



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | NOVEMBER 2022

*PLE members tour
Second Helpings*

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UPCOMING EVENTS AND ANNOUNCEMENTS

NOVEMBER HIGHLIGHTS:

EVERY FRIDAY IN NOVEMBER:

11:30 am - 1:00 pm - MOOD & MEMORY

NOVEMBER 10:

12:30 pm - 3:00 pm - Cards of Sunshine

WEEK OF NOVEMBER 14-18:

Thanks 4 Giving Week

4 CHANCES TO PLAY BINGO!

November 7, 14, 21, 28

NOVEMBER LUNCH & LEARNS:

NOVEMBER 2 Crime Stoppers
NOVEMBER 9 Andrews Sisters/Wellbrooke of Carmel

NOVEMBER 16 Medicare A, B, C, D
and Advantage Plans

NOVEMBER 23 Life's Co-Pilot

NOVEMBER 30 Spirit & Space



FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment



FIND US ON 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, 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
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-Greiwé
Cinnamon Bombard, UWCI Fellow

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF 317-815-7008

Executive Director

Gary Wagner - Ext 200
gwagner@primelifeenrichment.org

Assistant Director

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cschembre@primelifeenrichment.org

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Transportation/Graphic Design

Lori Raffel - Ext 205
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Facility Manager

John Perkon - Ext 219
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NEW
HOURS OF
OPERATION

MONDAY-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: Ext 205 or 317-343-6794

TRANSPORTATION AVAILABLE

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

Schedule as early as possible, at least one week ahead.

PHONE

317.815.7000

EMAIL

info@primelifeenrichment.org

FROM OUR DIRECTOR

PrimeLife Enrichment Center

"Almost everyone experiences some hesitation when it comes to change. There's something very unsettling about leaving a place, person, or routine you've become familiar with and moving into unknown territory, even if it is a welcome change. . . Somehow, quotes about change find a way to help us manage the burden and see the light at the end of the tunnel."

— Terri Huggins Hart, award-winning journalist and lifestyle writer

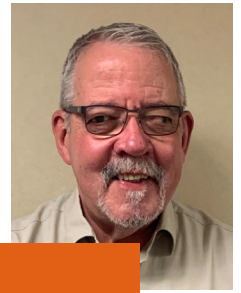
To all our members and friends, THANK YOU for responding so favorably to the recent initiatives we have taken to offset the reduced operational support from some of our traditional governmental and community funding sources. To recap, the first step we took to lessen our dependence on traditional funders was to announce our "Perfect 10" campaign. As you'll recall, the objective of this initiative is to encourage members to check into the Enrichment Center at least 10 times each month. The more members who do so, the more reimbursement PrimeLife receives, especially from Silver Sneakers and Renew Active. We have already begun to see an increase in monthly reimbursements, but want to encourage everyone to keep up the good work!

A second initiative we have taken is to recruit volunteers for front-desk duty including greeting members and visitors, screening phone calls, answering questions, etc. I'm happy to say that we now have volunteers on the front desk Monday through Friday. If you're interested in joining the crew,

please let Cindy Schembre or Julie Barnes know. I'm sure we can find a time slot that fits your schedule. Also, when you come or call in, keep in mind that these are volunteers. A little kindness and extra patience would be greatly appreciated.

The third and most noteworthy step we have taken is to change our normal operating hours to 8:00 to 3:00 Monday through Friday. While this change did not affect our Transportation program, we are well aware that some of you – such as Shirley and her art class, late afternoon walkers and swimmers, and others have had to adjust your schedules accordingly. We are very grateful for your cooperation and understanding, especially since we can now explore new after-hours rental opportunities for the Enrichment Center.

Change for the sake of change is not something I believe in. Nor is change always easy. But I believe the three initiatives we've implemented are truly important steps in the right direction as we all work hard to improve the financial stability of PrimeLife. No doubt, other steps will follow. Soon you will hear about our second annual end-of-the-year giving campaign. Thanks to your generosity last year, we received over \$20,000 to help cover operating costs. I hope we can build on that success and raise even more much-needed operating capital. Also, early next year, we will finally kick off our "Mortgage Free in '23" campaign. The goal of this campaign will be to raise \$300,000 to pay off our mortgage. This will reduce our monthly operating expenses by approximately \$4,000. Some may call this goal unrealistic. I readily



GARY WAGNER
Executive Director

admit it is ambitious, but I sincerely believe it is very doable if we all pitch in together in whatever way we can.

Finally, rest assured, we will continue to do everything we can to impress upon the funding decision-makers the need to increase rather than decrease their support for PrimeLife Enrichment and all the seniors we serve. I know I'm preaching to the choir when I say that our Hamilton County seniors are not going away. In fact, all indicators are that seniors will continue to be the fastest growing demographic in Hamilton County for many years to come. At PrimeLife Enrichment, we value the lives of our Hamilton County senior citizens. We will take every opportunity to spread the message that all seniors are a valuable asset to our community and our society and will continue to be so with the help of PrimeLife Enrichment's continuing work and relevancy.

I wish you all a very Happy Thanksgiving!

-- 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

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.**

YOUR FIRST CLASS FREE!

Want to try it out before you decide?
Ask for a FREE Day Pass.
Scholarships may also be available!

BREAST CANCER AWARENES

BE IN-THE-KNOW DURING BREAST CANCER AWARENESS MONTH: MAMMOGRAMS

Breast cancer is the most common cancer in women. However, it can also occur in men. Breast cancer is typically found by a mammogram or felt as a lump. Early detection of breast cancer, such as through mammograms, can increase a woman's five-year survival rate to 97 percent.

The American College of Radiology recommends women begin getting annual mammograms at the age of 40. Women ages 50-74 should have screening mammograms every other year unless otherwise discussed with their primary care provider. Beyond age 75, whether a woman continues to have routine mammograms should depend on discussion between the woman and her healthcare team about what is appropriate for her specific situation.

Women at average risk should talk to their primary care provider to see when they should begin screening mammograms, and if you have questions about your level of risk, schedule a visit with your primary care provider.

There are a few things holding some women back from getting an annual mammogram, though. Ashley Poe, team leader of mammography at IU Health Saxony talks about some of those issues. Educating others is the best part of Ashley Poe's job, and as she talks with patients, she learns exactly what holds them back from regular mammograms.

"A lot of women don't think they need them every year and a lot of women don't think they need them if they don't have a family history of breast cancer," said Poe. She started working with IU Health nine years ago and is passionate about helping others learn about the benefits of annual mammograms.



Working with four mammographers including Rita Keeling and Monica Bulmahn (above), and Dr. Matthew J. Nartker (above right), radiology administrator, Poe says team members see anywhere from 25-30 patients a day. And still, there are women who choose not to get a mammogram for a number of reasons. Here are a few:

- **They worry about it taking too much time.**

TRUTH: A mammogram takes about 20 minutes.

- **Some have heard horror stories about the compression.**

TRUTH: "I'd say for the most part, people are surprised about how much less it hurts than what they have heard," said Poe. "I attribute that to the improvements in technology and the way the compression time has been reduced."

- **They are concerned about false positive results.**

TRUTH: A 3D mammogram has become standard. What that means is the improved imaging combines multiple breast x-rays

into a 3-dimensional image that helps radiologists better detect any signs of cancer.

There is no family history of breast cancer, so they don't see the need for screenings.

TRUTH: "Genetic-linked breast cancer only accounts for about 15 percent of all breast cancers. Most of the patients we diagnose have no family history," said Poe.

- **They want immediate results.**

TRUTH: Although the technologist does not provide the results of the imaging, if there is any abnormality spotted, a patient receives a call from a doctor – such as a fellowship-trained breast radiologist – within 24-48 hours of the detection.

- **Some worry about being exposed to radiation.**

TRUTH: Radiation is minimal. "A lot of times when we catch the cancer, it is at Stage 0 or 1, which shows the importance of getting regular mammograms," said Poe.

"We tell patients mammography is based on comparison. We want to see the breast stay the same from year to year. If they're having them annually, we can detect changes easier and find cancer at the earliest stages when it is most treatable."

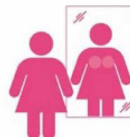
To schedule a mammogram, call your healthcare provider or a location that is most convenient for you.

Source: <https://iuhealth.org/thrive/mammograms-what-you-need-to-know>; <https://iuhealth.org/find-medical-services/breast-cancer>

Early detection is important



MONTHLY
SELF EXAMS



KNOW WHAT'S
NORMAL FOR YOU



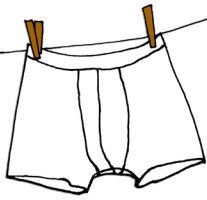
KEEP EXAMS
WITH DOCTOR



AFTER 40 ANNUAL
MAMMOGRAMS



PLE News Briefs



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

SAVE THE DATE

2nd Annual Cards of Sunshine
November 10, 2022 - 12:30 pm



On this day, cards are assembled that are mailed out by PrimeLife Sunshine Card Club!

Contact:
Ann at 317-374-6804
or Lisa at 317-946-3270



We are thankful for our volunteers ALWAYS! The week of November 14-18. We will honor our wonderful PrimeLife Volunteers.

Festivities that week include daily tokens of appreciation as well as a recognition ceremony November 15 at 1 pm.

Thanks 4 all you do!

caregiving.com SENIOR AND FAMILY EXPO

Sponsored by Anthem BC/BS

Saturday, November 5, 2022 -
10am to 6pm

At the Indiana State Fair-
grounds Agriculture Horticulture
Building - 1202 E. 38th Street.

Scan this image, register, then
vote for PLE to get \$\$\$!



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	8:15 am Early Morning Aquatics	Intermediate Aquatic Aerobics w/ Jerri	8:15 am Early Morning Aquatics	
9:30 am	Open Pool	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		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 10:15 am	
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 Pound Unplugged w/ Sandy
1:45 pm	Yoga Blend w/ Cheryl			Yoga Blend w/ Cheryl		
5:30 pm	Zumba w/ Erin	Total Body Conditioning w/ Jacki	Zumba w/ Alicia	Shine w/ Sandy		
6:15 pm		Shine w/ Sandy	Pound w/ Sandy			

**All land classes in person unless noted otherwise.

NOVEMBER

ACTIVITIES & EVENTS

PrimeLife Enrichment Center

MOOD & MEMORY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30 am CICOA Lunch \$ 1 pm Needlework L	2 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Devotion Class 1 pm Art Class \$ 1 pm Hand & Foot L	3 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	4 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 11:30 am – 1:00 pm MOOD & MEMORY FRIDAY
	7 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing BR	8 10 am Walking Club sponsored by Sanders Glen 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	9 10:00 am Caregiver Support 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Devotion Class 1 pm Art Class \$ 1 pm Hand & Foot L	10 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 12:30-3 pm Cards of Sunshine
14 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing BR	15 11:30 am CICOA Lunch \$ 1 pm Needlework L 1 pm Volunteer Recognition	16 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	17 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L 2 pm Living with Loss B	18 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 11:30 am – 1:00 pm MOOD & MEMORY FRIDAY
THANKS 4 GIVING WEEK				
21 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B 3:30 pm BOOK CLUB at NEW LOCATION: Wellbrooke of Carmel	22 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	23 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	24  Happy Thanksgiving PLE CLOSED	25  PHEW! PLE CLOSED
28 10 am Theatre Club 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing BR	29 11:30 am CICOA Lunch \$ 1 pm Needlework L	30 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	NOVEMBER IS... <ul style="list-style-type: none"> American Diabetes Month COPD Awareness Month Good Nutrition Month Diabetes Awareness Month Family Caregivers Month Native American Heritage Month 	



NOVEMBER 2 Crime Stoppers
NOVEMBER 9 Andrews Sisters/Wellbrooke of Carmel
NOVEMBER 16 Medicare A, B, C, D and Advantage plans
NOVEMBER 23 Life's Co-Pilot
NOVEMBER 30 Spirit & Space



NOVEMBER BOOK:

THIS IS HAPPINESS

by Niall Williams

Book Club will be held at Wellbrooke of Carmel on November 21 at 3:30 pm

* Transportation available to Wellbrooke, but not after.

KEY:

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

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



Thanksgiving Word Search



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS

BEING ALONE ON THANKSGIVING

If you are anything like me, Thanksgiving is a mixed bag of good and bad. I love the time off and the food, but I don't love figuring out each year how to celebrate without a family.

Two days off for Thanksgiving with no big get-together can be a set-up for isolation and withdrawal. Everyone in my family has been gone for the last four years, and although it does get better, my worst years were when I went into the weekend without a plan.

As we get older, we have fewer friends and the ones we have are married with families, children, grandchildren and their own traditions. Let's face it: being alone at Thanksgiving isn't for the faint hearted.

Maybe it's your first holiday without a loved one. Maybe you just live too far away from your loved ones



to get together for a celebration, but if you are dreading Turkey Day for whatever reason, I want to give you a few ideas on how to do Thanksgiving solo and enjoy it.

The first thing I enjoyed about Thanksgiving on my own was either on the actual day or sometime that weekend, I made food that I love. No green beans or mince pie. Maybe it is selfish, but hey, being a little selfish is a good thing every now and then.

When we lose people, we often lose traditions. When you celebrate Thanksgiving by yourself, you have the freedom to do whatever you like, which means you can add a new tradition to the mix if you so chose. Last year, I went to the art museum outdoor display, and I will probably go again. It gave me a

reason to get up, get dressed and get out.

Growing up, we always watched the Macy's Thanksgiving Day Parade, so I include that in my day.

Your heart may be heavy at times during the day, so be good to yourself. Take a guilt-free nap and eat whatever you want whenever you're hungry. No need to wait for Aunt Martha to show up with her mystery jello mold.

I have learned the importance of making a plan. Don't decide to wake up on Thanksgiving Day and play it by ear. Instead of having a sense of freedom, I ended up feeling lost. Include a plan to walk outside, or visit friends in the evening (maybe for dessert).

You can do this. Thousands of people get through it every year and you can, too.

COZY UP WITH NOVEMBER SOUPS



QUICK GOLDEN SQUASH SOUP

INGREDIENTS

5 medium leeks (white portion only), sliced
2 tablespoons butter
4 cups cubed peeled butternut squash
4 cups chicken broth
1/4 teaspoon dried thyme
1/4 teaspoon pepper
1-3/4 cups shredded cheddar cheese
1/4 cup sour cream
1 green onion, thinly sliced

DIRECTIONS

In a large saucepan, sauté leeks in butter until tender. Stir in the squash, broth, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer until squash is tender, 10-15 minutes. Cool slightly. In a blender, cover and process squash mixture in small batches until smooth; return all to the pan. Bring to a boil. Reduce heat to low.



SLOW-COOKER SWEET POTATO SOUP

Ingredients

3 pounds sweet potatoes, peeled and cut into 1-inch cubes (about 8 cups)
2 tablespoons butter
1 tablespoon Worcestershire sauce
1 teaspoon dried minced onion
1 teaspoon dried celery flakes
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon dried thyme
6 cups reduced-sodium chicken broth

DIRECTIONS

In a 4- or 5-qt. Slow cooker, combine all ingredients except sour cream. Cook, covered, on low until potatoes are tender, 5-6 hours. Puree soup using an immersion blender. Or, cool slightly and puree soup in batches in a blender; return to slow cooker and heat through.



CHEESY WILD RICE SOUP

INGREDIENTS

1 package (6.2 ounces) fast-cooking long grain and wild rice mix
4 cups 2% milk
1 can (10-3/4 ounces) condensed cream of potato soup, undiluted
8 ounces Velveeta, cubed
1/2 pound bacon strips, cooked and crumbled
Optional: Minced chives and oyster crackers

DIRECTIONS

In a large saucepan, prepare rice mix according to package directions. Add the milk, soup and cheese. Cook and stir until cheese is melted. Garnish with bacon and, if desired, minced fresh chives and oyster crackers.

10 TIPS TO CONSIDER WHEN MAKING SOUP

1. Make Extra
2. Make Your Own Stock
3. Chop Ingredients Into Bite-Sized Pieces
4. Sauté Your Veggies
5. Calculate Cook Time
6. Let It Simmer
7. Add Noodles
8. Don't Freeze Noodles
9. Stir in Dairy
10. Consider Creamy Substitutes

BOTTOM LINE: WALKING IS A GREAT WAY TO BE FIT

FITNESS UPDATE

PrimeLife Enrichment Center

KNOW THE BENEFITS

- ✓ Maintain a healthy weight and lose body fat.
- ✓ Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes.
- ✓ Improve cardiovascular fitness.
- ✓ Strengthen your bones and muscles.
- ✓ Improve muscle endurance.
- ✓ Increase energy levels.

IS WALKING 30 MINUTES A DAY ENOUGH EXERCISE?

- ✓ Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, and reduce excess body fat.

TOP 10 BENEFITS OF WALKING

- ✓ Reduce Stress: It's the perfect way to zone-out and rid yourself of any



daily stress.

- ✓ Maintains a healthy weight
- ✓ Discover new places
- ✓ Walk with a friend and walk and talk
- ✓ Lowers blood pressure
- ✓ Increases energy levels
- ✓ Improves sleep

WHAT HAPPENS TO YOUR BODY WHEN YOU WALK EVERYDAY?

- ✓ Regular brisk walking can help you: Maintain a healthy weight and lose body fat. Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes. Improve cardiovascular fitness.

IS IT BETTER TO WALK FASTER OR LONGER?

Long, slower walks are the answer.

- ✓ A longer walk may take more time, but the activity lowers your risk of injury and provides many of the same health benefits as walking faster.

Join Sanders Glen and Debbi Smith the second Tuesday of the month for Walking Club! Walk with friends around the PLE track for fun and fitness!

BETTER SENIOR LIFE

PrimeLife Enrichment Center

CELEBRATING OCTOBER AT PLE



NUTRITION CLASSES **PALLADIUM TOUR**
TREE MAN LUNCH & LEARN **BOOK CLUB**
CARD CLUB **NEWSLETTER MAILERS**
NEW CREATIVE WRITING CLASS



LADY UKERS **LUNCH**
LILY COMMUNITY TEAM
INDIANA SENIOR GAMES



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | NOVEMBER 2022

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, Inc.

We are grateful for all of your support.

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

DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

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

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

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

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

Name

Address

City, State, Zip

Phone

Email Address

Credit Card Number

Exp. Date

Security Code