. Reduce heat; cook, uncovered, until tender, 10-15 minutes. Drain potatoes; return to pot. Mash potatoes, gradually adding cream cheese and butter. Stir in remaining ingredients. Transfer to a greased 3- or 4-qt. slow cooker. Cook, covered, on low to allow flavors to blend, 2-3 hours.



SHREDDED GINGERED BRUSSELS SPROUTS

INGREDIENTS

1 pound fresh Brussels sprouts (about 5-1/2 cups)
1 tablespoon olive oil
1 small onion, finely chopped
1 tablespoon minced fresh gingerroot
1 garlic clove, minced
1/2 teaspoon salt
2 tablespoons water
1/4 teaspoon pepper

DIRECTIONS

Trim Brussels sprouts. Cut sprouts lengthwise in half, then cut crosswise into thin slices. Place a large cast-iron or other heavy skillet over medium-high heat. Add Brussels sprouts; cook and stir until sprouts begin to brown lightly, 2-3 minutes. Add oil and toss to coat. Stir in onion, ginger, garlic and salt. Add water; reduce heat to medium and cook, covered, until vegetables are tender, 1-2 minutes. Stir in pepper.



POTATO PAN ROLLS

INGREDIENTS

4-1/2 to 5 cups all-purpose flour
3 tablespoons sugar
2 packages (1/4 ounce each) quick-rise yeast
1-1/2 teaspoons salt
1-1/4 cups water
3 tablespoons butter
1/2 cup mashed potatoes (without

added milk and butter)
Additional all-purpose flour

DIRECTIONS

In a large bowl, combine 2 cups flour, sugar, yeast and salt. In a small saucepan, heat water and butter to 120°-130°. Add to dry ingredients; beat until smooth. Stir in mashed potatoes and enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Cover and let rest for 10 minutes. Divide into 16 pieces. Shape each into a ball. Place in two greased 8- or 9-in. cast-iron skillets or round baking pans. Cover and let rise in a warm place until doubled, about 30 minutes. Preheat oven to 400°. Sprinkle tops of rolls with additional flour. Bake until golden brown, 18-22 minutes. Remove from pans to wire racks.

HARLENE SWANSON WAS A VALUABLE ASSET TO PLE

LOSS OF A MEMBER IS NEVER EASY

Harlene first joined PLE in June of 2006 and was a consistently active and generous member since then.

HARLENE'S CARDS OF SUNSHINE

Along with serving on the PrimeLife Enrichment Board of Directors, Harlene was also a founder of the PLE card-making club.

Please join us November 11 in the multipurpose room from 1 - 3 pm to make cards for the Sunshine Card Club to share with others. This special class is being called Harlene's Cards

of Sunshine and will be used to send birthday wishes, a speedy recovery, and offer sympathy. Sometimes they send cards of hope and thanks, because someone did something wonderful.

"Harlene was an unusually dedicated board member whose talent and wisdom as a retired social worker was invaluable in setting policy and keeping PLE member centric and dedicated to the specific needs and wishes of older adults," said Sandy Stewart, former PrimeLife Enrichment Executive Director.



Harlene Swanson (L), pictured above with her partner Don Pickett

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) COUNCELORS AVAILABLE AT PLE

UTILIZING THE SHIP VOLUNTEERS IS THE BEST WAY TO GET THE MOST FROM YOUR MEDICARE OR MEDICAID COVERAGE

Indiana State Health Insurance Assistance Program (SHIP) is supported through state and federal partnerships that are not reimbursed by private health insurance plans or entities. SHIP is not paid per enrollment - they aren't paid at all.

Medicare open enrollment starts October 15 and runs through December 7, so now is the perfect time to make decisions about changes. SHIP counselors will be available at PrimeLife Enrichment from now through December 15, 2021, but appointments are limited.

Call (317) 815-7000 or come in to make an appointment with the front desk here at PLE and you have an hour of uninterrupted time with a SHIP counselor.



SHIP can help with one-on-one, unbiased guidance on Medicare and Medicaid Coverage, including:

**UNDERSTANDING COSTS AND COVERAGE
CORRECTING BILLING ISSUES
COMPARING OPTIONS
ENROLLING IN AND CHANGING PLANS**

From October 15 through December 7, SHIP Medicare Experts will be available to help you:

- Switch from Original Medicare to Medicare Advantage
- Switch from Medicare Advantage to Medicare
- Change Medicare Advantage Plans
- Change Part D Plans, sign up for Part D, or drop Part D.



PLE MEMBERSHIP DRIVE TAKES FLIGHT



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

Remember that member Survey we conducted earlier this year? Well, one of the main things we learned is that word-of-mouth recommendations by current members are our best resource for recruiting new members.

Many of you continue to refer friends to PLE, and now we want REWARD you for your efforts. Here's out it works.

What: PLE Membership Drive

When: Now through January 31st

You Receive One Entry
When Your Friend:
(yes, multiple entries allowed)

- ★ Takes a tour
- ★ Takes a free fitness class
- ★ Participates in a non-fitness activity
- ★ Uses a free one-day pass
- ★ Joins as a Member
- ★ Get your Picture on the Front Lobby Wall with your referred friend(s)

Drawings: November 30 - \$50
(all November entries)
December 29 - \$50
(all December entries)
January 31 - \$50
(all January entries)
January 31 - \$100
(all Nov-Jan entries)

Random drawings, prizes and activities will be featured throughout the membership drive.

Watch for more information on the PLE Membership Drive at the center and here in the newsletter.



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | NOVEMBER 2021

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

Check out our website at
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

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 cheks, cash, Visa Master Card and
Discover. Make check payable to: PrimeLife Enrich-
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)
(3) corporation.

Name

Address

City, State, Zip

Phone

Email Address

Credit card Number

Exp. Date

Security Code