



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

OCTOBER 2022

Wednesday's Art Class is one of the most popular classes at PrimeLife.

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UPCOMING EVENTS AND ANNOUNCEMENTS

OCTOBER HIGHLIGHTS:

OCTOBER 6:
FLU Shot Clinic
9 am to Noon
with IU Health

OCTOBER 6:
Sneakview at
the Tarkington
6:00pm RENT

OCTOBER 11:
IU Health Breast
Radiology Booth
11 am - Noon

OCTOBER 27:
Sneakview at the
Studio
6 pm VIOLET

OCTOBER LUNCH & LEARNS:

OCTOBER 5:

State Health Insurance Assistance Program (SHIP)

OCTOBER 12:

"Dee Tours" - Dee Timi

OCTOBER 19:

Hearing Tests and Program - Meridian Audiology

OCTOBER 26:

Alzheimer's Association Post Walk Education



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, 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-Greiwie
Cinnamon Bombard, UWCI Fellow

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF 317-815-7008

Executive Director

Gary Wagner - Ext 200
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Fitness Director

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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

"And all at once, summer collapsed into fall."

— Oscar Wilde

As I sit here writing this message, I can't help but think that Oscar Wilde must have been talking about Indiana weather – especially the weather we had the last full week of September. We went from grumbling about the high heat and humidity to donning sweatshirts, turning off the AC, and maybe even firing up the furnace, all within a span of 48 hours. For those of you who were elsewhere, on Wednesday the 21st, our high temperature here in Carmel was a sultry 93 degrees. The next day the high temperature topped out at 74 degrees. And by Friday the thermometer climbed only to 64 degrees. Even for Indiana, that's a pretty dramatic drop in temperature. But who is complaining? Certainly not yours truly. Nor have I heard any complaints from our members and visitors here at our Enrichment Center. It seems that everyone has had enough of summer and all welcome the first full month of fall as the true beginning of Autumn.

My message last month began with a quote, the author of which referred to this month as her

"beloved October." After doing a less than comprehensive internet search, it seems that everyone loves October, as evidenced by the following quotes:

"Autumn is a second spring when every leaf is a flower."

— Albert Camus

• • •

"I'm so glad I live in a world where there are Octobers."

— L. M. Montgomery, Anne of Green Gables

• • •

"Notice that autumn is more the season of the soul than of nature."

— Friedrich Nietzsche

• • •

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."

— Henry David Thoreau

• • •

"As long as autumn lasts, I shall not have hands, canvas and colors enough to paint the beautiful things I see."

— Vincent Van Gogh

• • •

"It's the first day of autumn! A



GARY WAGNER
Executive Director

time of hot chocolatey mornings and toasty marshmallow evenings, and, best of all, leaping into leaves!"

— Winnie the Pooh

The above passages are just a small sampling of quotes from authors and celebrities that highlight this wonderful time of year. Without a doubt, there's something about October and the fall season that's just unparalleled if not magical. Perhaps it's all the fall festivals, the beauty of turning leaves, homecoming football games, trick-or-treating, sitting around campfires – just to name a few. Whichever the case, we should all be thankful for the respite between summer and winter that October and the fall season provide for us. As one unknown author said: "Take it all in, enjoy every moment, hold on to the experience that is October. Abundance... beauty... LIFE."

— Gary

OCTOBER DAYS TO REMEMBER AND/OR CELEBRATE

October 1

- International Day of Older Persons
- National Pumpkin Spice Day
- Durga Puja Begins

October 4

- National Cinnamon Roll Day
- Yom Kippur Begins

October 5

- National Be Nice Day
- National Pumpkin Seed Day

October 6

- National Mad Hatter Day

- National Depression Screening Day

October 9

- Pastor Appreciation Day (for George)

October 10

- Columbus Day

October 14

- National Dessert Day

October 15

- National Grouch Day

October 18

- National Chocolate Cupcake Day

October 21

- National Pumpkin Cheesecake Day

October 26

- National Pumpkin Day (Charlie Brown's favorite)

October 27

- National Black Cat Day

October 28

- Frankenstein Friday

October 31

- Halloween

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!

THE HIGH COST OF CHOLESTEROL

GETTING YOUR CHOLESTEROL UNDER CONTROL

Overview

Cholesterol is a fat-like substance in your blood. You get cholesterol in two ways. Your body makes some of it. The rest comes from animal products you eat, such as meats, poultry, fish, eggs, butter, cheese and whole milk. Foods like fruit, vegetables and cereals do not have any cholesterol. Foods high in saturated fats can cause the body to make more cholesterol. Too much cholesterol in your blood can decrease blood flow to your heart or brain.

Lipids, such as cholesterol and triglycerides, are building blocks for important processes in your body. Cholesterol, for example, is essential to cell membrane and hormone production. Common lipids include:

- Low-density lipoprotein (LDL) cholesterol
 - High levels of LDL, known as “bad” cholesterol, contribute to plaque formation (atherosclerosis) along the walls of the arteries.
- High-density lipoprotein (HDL) cholesterol
 - This lipid, known as “good” cholesterol, helps prevent plaque formation in the arteries and should be kept as high as possible.
- Triglycerides
 - This is a type of fat in your blood. High levels of these lipids may increase your risk of heart and vascular disease.

TOP FOODS TO INCREASE GOOD (HDL) CHOLESTEROL



Know Your Numbers

It is important to have your cholesterol levels checked. Below are some ideal ranges for cholesterol levels. Talk with your doctor if you have questions about your numbers.

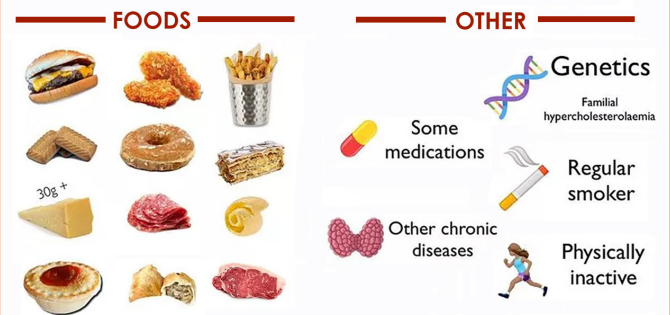
- Total Cholesterol
 - Ideal: less than 200
- HDL (higher is better)
 - Ideal: 40 or higher for men and 50 or higher for women
- LDL (lower is better)
 - Ideal: less than 100

Controlling High Cholesterol

If your cholesterol is high, lowering it will help cut your risk of heart disease, heart attack and stroke. To reduce the cholesterol in your blood:

- Eat foods low in saturated fat and cholesterol.
- Lose weight if you are overweight.
- Exercise 30 minutes at least five days a week.
- Talk with your doctor about medicine if lifestyle changes do not lower your cholesterol enough.

CAUSES OF HIGH CHOLESTEROL



FOODS THAT WILL LOWER CHOLESTEROL



Source: <https://iuhealth.org/find-medical-services/lipid-disorders>

**SAVE THE DATE!**

The 2nd Annual Cards of Sunshine will be held on Nov 10, 1:00-3:00. On this day cards are assembled that are mailed out by the PLE Sunshine Card Club. Contact Ann 317 374-6804 or Lisa at 317 946-3270 for more information.

HUGE THANK YOU TO OUR COMMUNITY VOLUNTEERS

A group of King of Glory Lutheran Church members came on a very rainy Sunday and weeded beds out front and moved and sorted furniture. These kind efforts have beautified our fantastic gardens and grounds while allowing us to open up space in our garage again. Eli Lilly and Company shared their talents with us on their Global Day of Service September 22. They washed windows, polished steel, mulched beds, and sanitized fitness equipment. They even deep cleaned the library. Labors such as these really help us maintain PrimeLife for its members, and for that we thank you so much.

REMEMBER

The REMEMBER board along the South wall of the track is for all to share obituaries, condolences and news that impact our PLE family. The driving force behind PrimeLife is the members! All of the amazing people that attend classes, eat lunches, participate in clubs, or volunteer have a rich and varied history. With so many touching our lives we want to ensure that all members get the opportunity to honor those that have passed away.

HELPERS ALWAYS WELCOME

Did you know that if you require a little extra assistance from an attendant/caregiver they are welcome to assist you and participate at no cost to them? Paid caregivers and adult family members can help with locker room tasks, gentle guidance and hands on care. Please reach out to Julie if you have specific questions.

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.

New OPEN Hours: 8 am to 3 pm - Monday – Friday

ACTIVITIES & EVENTS

PrimeLife Enrichment Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 11:30 am CICOA Lunch \$ 1 pm Needlework L	5 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Devotion Class 1 pm Art Class \$ 1 pm Hand & Foot L	6 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Card Making \$ 1 pm Euchre L FLU Shot Clinic 9 am to Noon	7 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L <i>Sing-a-Long on Fridays during Lunch with Tom, George and Bernice</i>
10 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	11 10 am Walking Club sponsored by Sanders Glen 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L 11-12 pm - IU Health Breast Radiology Booth	12 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Devotion Class 1 pm Art Class \$ 1 pm Hand & Foot L	13 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	14 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L 1 pm BINGO sponsored by Sycamore Reserve
17 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	18 11:30 am CICOA Lunch \$ 1 pm Needlework L	19 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 L 1 pm Devotional Study B	20 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Card Making \$ 1 pm Euchre L	21 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L
24 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 B 3:30 pm BOOK CLUB at NEW LOCATION: Wellbrooke of Carmel	25 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	26 11:30 am Second Helpings Lunch - Birthday Dessert from Sycamore Reserve * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	27 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	28 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L
31 HAPPY HALLOWEEN 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm HALLOWEEN BINGO 1:00 pm Creative Writing BR	<div>  <div> OCTOBER IS A BUSY MONTH... Blindness Awareness Month Cookbook Month Fire Protection Month Spinach Lovers Month UNICEF Month Stress Awareness Month </div>  <div> OCTOBER BOOK: QUEEN BEE by Dorothea Benton Frank Book Club will be held at Wellbrooke of Carmel on October 24 at 3:30 pm <i>* transportation available to Wellbrooke, but not after.</i> </div> </div>			



OCTOBER 5 State Health Insurance Assistance Program (SHIP)
OCTOBER 12 "Dee Tours" - Dee Timi
OCTOBER 19 Hearing Tests and Program - Meridian Audiology
OCTOBER 26 Alzheimer's Association Post Walk Education

OCTOBER 6:
FLU Shot Clinic
9 am to Noon
with IU Health

OCTOBER 6:
Sneakview at the Tarkington
6:00pm RENT

OCTOBER 27: Sneakview at the Studio Theatre - 6 pm VIOLET

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!

HALLOWEEN WORD SEARCH

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

BOO
HALLOWEEN
PUMPKIN
SPOOKY
GHOST

WITCH
BAT
HAUNTED
VAMPIRE
MUMMY

COSTUME
GOBLIN
CANDY
MONSTER
SCARECROW

SKELETON
OCTOBER
BROOMSTICK

HOW DOES OUR GARDEN GROW?

KEEPING INFORMED

PrimeLife Enrichment Center

For those of you asking about the plants in our beautiful PLE garden, here are the details.

If you want to identify a plant of your own, check out candida.com where a photo of the plant is all you need.



HIBISCUS

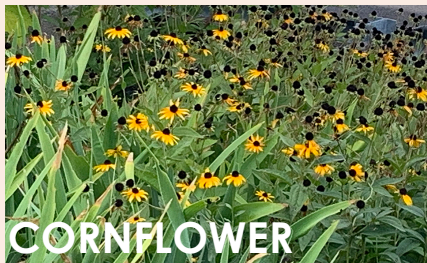
AKA: Rose mallow,
Giant mallow, Rose of China



FULL
SUN

EASY
CARE

MODERATE
WATERING



CORNFLOWER

AKA: Black-Eyed Susan



FULL
SUN

EASY
CARE

MODERATE
WATERING



COMMON YARROW

AKA: Milfoil, Devil's
Nettle, Hundred-Leaved Grass



FULL
SUN

EASY
CARE

MODERATE
WATERING



ICE PLANT

AKA: Sedum, Showy Stonecrop



FULL
SUN

EASY
CARE

LIGHT
WATERING



HYDRANGEA

AKA: Rose of Sharon



FULL
SUN

EASY
CARE

MODERATE
WATERING



OBEDIENT PLANT

AKA: Dragonhead, Virginiana



FULL
SUN

EASY
CARE

MODERATE
WATERING

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

PUMPKINS, PUMPKINS, PUMPKINS



PUMPKIN SAUSAGE SOUP

INGREDIENTS

1 pound bulk Italian sausage
2 cups sliced fresh mushrooms
1 medium onion, finely chopped
4 garlic cloves, minced
1 carton (32 ounces) unsalted chicken stock
1 can (15 ounces) pumpkin
1 tbsp sugar or sugar substitute
1/2 tsp ground cinnamon
2 tsp Italian seasoning
1 tsp ground turmeric
1/2 tsp ground ginger
1/4 to 1/2 tsp ground nutmeg
1/2 cup heavy whipping cream
1/3 cup cold water
1/3 cup cornstarch
2 cups shredded cheddar cheese

DIRECTIONS

In a Dutch oven, cook sausage, mushrooms and onion over medium-high heat until sausage is no longer pink and vegetables are tender, 8-10 minutes, breaking up sausage into crumbles; drain. Add garlic; cook 1 minute longer. Add stock, pumpkin, sugar and seasonings. Bring to a boil; reduce heat. Cover and simmer 10 minutes.

Stir in cream. In a small bowl, mix water and cornstarch until smooth. Stir into pan. Bring to a boil; cook and stir until thickened, 1-2 minutes. Add cheese; cook and stir until melted.



CARAMEL PECAN PUMPKIN CAKE

INGREDIENTS

1 cup butter, softened
1-1/4 cups sugar
4 large eggs, room temperature
2 cups all-purpose flour
2 tsp baking powder
1 tsp baking soda
1 tsp pumpkin pie spice
1/2 tsp salt
1 can (15 ounces) pumpkin
1/2 cup caramel sundae syrup
1/2 cup chopped pecans

DIRECTIONS

In large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. In another bowl, whisk together the next 5 ingredients; add to creamed mixture alternately with pumpkin, beating well after each addition.

Line a 5-qt. round slow cooker with heavy-duty foil extending over sides; spray with cooking spray. Spread batter evenly into slow cooker. Cook, covered, on high until a toothpick inserted in center comes out clean, about 2 hours. To avoid scorching, rotate the slow-cooker insert a half turn midway through cooking, lifting carefully with oven mitts. Turn off slow cooker; let stand, uncovered, 10 minutes. Using foil, carefully lift cake out of slow cooker and invert onto a serving plate. Drizzle caramel syrup over cake; top with pecans. Serve warm.



CREAMY PUMPKIN TORTELLINI

INGREDIENTS

2 pkg refrigerated cheese tortellini
1 tbsp butter
3 tbsp finely chopped onion
1 cup canned pumpkin
Pinch ground nutmeg
1 cup half-and-half cream
1/4 cup grated Parmesan cheese
1/2 tsp salt
1/4 tsp pepper
1 tbsp minced fresh parsley
Additional grated Parmesan

DIRECTIONS

Cook tortellini according to package directions; drain, reserving 1/2 cup cooking liquid. Meanwhile, in a large nonstick skillet, heat butter over medium heat. Add onion; cook and stir 1-2 minutes or until tender. Add pumpkin and nutmeg; cook and stir 1 minute. Stir in cream; bring to a boil. Reduce heat to medium-low; simmer, uncovered, 4-5 minutes or until thickened, stirring occasionally. Remove from heat; stir in cheese, salt and pepper.

Add tortellini; toss with sauce, adding enough reserved pasta water to coat pasta. Sprinkle with parsley and, if desired, additional cheese.

ARE YOU A PERFECT 10?

IT'S ALL ABOUT CONSISTENCY

We all know that our well-being depends on many things, but two of the most important are regular socialization and routine exercise, both of which are PLE specialties.

By now, we also know that regular attendance by members is economically crucial to PLE's ability to provide much-needed services to Hamilton County seniors.

This is especially true for members who have Silver Sneakers or Renew Active coverage and receive an insured-fitness discount on their membership dues.

Did you know that PLE does not receive the full \$20 reimbursement on this coverage unless members attend at least 10 times each month?



NOW'S THE TIME TO TAKE ACTION - BE A PERFECT 10

Okay, so maybe none of us will be a Perfect 10 like Bo Derek or Brad Pitt, but we all can easily be a PLE Perfect 10.

IT'S AS SIMPLE AS THAT. VISIT PLE AT LEAST 10 TIMES EACH MONTH.

Starting October 1, you'll be able to track your attendance on the **Perfect 10 Scoreboard**, located in the Community Room.

At the end of each month, all Perfect 10s will be recognized and receive a small prize. As an added incentive, the Perfect 10 prizes will get better each month, so consistency is the key!

Complete rules will be posted by the Perfect 10 Scoreboard.

HELP YOURSELF AND PLE. BE A PERFECT 10!

LET'S GET STARTED GETTING HEALTHY

EXERCISE IS AN IMPORTANT PART OF NEARLY EVERYONE'S EVERYDAY HEALTH

Experts say seniors should be as active as possible. If you are an older adult, exercise can help you live a longer, healthier life.

There are many benefits of exercising when you're a senior, including:

- It improves your strength and helps you stay independent.
- It improves your balance and can help prevent falls.
- It gives you more energy.
- It prevents or delays diseases.
- It can improve your mood and fight off depression.
- It may improve cognitive function (how your brain works).
- It is safe for most adults over 65 years old to exercise.

PATH TO IMPROVED WELL BEING

There are 4 types of exercise. It's important to include all 4 types in your exercise routine.

Endurance (cardio) — increases your breathing and heart rate. Improves the health of your heart, lungs, and circulatory system. Builds energy. Includes:

- Walking
- Dancing
- Swimming
- Raking, mowing, gardening

Strength — makes your muscles stronger. Includes:

- Lifting weights
- Using a resistance band

Balance — helps prevent falls. Includes:

- Standing on one foot
- Walking heel-to-toe
- Tai chi or yoga

Flexibility — stretches your muscles,



keeps you limber and more easily able to move. Includes:

- Stretching
- Yoga

HOW OFTEN SHOULD I EXERCISE?

Seniors 65 and older should get at least 2.5 hours of moderate aerobic exercise (such as brisk walking) every week. Incorporate physical activity into your daily routine. Examples of working more activity into your day include:

- Taking the stairs instead of the elevator
- Walking or biking places instead of driving
- Walking your dog
- Working in the yard
- Doing light exercises while watching TV

SHOULD I WARM UP OR COOL DOWN BEFORE OR AFTER EXERCISE?

Warm up for 5 minutes before you exercise. Walking slowly and then stretching are good warm-up activities. You should also cool down with more stretching for 5 minutes when you finish exercising. Cool down longer in warmer weather.

SAFETY TIPS

Check with your doctor if you're over 50 and aren't used to exercising before starting an exercise routine. Other reasons to check with your doctor before starting an exercise program include:

- Dizziness or shortness of breath
- Chest pain or pressure
- Blood clots
- An infection
- Sores that won't heal
- Any joint swelling
- Recent surgery
- A hernia

Wear loose, comfortable clothing and well-fitting, sturdy shoes.

If you are not already active, begin slowly. Start with exercises that you are already comfortable doing.

Exercise is only good for you if you are feeling well. Wait to exercise until you feel better if you have a cold, the flu or another illness.

Drink water before, during, and after you exercise, even if you don't feel thirsty.

THINGS TO CONSIDER

If your muscles or joints are sore the day after exercising, you may have pushed yourself too hard. Your body will adapt to this over time but if the soreness was too uncomfortable, you should lower your intensity. If the pain or discomfort persists, talk to your doctor. Talk to your doctor if you have any of the following symptoms while exercising:

- Chest pain or pressure
- Trouble breathing or excessive shortness of breath.
- Light headedness or dizziness
- Difficulty with balance
- Nausea

PrimeLife Enrichment Center

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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:
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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.

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