



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | APRIL 2022

(Above L to R) Irene Engel, Esther Alonzo, Travis Spegal, and Shantha Reddy.

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UPCOMING EVENTS AND ANNOUNCEMENTS

Join us on **MONDAY, APRIL 18 at 12:30 PM** for

HEROES OF HOPE

PLE will be recognizing the Carmel Fire Dept.

SAVE THE DATE for the annual
Life's A Journey fundraiser:
SATURDAY, APRIL 30, 2022 AT 7:00 PM
Lucas West Pavilion
11453 Ditch Road • Carmel, IN 46032
Dinner, Silent and Live Auction,
Dancing, Games and Prizes!
Visit PrimeLifeEnrichment.org
for more information

LUNCH & LEARNS for April:

- April 6 - Carmel Fire Department
- April 13 - Wellbrooke of Carmel Therapy
- April 20 - Westfield Public Library
- April 27 - Stinson Law Firm

APRIL HIGHLIGHTS:

- April 15 - PLE will close at 12:30 pm
- April 21 - 2pm **Living with Loss** Support Group (*Everyone welcome*)



FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment



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

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 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 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

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

OUR DIRECTORS

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

Terry Dollar
Charles Jeffras
Timothy McGuire
Dan Overbeck
Melody Cockrum
Michael Bratcher

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF 317-815-7008

Executive Director

Gary Wagner - Ext 200
gwagner@primelifeenrichment.org

Assistant Director

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Finance/Accounting

Ext 206

Fitness Director

Betsy Fowler - Ext 220
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Facility Manager

John Perkon - Ext 219
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Transportation Coordinator

Carol Outland - Ext 205
coutland@primelifeenrichment.org

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.*

Reception/Graphic Design

Lori Raffel - Ext 210
lraffel@primelifeenrichment.org

Senior Driver

Brent Hartman

CONTACT US

MAIL

1078 Third Avenue SW
Carmel, IN 46032



TRANSPORTATION

TO SCHEDULE CALL:

Phone: 317.815.7008, ext. 205

TRANSPORTATION AVAILABLE

MONDAY-FRIDAY - 8:00 AM - 3:30 PM

Schedule at least one
week ahead.

PHONE

317.815.7000

EMAIL

info@primelifeenrichment.org

FROM OUR DIRECTOR

PrimeLife Enrichment Center

HERE'S TO YOUR HEALTH!

Over the years I have attended many enlightening meetings, but I have also attended a number of meetings that, frankly speaking, left me wishing I had spent my time doing something more productive. Perhaps that's why I often tend to think of one or more good reasons, aka, excuses, to not attend many meetings to which I am invited. Fortunately, I recently gave the benefit of the doubt to a meeting in early March of the Senior Center Coalition of Indiana (SCCI). Two factors swayed me to attend, namely that it was the inaugural statewide meeting of this coalition (of which PrimeLife Enrichment is a member), and it was taking place at the Hendricks County Senior Center in Danville, Indiana. I was curious to see if the challenges experienced by other senior organizations throughout the State were similar to those we have faced during the pandemic. I also wanted to see how our Enrichment Center compared to Hendricks County's senior center.

What I discovered was that senior centers throughout Indiana have faced and will continue to face many of the same challenges we have experienced over the past couple of years. Some of these common challenges are pandemic related, e.g., how to keep members and staff as safe as possible, which COVID protocols to relax and which to maintain, etc. Others have no direct correlation to the pandemic. Examples include adequate funding (always a concern) and making our communities more

"senior friendly", just to name a couple. While no one came up with magic answers to these and other concerns, it was nice to learn that we are not alone as we strive to serve so many seniors in Hamilton County.

All of that being said, the highlight of the SCCI meeting was a keynote address given by Dr. JoAnn Burke, Chair of the Indiana Commission on Aging. Dr. Burke is listed in her bio as an independent consultant to communities, health care entities, and social service organizations working with issues related to population aging, social determinants of health, and patient/family engagement. She brings to any forum a rich background in addressing issues related to population aging and population health. I was familiar with Dr. Burke's work with the Commission on Aging, but this was my first opportunity to hear her speak in person. I came away impressed and inspired, especially by her discussion about the importance of social determinants of health (SDoH).

Much has been researched and written about the importance of such determinants. Without getting too deep into the weeds, these determinants generally fall into one of three categories as defined by Indiana's Family & Social Services Administration (FSSA). They include: socio-economic factors such as education, family and social support, and employment; health factors such as diet and exercise; and physical environment factors such as housing and transportation.



GARY WAGNER
Executive Director

What I learned from Dr. Burke and later from visiting the FSSA website was that social determinants of health account for as much as 80% of health outcomes, especially among seniors. Think about that for a minute. While no one dismisses the importance of quality clinical care, it is but one of several drivers of health that include activity, socialization, transportation, and food, among others. The reason I mention these four social determinants of health is probably obvious. All four are at the heart of what PrimeLife Enrichment provides as we pursue our mission to help our members and clients live healthy, active and productive lives as they age. Knowing this certainly makes me proud to serve as the executive director of this organization. As such, I urge you to take full advantage of all we offer – our land and fitness classes, our lunches, our opportunities for socialization, and our transportation program. I also ask that you help us spread the word, not just about how great PrimeLife Enrichment is, but also what a difference social determinants of health can make in the lives of seniors. This is a message that needs to be heard by all in our community.

Gary

P. S. Happy Spring!



Senior Center Coalition of Indiana

MEMBERSHIP OPTIONS



TAKE A TOUR OF PLE

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

PLEASE NOTE: At this time, masks are NOT required for those entering the building, but we still require proof that you are fully vaccinated.

BASIC MEMBERSHIP: \$20 PER MONTH

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

ENHANCED MEMBERSHIP: \$40 PER MONTH

- Basic Membership PLUS All Land and Aquatic 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!

DEPRESSION IN OLDER ADULTS

DEPRESSION IS A SERIOUS MOOD DISORDER

Depression is common among older adults, but it doesn't have to be part of the aging process. As an older adult, depression can worsen the symptoms of existing health conditions, cause you to lose sleep and prevent you from living a healthy, active lifestyle.

OVERVIEW

Feelings of sadness for short periods of time are normal. But depression affects the way your brain functions and has far more debilitating effects on your emotional and physical health. If your mental health declines, your physical health may also be affected.

SYMPTOMS

The symptoms of depression vary from person to person, depending on how your brain is affected. Common symptoms include:

- Anxiousness
- Extreme appetite
- Hopelessness
- Inability to concentrate
- Insomnia
- Irritability
- Loss of appetite
- Memory loss

You may feel any range of these symptoms for days, weeks and months. These emotions often keep you from going about your daily activities and cause you to believe it would be impossible for your life to improve.

DIAGNOSIS

Geriatrics physicians can diagnose depression, so you can get the treatment you need. Diagnostic tools for depression include:

SOCIAL HISTORY

Social histories provide a glimpse into your life to show how your behaviors have changed recently. These questionnaires also help physicians get to know you and your family personally. Aspects of your life such as your marital status, employment and the health of your partner can all affect your risk of developing depression. Social histories assess this risk and inform treatment decisions that increase your overall well-being.

DEPRESSION SCALE

The depression scale requires that you and your family answer a series of questions that help assess your mental health. These questions might make you feel uncomfortable, but it is essential that you answer them as honestly as possible. Your doctor needs to understand how you are feeling to provide an accurate diagnosis.

TREATMENT

Recovery from depression is more possible than ever. Your treatment plan may include:

MEDICINE THERAPY

Many new antidepressant or anti-anxiety medicines improve brain function, boosting your mood and alleviating the physical symptoms of depression. For older adults, these medicines mean fewer side effects and interactions with other medicines.

Antidepressants can have many side effects, so you take the lowest



dose possible first to see if it is effective. Your dose may be scaled up as necessary after you have been taking the medicine for a few weeks. Antidepressants can take two to four weeks to be effective. It is important that you don't skip pills or stop taking your antidepressants as this can make your symptoms of depression worse or prevent the medicine from being effective.

COGNITIVE BEHAVIORAL THERAPY

A cognitive behavioral therapist can assist you with working through depression. This type of therapy steers the focus away from why you might be depressed and helps you change your pattern of thinking to get rid of depression.

SUPPORT GROUPS

A support group provides you the opportunity to speak with others who are feeling the same way. You may discover strategies from other people who manage their depression successfully.

Always be open to talking to your doctor and loved ones if you're experiencing symptoms of depression. Remember, you are not alone!

Source: IU Health, <https://iuhealth.org/find-medical-services/depression-in-older-adults>

CICOA SENIOR NUTRITION PROGRAM 50TH ANNIVERSARY

CENTRAL INDIANA COMMISSION ON AGING (CICOA) CELEBRATES IMPORTANT ANNIVERSARY

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country and CICOA is the agency in Central Indiana that brings these services to PrimeLife Enrichment every Monday, Tuesday, and Thursday.

Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals that strengthen social connections and promote health and wellbeing.

The anniversary was recently celebrated at PLE with a special lunch and build-a-beverage activity.



Above (L to R) Mother and daughter Deborah Wright, CICOA Meal Site Representative, and Tiffany Cox, CICOA Registered Dietitian and Wellness Coordinator toast with a delicious hydrating mocktail, which is equal parts OJ and sparkling water.



FITNESS SCHEDULE

PrimeLife Enrichment Center

PLEASE REMEMBER:
SIGN-IN WHEN YOU ARRIVE SO PLE
GETS PAID FOR YOUR PARTICIPATION!
THANK YOU

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	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		

Water classes will be limited to 12 people. The first 12 to pre-register on line or at the center 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	Yoga w/ Cheryl	LaBlast w/ Cindy	8:45 am Through the Ages Fitness	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		10:00 am Dance Fusion w/ Robby
2:00 pm	Yoga w/ Cheryl			Yoga w/ Cheryl		
5:30 pm	Zumba w/ Erin		Zumba w/ Alicia	Shine w/ Sandy		
6:15 pm	Total Body Conditioning w/ Jacki	Shine w/ Sandy	Pound w/ Sandy	LaBlast w/ Debbie		

**All land classes in person unless noted otherwise.

ACTIVITIES & EVENTS

PrimeLife Enrichment Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**to our volunteers! April is
National Community Service Month**

Life's A Journey fundraiser:
SATURDAY, APRIL 30, 2022 AT 7:00 PM

Dinner, Silent and Live Auction,
Dancing, Games and Prizes!

Visit PrimeLifeEnrichment.org
for more information

1

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

Music most Fridays from
12:00 pm to 12:30 pm

4

11:30am CICOA Lunch \$
12:15pm BINGO
1pm Practice Bridge L
Not for beginners

5

11:30am CICOA Lunch \$
1pm Needlework L

6

1:30am Second Helpings
Lunch *
11:45am Lunch & Learn
1pm Art Class \$
1pm Hand & Foot L

7

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

8

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

11

11:30am CICOA Lunch \$
1pm Practice Bridge L
Not for beginners
12:15pm BINGO

12

10am Walking Club
sponsored by
Sander's Glen
11:30am CICOA Lunch \$
11:45am DIVVY Lunch
Delivery
1pm Needlework L

13

10am CAREGIVER
Support Group
spons. by Alz Assoc.
11:30am 2nd Helpings Lunch *
11:45am Lunch & Learn
1pm Art Class \$
1pm Hand & Foot L

14

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

15

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

18

12:15 pm BINGO
11:30am CICOA Lunch \$
12:30 pm HEROES OF HOPE
presentation
1pm Practice Bridge L
Not for beginners

NO BINGO

19

11:30am CICOA Lunch \$
Delivery
1pm Needlework L

20

11:30am Second Helpings
Lunch *
11:45am Lunch & Learn
1pm Hand & Foot L
1pm Art Class \$

21

9am Pinochle L
11:30am CICOA Lunch \$
1pm Euchre L
1pm Card Making \$
2pm Living with Loss
Support Group
(Everyone welcome)

22

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

25

10:00am Theatre Club with
Dee Timi L
11:30am CICOA Lunch \$
12:15 pm BINGO
1pm Practice Bridge L
Not for beginners
3:30am Book Club *** L

26

11:30am CICOA Lunch \$
11:45am DIVVY Lunch
Delivery
1pm Needlework L

27

11:30am Second Helpings
Lunch *
11:45am Lunch & Learn
1pm Hand & Foot L
1pm Art Class \$

28

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

29

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



APRIL 6..... CARMEL FIRE DEPARTMENT
APRIL 13..... WELLBOOKE OF CARMEL THERAPY
APRIL 20..... WESTFIELD PUBLIC LIBRARY
APRIL 27..... STINSON LAW



*** Book Club - March 25
SMALL GREAT THINGS
by Jodi Picoult

KEY:

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

DIVVY Lunch is always on the 2nd and 4th Tuesday of the month!

WORD SEARCH

April Fool's Day Word Search

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

APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE

FARCE
FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY

MISCHIEF
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY

EASY WAYS FOR YOU TO STAY UP-TO-DATE WITH PLE

PLE FACEBOOK, WEBSITE, INSTAGRAM AND MORE

In today's world, news happens fast. Classes might be canceled - for reasons beyond our control - just hours before start time, and Hoosiers know we can go to sleep in 70 degree weather and wake up the next morning with winter storm conditions.

The last thing we want is for our members to make an unnecessary trip to PLE because they aren't up-to-date on closures, cancellations, current events, illnesses, etc.

Whenever possible, we send a member-wide email with the details of any changes, as well as record a new phone message to include updates, but not everyone has email and the phone can be busy at those times.

Many of the staff receive Emails on their personal cell phone, so send us your questions via email and we will respond as quickly as possible.

The fastest way to check - or double-check - the latest news at PLE is to look directly on the PLE website, and our Facebook or Instagram pages. As an added bonus, Facebook and Instagram have daily postings with event reminders, updates on members, and fun information.



<https://www.facebook.com/PrimeLifeEnrichment>



<https://www.primelifeenrichment.org>



<https://www.instagram.com/primelifeenrichment/>



Email

lrappel@primelifeenrichment.org



Phone

317-815-7000

RECIPES MADE EASY WITH CAMPBELL'S SOUP

CHEDDAR BROCCOLI FRITTATA



INGREDIENTS

6 eggs
1 can (10 1/2 ounces) Campbell's® Condensed Broccoli Cheese Soup
1/4 cup milk
1 tablespoon butter
2 cups sliced mushrooms
1 large onion, chopped (1 cup)
1 small zucchini, sliced (1 cup)
1/4 cup shredded Cheddar cheese
1 green onion, chopped (2 tbsp)

DIRECTIONS

Beat the eggs, soup and milk in a medium bowl with a fork or whisk. Season with salt and pepper.

Heat the butter in a 12-inch oven proof nonstick skillet over medium heat. Add the mushrooms, onion and zucchini and cook until tender. Stir in the egg mixture. Reduce the heat to low. Cook for 5 minutes or until the eggs are set but still moist.

Heat the broiler. Sprinkle the cheese over the egg mixture. Broil the frittata with the top 4 inches from the heat for 2 minutes or until the top is golden brown. Sprinkle with the green onion before serving.

ONE-POT SPAGHETTI CARBONARA



INGREDIENTS

4 slices bacon
1 large shallot or 1 small yellow onion, chopped (about 1/2 cup)
1 can (10 1/2 ounces) Campbell's® Condensed Cream of Chicken Soup
3 1/2 cups Chicken Broth
1/2 cup grated Parmesan cheese or Pecorino Romano cheese
8 ounces uncooked spaghetti
1 cup frozen peas, thawed

DIRECTIONS

Cook the bacon in a 6-quart sauce pot or Dutch oven over medium-high heat for 5 minutes or until the bacon is crisp. Remove the bacon and drain on paper towels. Pour off all but 1 tablespoon drippings. Add the shallot to the drippings in the sauce pot and cook and stir for 1 minute. Stir in the soup, broth and cheese and heat to a boil.

Stir in the uncooked spaghetti. Reduce the heat to medium-low and cook for 10 minutes or until the spaghetti is tender and the soup mixture is thickened, stirring occasionally. Stir in the peas. Crumble the bacon and add. Sprinkle with additional cheese just before serving, if desired.

TASTY 2-STEP PORK CHOPS



INGREDIENTS

4 boneless pork chop, 1/2-inch thick (about 1 1/4 pounds)
1 tablespoon vegetable oil
1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup or 98% Fat Free Cream of Mushroom Soup
1/2 cup water

DIRECTIONS

Season the pork with salt and pepper. Heat the oil in a 10-inch skillet over medium-high heat. Add the pork and cook for 6 minutes or until browned on both sides (to prevent sticking, make sure the skillet and oil are hot before adding the pork). Remove the pork from the skillet.

Stir the soup and water in the skillet and heat to a boil. Return the pork to the skillet (and if the browned pork released any juices, add those too). Reduce the heat to low. Cover and cook for 5 minutes or until the pork is done. Season to taste. Sprinkle with chopped fresh parsley before serving, if desired.

WHAT'S IN SEASON IN APRIL?

If they're available in your local grocery store, grab some of these extra fruits & veggies this month! These can easily be swapped for other greens and produce items as well.

Arugula
Asparagus
Broccoli

Brussels Sprouts
Cabbage
Carrots

Cauliflower
Citrus



YOU'RE NOT SUFFERING ONE LOSS, YOU'RE SUFFERING MANY

EVERYONE'S LOSS IS DIFFERENT

When someone you love dies, in addition to the loss of the loved one, there are other losses to be faced at the same time. As the person here on earth, it is now up to you to determine what has been lost - and gained - as a consequence of this ending.

Loss of the loved one results in so many more losses:

Loss of self: This is the part of yourself that was given to the other person in love.

Loss of identity: Often, an individual identifies with the role they occupied in a relationship.

Loss of self-confidence: Grieving persons often feel inadequate. Am I feeling the "appropriate" amount of grief? Should I feel better faster?

Loss of chosen lifestyle: Death of a loved one forces a person to begin a new way of life. You should you would live with them forever in the place you chose together.

Loss of known family structure: Death instantly changes the composition of a person's family, creating another level of adjustment that must be faced.

Loss of the past: New acquaintances and new friends can be very supportive and accepting, but they do not share your history.

Loss of sharing with a loved one: Many bereaved persons lament the loss of that constant companion to share the little things in life.

Be good to yourself - whatever your

loss - and remain hopeful, because your loved one would want you to continue living your life.

I like to re-read this quote by David Lindsey-Abaire in his play RABBIT HOLE. The character who has lost a child asks her mother if grief changes.

"The weight of it changes. At some point it becomes bearable. It turns into something you can crawl out from under, and carry around like a brick in your pocket. And you forget it every once in a while, but then you reach in for whatever reason and there it is: "Oh, right. That." Which can be awful. But not all the time. You will never like it, but it's what you have instead of your son, so you don't wanna let go of it either."



SENIORS COPING WITH LOSS OF INDEPENDENCE

HELP FOR SENIORS WHO ARE COPING WITH THE LOSS OF INDEPENDENCE

A loss of independence is a fear many seniors have. When this fear is realized, there are several ways caregivers, family and friends can help.

According to an AARP study conducted in 2018, 57% of seniors over age 70 do not find it easy to live alone and need help with daily tasks. This loss of independence can have a toll on senior's psychological and physical well-being.

Most people begin to live and perform daily life tasks independently by the age of 20. About 50 years later, many find that independence is no longer safe or viable. The loss of independence seniors face can often result in grieving, frustration, and other emotional upset.

Caregivers, family, friends and various support people can help by understanding the process.

TYPE OF INDEPENDENCE SENIORS MAY LOSE

As seniors' bodies and/or minds degenerate, they can experience a variety of types of losses. Their independence can be impacted in ways that change their lifestyles and even their understanding of the world. Some types of independence seniors may lose include:

- Mobility
- Ability to live alone
- Memory
- Comprehension /decision-making skills
- Strength to perform daily tasks
- Energy to clean or cook
- Social life
- Sight
- Hearing

COMMON EMOTIONS SENIORS MAY EXPERIENCE

Loss of independence is an emotional experience for many seniors. They may experience and exhibit normal emotions life:

- Denial
- Immobility
- Frustration
- Anxiety
- Guilt
- Sadness

WHAT TO MAKE ACCESSIBLE TO SENIORS WITH MOBILITY LIMITATIONS



TV REMOTE OR COMPUTER



TELEPHONE



BASIC CONTACT SHEET



CALENDAR OR SCHEDULE



READING MATERIALS



MEDICATION

20%

of older adults experience some type of depression

90%

of older adults want to remain in their homes as long as possible, however they are concerned their communities will not have the resources necessary to lead an independent life

60%

of older adults manage two or more chronic conditions, with high blood pressure, diabetes and arthritis the most common

22%

of older adults are concerned that a decline in physical health will prevent them from maintaining a healthy future

48%

of older adults rank their emotional well-being as their highest priority for maintaining a healthy future

32%

of older adults see living independently as their highest priority

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