



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | JANUARY 2023

*Lunch and Learns are one of our most popular events.*

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### JANUARY LUNCH & LEARNS:

JANUARY 4	National Able
JANUARY 11	Stinson Law
JANUARY 18	Serenity Senior Pets
JANUARY 25	The Barrington Memory Cafe



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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  
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)

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### Community Engagement and Activities Coordinator

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

### Transportation

Lori Raffel - Ext 205  
[lraffel@primelifeenrichment.org](mailto:lraffel@primelifeenrichment.org)

### Facility Manager

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

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

## ANOTHER YEAR IN THE REAR VIEW MIRROR

*"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."* – William E. Vaughn, American Columnist

In last month's issue of this newsletter, I attempted to make the case that, for me, Christmas has always been my favorite and most memorable holiday of the season. The fact that we had a White Christmas in 2022 made it almost perfect – except for the below zero temperatures. Thanksgiving is a close second on my holiday list because of its lack of commercialization and the opportunity to gather with family and friends for a feast of turkey, dressing, sweet potatoes, etc., all topped off with one or more extremely caloric desserts. (Pecan pie and cherry cheesecake are two of my favorites.)

And just six days after Christmas comes New Year's Eve. For some, this is the culmination of the holiday season. At the risk of being called a curmudgeon or Scrooge, let me just say, "Bah Humbug." Personally, I think December 31st is one of the most overrated so-called holidays of the year. Before you pen your rebuttal, I'm not denying that New Year's Eve can be an exciting, fun night – especially for those who have yet to qualify for senior discounts. But it is so overhyped that those who choose to spend a relatively quiet night with family and/or close friends might be looked upon with disdain by revelers.

Nor am I denying that the beginning of a New Year is something special, no matter how many you may have welcomed throughout your life. In fact, it is the one time of the year that we have the opportunity to reflect on the ups and downs of the past year and look forward to

a clean slate, so to speak, in the coming of the New Year. Along with the clean slate often come New Year resolutions, such as the one we suggest later in this newsletter: to be a perfect 10 in 2023. This is not only a resolution that just about everyone can keep, but it's also one that benefits PLE as well as yourself. (See page 14 for more information.)

How many other resolutions you might make going into 2023 is entirely up to you. I've learned over the years that the challenge is to keep them long after the promise and excitement of the New Year has passed. Yet, I'm not as cynical as Author D.S. Mixell who wrote:

*"Many years ago, I made a New Year's resolution to never make New Year's resolutions ... It's been the only resolution I've ever kept!"*

Instead, I prefer to keep my list of resolutions short and as realistic as possible. And although I don't particularly care for all the extremes that some people go through to celebrate the beginning of the New Year, I truly welcome it and share the sentiments expressed by several authors, commentators and personalities, samples of which are presented here for your enjoyment and hopefully, inspiration.

*"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."* – Carl Bard, author

*"Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."* – Helen Keller

*"New year – a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours."* – Alex Morritt, author, poet and lyricist

*"What the new year brings to you will depend a great deal on what you bring to the new year."* – Vern McLellan, author



**GARY WAGNER**  
Executive Director

*"The new year stands before us, like a chapter in a book, waiting to be written."* – Melody Beattie, self-help author

*"Hope smiles from the threshold of the year to come, whispering, it will be happier."* – Alfred Lord Tennyson, Poet Laureate

*"Take a leap of faith and begin this wondrous new year by believing."* – Sarah Ban Breathnach, author

*"Tomorrow is the first blank page of a 365-page book. Write a good one."* – Brad Paisley, country music star

*"And now we welcome the new year. Full of things that have never been."* – Rainer Maria Rilke, Austrian poet and novelist

*"You are never too old to set another goal or to dream a new dream."* – C.S. Lewis

*"Year's end is neither an end nor a beginning but a going on."* – Hal Borland, author

*"Cheers to a new year and another chance for us to get it right."* – Oprah Winfrey

These are just a small sampling of what you can find on the internet if you search for positive thoughts about going into a New Year. I hope that they can serve as modest inspiration as we all begin 2023 with a renewed spirit to make it the best year yet for ourselves and for PrimeLife Enrichment. My sincere thanks to all of you who are part of the PLE family and best wishes throughout all of next year.

– 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!



## JANUARY IS MENTAL HEALTH AWARENESS MONTH

### MENTAL HEALTH PROBLEMS IN OLDER ADULTS

It is estimated that 20% of people age 50 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment (a deterioration or loss in intellectual capacity), and mood disorders such as depression or bipolar disorder.

For many, the months of January and February are the most difficult in staving off depression and sadness. On average, they are darker and colder months where we all tend to stay inside.

### THE SIGNIFICANCE OF DEPRESSION

Depression, a type of mood disorder, is the most prevalent mental health problem among older adults. It is associated with distress and suffering. It also can lead to impairments in physical, mental, and social functioning.

**The presence of depressive disorders often adversely affects the course and complicates the treatment of other chronic diseases.**

Older adults with depression visit the doctor and emergency room more often, use more medication, incur higher outpatient charges, and stay longer in the hospital.

Although the rate of older adults with depressive symptoms tends to increase with age, depression is not a normal part of growing older. Rather, in 80% of cases it is a treatable condition.

**Unfortunately, depressive disorders are a widely under-recognized condition and often are untreated or undertreated among older adults.**

### CURRENT DEPRESSION

- Depression is more than just a passing mood. Rather, it is a condition in which one may experience persistent sadness, withdrawal from previously enjoyed activities, difficulty sleeping, physical discomforts, and feeling “slowed down”.
- Risk factors for late-onset depression included widowhood, physical illness, impaired functional status (not being able to drive), and heavy alcohol consumption.
- Depression is one of the most successfully treated illnesses. There are highly effective treatments for depression in late life, and most depressed older adults can improve dramatically from treatment.

### ANXIETY DISORDER

- Anxiety, like depression, is among the most prevalent mental health problems among older adults. The two conditions often go hand in hand, with almost half of older adults who are diagnosed with a major depression also meeting the criteria for anxiety.
- Late-life anxiety is not well understood, but is believed to be as common in older adults as in younger age groups (although how and when it appears is distinctly different in older adults). Anxiety in this age group may be underestimated because older adults are less likely to report psychiatric symptoms and more likely to emphasize physical complaints.

### REMEMBER THAT YOU ARE NOT ALONE

Mental health issues don't show on the outside like a bruise or broken bone, so we often think of each other as in good health. It's easier to hide our struggles with sadness, feelings of low self-worth, or on-going loneliness from others. Often times the best treatment begins when we admit to someone that we are suffering. Talking to someone is the first step.

### 6 WAYS TO IMPROVE MENTAL HEALTH IN SENIORS

**Play Mind Games:** Just as the body needs physical activity and stimulation to stay healthy, the brain needs stimulation to stay sharp and avoid cognitive decline as we age. This includes reading, writing, games and puzzles.

**Get Physical:** From taking regular walks to yoga classes and ballroom dancing, exercise and physical activity benefit both the mind and the body by boosting confidence and reducing the risk of falls.

**Stay Connected with Friends:** Time and distance can make it difficult for people to maintain close relationships with old friends, especially as they age.

**Pick up a New Hobby:** Retirement is the perfect time for seniors to dust off their “bucket list” and pursue lifelong goals, be it gardening, sewing, painting or French cooking!

**Volunteering:** Many seniors find fulfillment and a sense of purpose in volunteering for a worthy cause.

**Caring for a Pet:** Where appropriate, animals can help keep seniors active and busy and offer companionship in the process, with their unconditional love.

## 9 THINGS EVERYONE SHOULD KNOW ABOUT THE CORONAVIRUS OUT-BREAK - UPDATED 12/22

### 1 COVID-19: By the numbers

Over one million Americans have died from COVID as of December 2022, and 98 million people have been infected with the virus.

### 2 The virus can spread in 3 main ways:

- Breathing in air when close to an infected person
- Having droplets and particles land on the eyes, nose, or mouth
- Touching eyes, nose, and mouth with hands

### 3 The virus continues to change.

Outbreaks of COVID-19 have come in waves, primarily as a result of loosening of restrictions on mask-wearing and event/celebration planning, such as period such as the Winter holidays when people are more likely

to travel and gather indoors.

### 4 Long COVID is still not understood.

It is now estimated that nearly 1 in 5 adults and children, including healthy ones who had mild or no symptoms during their initial COVID-19 infection, experience Long COVID.

### 5 Vaccines are key.

Vaccination remains a key strategy for preventing severe disease. Break-through infections have increased as immunity from the vaccines wanes over time.

### 6 There are steps you can take to prevent infection.

CDC recommends the following preventive actions: Wear a mask; Maintain a social distance; Test yourself

### 7 If you have been exposed, here's what to do.

Isolate - or if you cannot isolate - wear a mask in public for at least 5 days after exposure.

## Americans' return to pre-COVID life reaches pandemic high

Still, vast majority agree COVID-19 changed Americans' lives forever

### Percentage of Americans who...

Are at least somewhat concerned about COVID-19	57%
Have returned to their pre-COVID lives	46%
Wear a mask outside the home at least sometimes	37%

### Looking back and looking forward

% Agree	
COVID-19 changed Americans' lives forever	88%
We will never fully be rid of the virus in my lifetime	85%
We are in a better place than we were a year ago when it comes to COVID	82%
Pandemic-related shutdowns in early 2020 were necessary to save lives	73%

# 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	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		9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jennifer		Got Balance w/ Betsy		Strength & Flexibility 10:15 am	
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		9:30 am Pound Unplugged w/ Sandy
1:45 pm	Yoga Blend w/ Cheryl			Yoga Blend w/ Cheryl		
5:30 pm	Zumba w/ Erin	Shine w/ Sandy 5:45 pm	Zumba w/ Alicia	Shine w/ Sandy 5:45 pm		
6:15 pm			Pound w/ Sandy			

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



# January

## ACTIVITIES & EVENTS

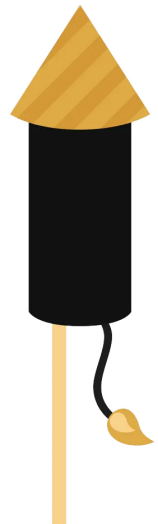
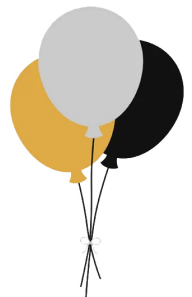
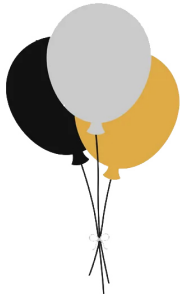
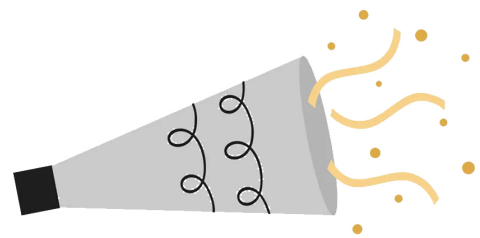
PrimeLife Enrichment Center

# 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>PLE Closed</b>	<b>3</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>4</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Art Class \$ 1 pm Devotion Class 1 pm Hand & Foot L	<b>5</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>6</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L
<b>9</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing BR	<b>10</b> 10:00 am Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>11</b> 10:00 am Caregiver Group 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Art Class \$ 1 pm Devotion Class 1 pm Hand & Foot L	<b>12</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	<b>13</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Caregiver Education 12:15 pm Partner Bridge L
<b>16</b> 11:30 am Potatoe Bar \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing BR  <b>Martin Luther King, Jr. Day</b>	<b>17</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>18</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	<b>19</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>20</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
<b>23</b> 10 am Theatre Club 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B 3:30 pm Book Club @ Wellbrooke	<b>24</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>25</b> 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 1 pm Hand & Foot L	<b>26</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	<b>27</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
<b>30</b> 11:30 am CICOA Lunch \$ Humana - Decompress Stress 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B	<b>31</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<div>  <p> <b>JANUARY 4</b> National Able  <b>JANUARY 11</b> Stinson Law  <b>JANUARY 18</b> Serenity Senior Pets  <b>JANUARY 25</b> The Barrington Memory Cafe - Memory care                         </p> </div> <div>  <p> <b>The Lost Vintage</b>                              by Ann Mah                         </p> </div> <div> <p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>* - Open to Public</li> <li>\$ - Additional Fee</li> <li>Z - Also on Zoom</li> <li>L - Library</li> <li>B - Board Room</li> </ul> </div>		

**DIVVY Lunch is only the 2nd and 4th Tuesday of the month!**

# HAPPY NEW YEAR!



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

Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



# TIME MARCHES ON

## NO, IT'S NOT JUST YOU: WHY TIME "SPEEDS UP" AS WE GET OLDER

How a clock *measures* time and how we *perceive* the passage of time are quite different. As we grow older, it can often feel like time goes by faster and faster - *and it's not just your imagination.*

Many of us have experienced how time may seem to pass rapidly in some situations but very slowly in others.

One pattern that shows up in human experience is that we tend to perceive time as passing by more quickly as we get older. Many of us can think back to childhood and remember how long a single year seemed. As adults the years seem to roll by more quickly.

Remember when we were children, it seemed like an eternity each year between Christmas or birthdays or summer vacation but as adults,

these events seem to roll around all too quickly.

Studies are showing that there are two major ways we perceive time with one being "in the moment" experience while the other is retrospectively when looking back.

When we are younger and we encounter many more new people, places, and activities the day seems quicker but looking back the time seem much slower. That is why our youth is often over-represented in our memory as first time learning may lead people to remember details of new things but have much less recall of the more mundane years that follow.

There may be an important lesson in all of this regarding the quality of our life. If we wish to stay young and vibrant and to slow down our perception of life rushing by too quickly, we need to keep our



mind active and make an effort to experience new things. We need to continue to learn, travel, engage with new cultures, take interesting classes, and develop new skills.

This way, the days may seem shorter, but our lifetime will qualitatively feel much longer. Maybe this is the real secret to staying young and healthy throughout our life!



# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## EASY-TO-MAKE SHEET PAN RECIPES



**ROSEMARY-GARLIC PORK CHOPS WITH CHICKPEAS**

### INGREDIENTS

4 center-cut bone-in pork rib chops (3/4 to 1 inch thick; 10 ounces each)  
1/4 cup extra-virgin olive oil  
1 teaspoon finely chopped fresh rosemary, plus 2 sprigs  
1 teaspoon finely grated lemon zest  
Kosher salt and freshly ground pepper  
1 19-ounce can chickpeas, drained and rinsed  
6 cloves garlic, smashed  
1/2 cup sliced jarred roasted red peppers  
1/3 cup low-sodium chicken broth  
Chopped fresh parsley, for topping

### DIRECTIONS

Preheat the broiler. Toss the pork chops with 1 tablespoon olive oil, the chopped rosemary and grated lemon zest on a rimmed baking sheet; season generously with salt and pepper. Toss the chickpeas, garlic, roasted red peppers and rosemary sprigs with the remaining 3 tablespoons olive oil, 1/2 teaspoon salt and a few grinds of pepper. Scatter around the pork chops. Pour the chicken broth over the chickpea mixture. Broil, stirring the chickpea mixture once and rotating the baking sheet halfway through, until a thermometer inserted into the pork registers 145 degrees F, 10 to 12 minutes. Sprinkle with parsley.



**EXTRA-CRUNCHY SHEET-PAN MAC AND CHEESE**

### INGREDIENTS

1 pound elbow macaroni  
2 cups half-and-half  
8 ounces cream cheese, at room temperature  
2 cups shredded sharp Cheddar  
2 cups shredded Monterey Jack cheese  
1 tablespoon Dijon mustard  
1 teaspoon hot sauce, or more to taste  
2 cups panko breadcrumbs  
6 tablespoons unsalted butter, melted

### DIRECTIONS

Preheat oven to 450 degrees F. Bring a large pot of salted water to a boil. Add the macaroni, and cook according to package directions until al dente. Drain the macaroni, reserving 1 1/2 cups of the pasta water. Set aside. Heat the half-and-half, cream cheese, and reserved pasta water in a large pot over medium heat, stirring until the cream cheese is completely melted and the mixture just comes to a simmer. Remove from heat and add the Cheddar, Monterey Jack, Dijon mustard, and hot sauce, whisking until the cheeses are melted and the sauce is smooth. Add the macaroni to the pot and stir to combine. Season to taste with salt if desired. Spread the macaroni mixture on an 18-by-13-inch sheet pan. Toss the panko, butter and 1/2 teaspoon salt together in a medium bowl and sprinkle evenly over the pasta. Bake until the cheese is bubbly and the bread crumbs are brown and crisp, rotating halfway through, 20 to 25 minutes.



**SHEET-PAN GLAZED MEATLOAF**

### INGREDIENTS

2 cups ketchup  
1 cup plain dry breadcrumbs  
1/2 cup milk  
2 large eggs  
1/4 cup chopped fresh parsley  
2 tablespoons Worcestershire sauce  
1 1/2 pounds ground beef (80/20)  
1 1/2 pounds ground pork  
1 medium onion, grated and lightly squeezed of excess liquid  
2 cloves garlic, minced  
1 tablespoon light brown sugar  
1 1/2 teaspoons apple cider vinegar

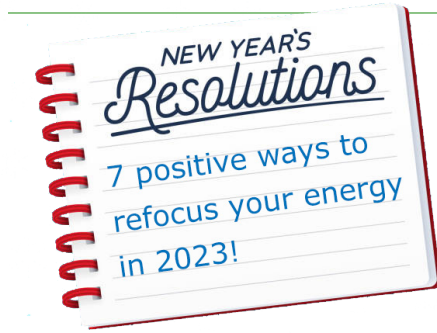
### DIRECTIONS

Preheat oven to 375 degrees F. Mix 1/2 cup of the ketchup, the breadcrumbs, milk, eggs, parsley, and 1 tablespoon Worcestershire sauce together in a large bowl and set aside until the breadcrumbs have absorbed the liquid, about 3 minutes. Add the ground beef and pork, onion, garlic, 1 tablespoon salt, and 1/2 teaspoon pepper to the bowl and mix until well combined (do not overmix). Transfer the meat mixture to an 18-by-13-inch sheet pan (see Cook's Note) and press it into an even layer covering the entire surface. Whisk the remaining 1 1/2 cups ketchup, 1 tablespoon Worcestershire, brown sugar, and cider vinegar in a small bowl. Brush the meatloaf with the sauce. Bake until the meat is cooked through, about 20 minutes, then turn on the broiler setting and broil until the top becomes caramelized and dark in spots, 3 to 4 minutes more.

# MAKING RESOLUTIONS...AND KEEPING THEM

INSPIRATION

PrimeLife Enrichment Center



## 1. Keep a Positive Mindset

According to research, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

## 2. Commit to 10 Minutes of Exercise Daily

Incorporating an exercise regime of walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as

blood pressure, resting heart rate, maximum pumping capacity, and muscle mass.

## 3. Make Better Dietary Choices

Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

## 4. Quit Smoking

It's never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life.

## 5. Play With Your Grandkids

A 2016 study found that half of the grandparents who occasionally participated in their grandchildren's lives were alive five years post-study compared to individuals who had no involvement.

## 6. Stimulate Your Mind

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

## 7. Reach Out to Old Friends, and Make New Ones

Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health.

*Be intentional in your goal setting for 2023, if for no other reason than to make up for the time you lost in 2022. Use the aforementioned seven seniors' New Year's resolutions to guide you.*

# PROGRAMS

PrimeLife Enrichment Center

## WILL YOU RESOLVE TO BE A PERFECT 10 IN 2023?

### ARE YOU MAKING NEW YEAR'S RESOLUTIONS FOR 2023?



You know that visiting PLE regularly is good for your own well-being and how important your visits are to the strength and stamina of PLE. That being so, what better way to benefit yourself and PLE than to be a Perfect 10 by visiting at least 10 times each month.

To make it easy for and your fellow members to keep track of your progress, we've set up a tracking system in the lobby.

Just pick up a card like this one at the check-in, write your name and the month on it, mark it once for each day you visit PLE, and hang it on the Perfect 10 wall.

At the end of each month, completed Perfect 10 cards will be placed on the Perfect 10 Honor Display for all to see.

As further incentive, Perfect 10s will be eligible for monthly and annual prizes. "What prizes?" you ask! Each month, three Perfect 10s will be chosen at random to receive a prize.

At the end of year, we will have a grand prize drawing for a \$100 gift card - so the more often you visit, the better your chances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Wow! Look at all these Perfect 10s! That's 69 members who visited PLE ten or more times in November. If you don't see your name on this list, it's time to up your game. If you don't see your friend's name on this list, it's time to give them some encouragement!

Beverly Anthony  
Norma J. Barry  
Sarah Beaver  
Bernice Betts  
Cisca Blackburne  
George Blackburne, III  
Robert Bonner  
Julia D Bontrager  
Tom Bontrager  
Hajar Borhazadeh  
Dave Brown  
Jan Brown  
Howard W. Bushman  
Judith Ann Callery  
Kathy Chapman  
Susan Dunlap  
Irene Engel

Judy B. Ford  
Sandra J. Fortier  
Homer "Bill" Gilmore  
Marcia Goldstein  
Missy Hahn  
Linda L Hillman  
Denise Hurst  
Angie Jackson  
Jo Anne Jacobs  
Robert (Bob) Johnson  
Mark C Jones  
Harvey M. Kagan  
Janet Knuth  
Nancy Koehler  
John LaFollette  
Katie LaFollette  
Sue Langeman

Hilda Lee  
Carol J. Lower  
Missy McFall  
David McRee  
Karen Madzelan  
Debra Mapes  
Janice L Mihay  
Bill C. Moore  
Emily A. Newby  
Betsy North  
Jim Pierce  
LaDonna Posella  
Mary Russell  
Connell Rutley  
Don E. Schafer  
Kent Sharp  
Mary E. Shumate

Sandra Skadron  
Lisa Smith  
Melinda Sommer  
Travis Spegal  
Marti Stigers  
Carol Sullivan  
Jamie Tadge  
Esther R. Thomas  
Judi Tobe  
Sidneye Trowbridge  
Marie J. Turchetto  
Cheryl Walters  
Linda A. Warren  
Susan Widboom  
Mary Anne Wignall  
Adair Vaught



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## PLE SENIOR NEWS | JANUARY 2023

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

Check out our website at  
[www.primelifeenrichment.org](http://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

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Address

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City, State, Zip

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Phone

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Email Address

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Credit Card Number

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Exp. Date

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Security Code