



# PrimeLife

## ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | SEPTEMBER 2022

*Lunch & Learn  
is always popular!*

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### SEPTEMBER HIGHLIGHTS:

##### SEPTEMBER 1

1:30 pm New Class: Nutrition by  
Purdue extension - must  
RSVP to Julie - 1:30 pm

##### SEPTEMBER 5

PLE is closed in observance  
of Labor Day

##### SEPTEMBER 6

1:30 pm Paladium Tour - must RSVP  
to Julie

#### SEPTEMBER LUNCH & LEARNS:

##### SEPTEMBER 7

Indiana Senior Games - Chris Davis

##### SEPTEMBER 14

Indiana Parkinson's Association

##### SEPTEMBER 21

Lady Ukers - Ukele performance

##### SEPTEMBER 28

Dan Popiela - Naturalist - topic is trees



FIND US ON FACEBOOK  
[facebook.com/PrimeLifeEnrichment](https://facebook.com/PrimeLifeEnrichment)



Instagram

[instagram.com/PrimeLifeEnrichment](https://instagram.com/PrimeLifeEnrichment)

#### CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



[www.primelifeenrichment.org](https://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, Werq and Total Body conditioning 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 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 Sanders Glen  
Stinson Law Firm  
Sycamore Reserve  
Wellbrooke of Carmel  
Adventure Archives

## OUR DIRECTORS

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

Melody Cockrum  
Terry Dollar  
Timothy McGuire  
Dan Overbeck  
Linda Ramey-Greife  
Cinnamon Bombard, UWCI Fellow

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF 317-815-7008

### Executive Director

Gary Wagner - Ext 200  
[gwagner@primelifeenrichment.org](mailto:gwagner@primelifeenrichment.org)

### Assistant Director

Cindy Schembre - Ext 203  
[cschembre@primelifeenrichment.org](mailto:cschembre@primelifeenrichment.org)

### Fitness Director

Betsy Fowler - Ext 220  
[bfowler@primelifeenrichment.org](mailto:bfowler@primelifeenrichment.org)

### Community Engagement and Activities Coordinator

Julie Barnes - Ext 223  
[jbarnes@primelifeenrichment.org](mailto:jbarnes@primelifeenrichment.org)

### Reception/Graphic Design

Lori Raffel - Ext 210  
[lraffel@primelifeenrichment.org](mailto:lraffel@primelifeenrichment.org)

### Facility Manager

John Perkon - Ext 219  
[jperkon@primelifeenrichment.org](mailto:jperkon@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.*

### Transportation

Ext 205 or 317-343-6794

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

# FROM OUR DIRECTOR

PrimeLife Enrichment Center

*"Ah, September! You are the doorway to the season that awakens my soul... but I must confess that I love you only because you are a prelude to my beloved October."*

— Peggy Toney Horton, Author & Freelance Journalist

Greetings to all of PrimeLife's wonderful members, friends, and supporters!

I'm sure we'll have our share of warm – maybe even hot days yet this month – but I'm confident the dog days of summer are getting farther behind in the rear view mirror as we move forward into September. That being said, the quote from Peggy Toney Horton certainly resonates with me. I consider September to be somewhat of a month in transition between the past summer and the promise of Fall in the near future.

In many ways, I feel much the same about the current status of PrimeLife Enrichment. We can look back at some very challenging times in the past, beginning for the most part, with the onset of the pandemic in early 2020. Much has happened since those early dark days and I am happy to say that I believe we have put the past behind us and have positioned this wonderful organization to serve Hamilton County seniors for many years to come. Our membership continues to grow, as does our transportation program, all of which indicates that we are moving in the right direction.

We will continue to do so, but we need your help now more than ever. Many of our traditional governmental and community

funding sources have reduced their support primarily because there are more nonprofit organizations seeking funding than ever before. This means we can no longer count on receiving in the future the same amounts as we've received in the past. In response to this new reality, we are taking several steps (and exploring various options) to insure the financial stability of PrimeLife as we lessen our dependence on the traditional funders mentioned above.

The first step we are taking is to announce a new campaign with the working title of "The Perfect 10." With all apologies to Dudley Moore and Bo Derek for plagiarizing the title of their movie from many years ago, this campaign can go a long way in our quest for financial stability. And it's a very simple way for many of you to help without giving us a dime. (Although your contributions are always welcome!) As most if not all of you know, we give a \$20 discount on either our basic or enhanced membership if you participate in an insured fitness plan including Silver Sneakers, Renew Active, and Silver & Fit. What many of you may not know is that we receive little if any compensation from Silver Sneakers and Renew Active if you fail to check in to the Enrichment Center at least 10 times each month. We estimate that those of you who have either of these two plans could help us generate an additional \$2,000 – 3,000 per month by joining us 10 or more times per month. You'll hear more about our "Perfect 10" campaign in the near future.



**GARY WAGNER**  
Executive Director

Another step we will soon be taking is to recruit volunteers to help us with such tasks as giving tours, answering transportation telephone calls, helping out on the front desk, etc. We currently have and will continue to have a small staff, all of whom wear many hats throughout each day. By volunteering, you can not only provide some relief to our staff, but you can also help us keep our operating expenses as low as possible without sacrificing the quality or quantity of programs and services we offer.

Make no mistake – PrimeLife Enrichment is a vibrant and dynamic organization dedicated to serving Hamilton County seniors. We will continue to embrace change from a proactive stance rather than a reactive one. In so doing, we will explore various ways to reduce costs and to generate new, dependable streams of revenue. I'm sure you'll read or hear about our progress over the next several months, and I ask you for your continued loyalty and support. As I said in the beginning, we are certainly moving in the right direction. But we cannot get to where we want to go without you.

Have a great September!  
Gary



## MEMBERSHIP OPTIONS



If you are retired from the Military, ask a staff member about a possible savings.

### 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 • Renew Active • 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 may also be 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. **PLEASE NOTE: At this time, masks are NOT required for those entering the building, but we still require proof that you are fully vaccinated.**

## THE LONG-TERM EFFECTS OF PTSD

### WHAT IS PTSD?

IU Health makes it a yearlong focus working with patients who struggle with PTSD daily. It's important to bring awareness to PTSD as many people suffer from this very treatable condition and don't seek help due to the stigma surrounding mental health conditions.

Post-Traumatic Stress Disorder (PTSD) results from a traumatic event that can be experienced directly or indirectly. While most people can resolve their symptoms by seeking treatment, there are lasting impacts from experiencing PTSD, especially when experienced in childhood.

It is not uncommon for untreated PTSD to result in the use of or dependence on drugs and alcohol to cope with intense feelings of anxiety and depression. Addiction has its own negative long-term health outcomes and can lead to occupational, legal, physical, and relationship problems.

According to a study by the American Journal of Preventative Medicine, persons that experience four or more adverse childhood events on the ACE screening appear to have a higher risk of addiction, depression, smoking, heart disease, cancer, lung disease, and liver disease.<sup>1</sup>

### ■ HOW DOES PTSD AFFECT RELATIONSHIPS?

When someone is suffering from PTSD, their bodies are in a heightened state that puts them on guard. Stress is a normal response we all experience, and hormones that play an important role in maintaining this response are called cortisol and epinephrine (adrenaline). Adrenaline is most often referred to as the "fight-or-flight" hormone as it's released when we experience a threat – such as seeing a bear in the wild.

## POST TRAUMATIC STRESS DISORDER

A person with PTSD may always be in this hyperaware state, scanning for and overreacting to perceived threats.

However, these hormones can also be released when the threat is no longer present. Over time, these hormones at high levels can cause negative impacts on the body. People with PTSD stay in that "fight or flight" mode – leading to an inability to relax and participate fully in life.

PTSD can make it difficult to trust others, and survivors may feel numb and distant from other people. Interest in social activities can be affected. Social withdrawal and isolation may occur. Persons with PTSD may push away loved ones. All of this can make it difficult to create and maintain close, meaningful relationships.

Friends and family may not understand what their loved one has experienced and how it is affecting them. They may be upset that their loved one hasn't been able to resolve their trauma. They may be angry and upset due to irritability and behaviors the person with PTSD exhibits. Having PTSD can affect relationships with employers and make it difficult to maintain employment due to irritability, difficulty concentrating, anxiety, and depression. People with PTSD often do not disclose their condition to employers due to stigma associated with mental health disorders.

### ■ LIVING WITH PTSD

Living with PTSD can have a negative impact on activities of everyday life. Elizabeth Sarchet, Supervisor of Behavioral Health Services at IU Health, shares "In my

experience with patients I work with, often activities that most of us wouldn't think twice about doing such as driving a car, socializing, going to the grocery store, attending an event with large groups of people, etc. can incite fear and lead to avoidance due to irrational thoughts associated with previous trauma."

Recovery from PTSD can be challenging and includes finding a new way of reacting to things that are reminders of the traumatic event, examining and changing irrational beliefs about self, others, and the world, and discovering a way to become fully engaged in life and with the people around you.

Each person has their own experience and timeline for recovery – but recovery does happen.

### ■ RESOURCES

The National Center for PTSD has information and videos to help you understand the treatment options available and help you choose the treatment that's right for you or a loved one.

*If you or a loved one is in a crisis, there are resources available that can help:*

- Veterans Crisis Line 800.273.8255 (Press 1)
- National Sexual Assault Hotline 800.656.HOPE (4673)
- National Alliance on Mental Illness (NAMI) Helpline 800.950.NAMI (6264)

Source: Vincent Felliti, MD, FACP et al. "Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults." *American Journal of Preventive Medicine*, no. 4, 1 May 1998; <https://iuhealth.org/thrive/the-long-term-effects-of-ptsd>



## NEW CLASSES STARTING IN SEPTEMBER

### Purdue University Extension Nutrition Program

Join us for free classes provided through Purdue Extension. Learn new skills that you can use at home every day – from planning, grocery shopping and cooking tips to simple solutions for healthy eating and physical activity.

Prepare and sample delicious snacks during lessons, and take home healthy recipes.



### Creative Writing Group

This fun casual group will meet weekly on Mondays at 1pm in the PLE boardroom starting September 12, 2022.

In addition to flexing your creative muscles, this class will reduce stress, enhance your imagination and self confidence, and help you communicate more effectively.

Let Julie Barnes know if you have questions!



*Do you have a specific topic or event that you would like to see covered in a future PLE Newsletter? Just let Lori at the Front Desk know - or write it down if you're shy. We are always looking for story ideas.*

## PLE EVENT UPDATE

PrimeLife Enrichment Center

### Odds and Ends

Our **Devotion Group** has resumed with George Billeison leading an in-depth discussion on the Psalms of the Bible. 1 pm on Wednesdays in the PLE Boardroom and all are welcome.

• • •

**Tour of the Palladium** 1:30pm 9/6 bus going from PLE, limited space, sign up with Julie

• • •

**CICOA-Humana** presentation Tech 101 on 9/26 during lunch

• • •

**Nonsense Sneakview** 9/8 6pm at Studio Theatre in Carmel, RSVP with Julie

# FITNESS SCHEDULE

PrimeLife Enrichment Center

PLEASE REMEMBER:  
SIGN-IN WHEN YOU ARRIVE  
SO YOU GET PAID FOR YOUR PARTICIPATION!

THANK YOU!

## ALL FITNESS PROGRAMS ARE DESIGNED FOR YOU

### AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	Intermediate Aquatic Aerobics w/ Jerri	8:15 am Early Morning Aquatics	Intermediate Aquatic Aerobics w/ Jerri	8:15 am Early Morning Aquatics	
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		

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	9:00 am Resilience Through the Ages	9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jennifer		Got Balance w/ Betsy		Strength & Flexibility w/ Cindy	
11:00 am	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		10:00 am Pound Unplugged w/ Sandy
2:00 pm	Yoga Blend w/ Cheryl			Yoga Blend 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			

\*\*All land classes in person unless noted otherwise.

<div>  <h1>SEPTEMBER</h1>  </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPTEMBER is all about ...</b> <ul style="list-style-type: none"> <li>National Square Dance Month</li> <li>National Courtesy Month</li> <li>Classical Music Month</li> <li>Hispanic Heritage Month</li> <li>Save Your Photos Month</li> </ul> 			<b>1</b> 9 am Pinochle <b>L</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Card Making \$ 1 pm Euchre <b>L</b> 1:05 pm Nutrition Class Purdue Extension RSVP with Julie	<b>2</b> 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge <b>L</b> <i>Sing-a-Long on Fridays during Lunch with Tom, George and Bernice</i>
<b>5</b> <b>LABOR DAY</b> <b>PLE IS CLOSED</b>	<b>6</b> 10 am Walking Club sponsored by Sanders Glen 11:30 am CICOA Lunch \$ 1 pm Needlework <b>L</b> 1:30 am Palladium Tour RSVP Required - see Julie	<b>7</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Devotion Class 1 pm Art Class \$ 1 pm Hand & Foot <b>L</b>	<b>8</b> 9 am Pinochle <b>L</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre <b>L</b> 1:05 pm Nutrition Class Purdue Extension RSVP with Julie	<b>9</b> 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge <b>L</b> 1 pm <b>BINGO</b> sponsored by Sycamore Reserve
<b>12</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge <b>L</b> Not for beginners 12:15 pm <b>BINGO</b> sponsored by Home Instead 1:30 am Creative Writing <b>BR</b>	<b>13</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework <b>L</b>	<b>14</b> 10 am Caregiver Support Group Sponsored by Alzheimer's Assoc. 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot <b>L</b> 1 pm Devotional Study <b>B</b>	<b>15</b> 9 am Pinochle <b>L</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Card Making \$ 1 pm Euchre <b>L</b> 1:05 pm Nutrition Class Purdue Extension RSVP with Julie	<b>16</b> 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge <b>L</b>
<b>19</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge <b>L</b> Not for beginners 12:15 pm <b>BINGO</b> with Tami 1:30 am Creative Writing <b>BR</b>	<b>20</b> 11:30 am CICOA Lunch \$ 1 pm Needlework <b>L</b>	<b>21</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot <b>L</b> 1 pm Devotional Study <b>B</b>	<b>22</b> 9 am Pinochle <b>L</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre <b>L</b> 1:05 pm Nutrition Class Purdue Extension RSVP with Julie 2 pm Living with Loss <b>B</b>	<b>23</b> 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge <b>L</b>
<b>26</b> 10:30 am Theatre Club 11:30 am CICOA Lunch \$ 12 pm Humana "Tech 101" Not for beginners 12 pm Practice Bridge <b>L</b> 12:15 pm <b>BINGO</b> 1:30 am Creative Writing <b>BR</b> 3:30 pm Book Club <b>L</b> sponsored by Wellbrooke of Carmel	<b>27</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework <b>L</b>	<b>28</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot <b>L</b> 1 pm Devotional Study <b>B</b> <i>Birthday by Sycamore Reserve</i>	<b>29</b> 9 am Pinochle <b>L</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre <b>L</b> 1:05 pm Nutrition Class Purdue Extension RSVP with Julie	<b>30</b> 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge <b>L</b>
<div>  <h2>LUNCH LEARN</h2> <div> <b>SEPTEMBER 7</b> Indiana Senior Games - Chris Davis  <b>SEPTEMBER 14</b> Indiana Parkinson's Association  <b>SEPTEMBER 21</b> Lady Ukers - Ukele performance  <b>SEPTEMBER 28</b> Dan Popiela - Naturalist - topic is trees </div> </div> <div>  <p>Book Club -  <b>IN THE DISTANCE</b>  by Hernan Diaz</p> </div> <div>  <p><b>KEY:</b>  * - Open to Public  \$ - Additional Fee  Z - Also on Zoom  <b>L</b> - Library</p> </div>				
<p><b>DIVVY Lunch is always on the 2nd and 4th Tuesday of the month!</b></p>				

## FALL WORD SEARCH

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

ACORN  
FOOTBALL  
NOVEMBER  
SEPTEMBER

APPLES  
HALLOWEEN  
OCTOBER  
SUNFLOWER

AUTUMN  
HARVEST  
PUMPKIN  
SWEATER

CANDY  
HAYRIDE  
RAKE  
THANKSGIVING

CIDER  
LEAVES  
SCARECROW  
TURKEY

## GOOD NEWS - BAD NEWS FOR SENIORS FACING INFLATION

### THE BAD NEWS:

How is record inflation impacting Seniors? Price hikes have impacted everyday living costs, including the prices of food, rent and even medical care. Retirees are especially vulnerable to inflation because many of them are on a fixed income. For some, these rising prices mean they have to dip into savings to pay for everyday items.



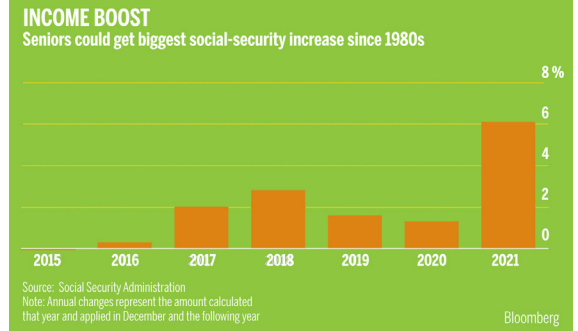
### THE GOOD NEWS:

Older Americans and others on Social Security could get

a significant bump in their annual cost-of-living adjustment next year, with experts forecasting that the typical recipient could receive an additional \$1,900 in 2023 to keep up with inflation.

Many seniors have struggled this year as their 2022 bump, 5.9%, lagged the hottest inflation in 40 years. Consumer prices cooled in July as gasoline prices dropped, but inflation remains scorching hot — up 8.5% from a year ago.

The Social Security Administration bases its annual COLA adjustment on inflation data from July, August and September, with the agency announcing its official hike in mid-October. With data now available for one of those three months, seniors could see an average



monthly increase of 9.6%, according to the Senior Citizens League. If inflation continues to ease, seniors could finally get a break in 2023 and close the benefits gap that many are now experiencing.

Based on the average monthly benefit of \$1,656 in 2022, a 9.6% boost would amount to a monthly gain of about \$159 and an annual gain of \$1,900, the nonpartisan group Senior Citizen League said.

# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## SEPTEMBER RECIPES: ALL ABOUT APPLES



### DUTCH OVEN APPLE COBBLER

#### INGREDIENTS

8 large tart apples, peeled and sliced  
1 cup sugar, divided  
3/4 teaspoon ground cinnamon, divided  
2 cups all-purpose flour  
3/4 cup packed brown sugar  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 large eggs, room temperature, lightly beaten  
2/3 cup butter, melted  
Vanilla ice cream, optional

#### DIRECTIONS

Preheat oven to 350 deg. In a 6-qt. Dutch oven, combine apples, 3/4 cup sugar and 1/2 teaspoon cinnamon. In a bowl, whisk flour, brown sugar, remaining 1/4 cup sugar, baking powder, salt and remaining 1/4 teaspoon cinnamon; stir in eggs (mixture will be lumpy). Spoon over apples. Drizzle butter over batter (do not stir). Cover and bake until

lightly browned and apples are tender, 45-50 minutes. Serve warm.



### AUTUMN APPLE CHICKEN

#### INGREDIENTS

1 tbs canola oil  
4 bone-in chicken thighs (about 1-1/2 pounds), skin removed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 medium Fuji or Gala apples, coarsely chopped  
1 medium onion, chopped  
1 garlic clove, minced  
1/3 cup barbecue sauce  
1/4 cup apple cider or juice  
1 tablespoon honey

#### DIRECTIONS

In a large skillet, heat oil over medium heat. Brown chicken thighs on both sides; sprinkle with salt and pepper. Transfer to a 3-qt. slow cooker; top with apples.

Add onion to same skillet; cook and stir over medium heat 2-3 minutes

or until tender. Add garlic; cook 1 minute longer. Stir in barbecue sauce, apple cider and honey; increase heat to medium-high. Cook 1 minute, stirring to loosen browned bits from pan. Pour over chicken and apples. Cook, covered, on low 3-1/2 to 4-1/2 hours.



### APPLE TOFFEE DIP

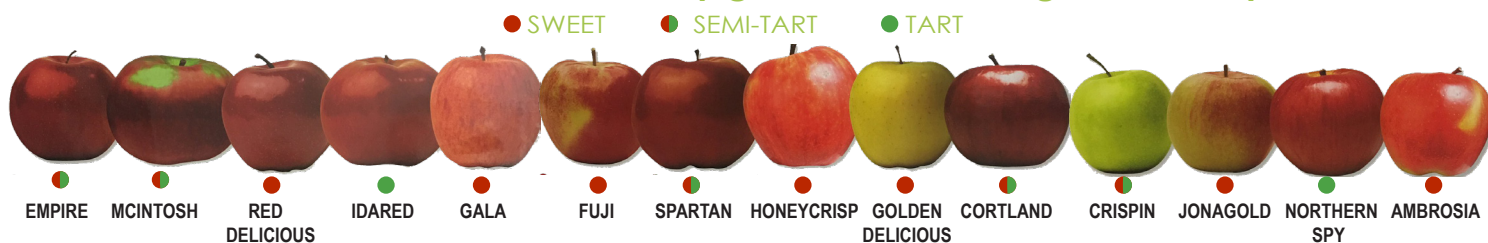
#### INGREDIENTS

1 pkg (8 oz) cream cheese, soft  
1/2 cup packed brown sugar  
1/4 cup sugar  
1 teaspoon vanilla extract  
1 pkg English toffee bits (10 ounces)  
3 medium tart apples, cut into chunks

#### DIRECTIONS

In a bowl, beat cream cheese, sugars and vanilla. Fold in toffee chips. Serve with apples. Refrigerate any leftovers.

**TAKE YOUR PICK: Use this handy guide to find the right taste for you!**



# IS THAT REALLY WHAT SENIORS ARE WATCHING?

Before I wrote this, I looked up what seniors are watching/streaming on TV these days. The answer, according to Google, was *Bonanza* and *Golden Girls* reruns. Really? I find that hard to believe. The seniors that I know - including myself - are drawn to much more interesting shows like documentaries, new and classic movies and current series.

I feel like it's condescending to think all seniors sit in Lazy Boy chairs and watch shows that started out



in black and white. We are educated, intelligent people who are interested in all types of things - new and old.

By happy accident, I found the most wonderful

6-part series on HBO-Max about the lives of Paul Newman and Joanne Woodward called *The Last Movie Stars*. It features interviews with them, as well as their children, grandchildren and various friends, directors, actors, and more.

Newman and Woodward first met, in 1953, in a production of *Picnic* on Broadway, when he was already married with a family. When married in 1958, they moved well outside the Hollywood bubble to a farm house in Connecticut.

They didn't start out rich or successful. When she won the Oscar for *The Three Faces of Eve*, she made her own dress for the ceremony.

When they first met, she was the bigger star, but he got his big break when James Dean died in a car crash and they replaced Dean with



Newman for *Somebody Up There Likes Me*.

Philanthropy played a large role in their lives, especially after losing a son to a drug overdose in 1978. They were human and their marriage wasn't always perfect.

Most of the series is in their own words and as someone who grew up watching their movies with my mother, it was fascinating and so much better than a *Bonanza* rerun.

## PURPLE PIZZA PARTY FOR ALZHEIMER'S ASSOCIATION

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