



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | MARCH 2023

PLE showed up in full force at the February 7th Clay Township Board Meeting to ask for funding.

WHAT'S INSIDE

About Us	2
Center Information	3
From Our Director	4
Membership Options	5
Health Spot by IU Health	6
Free Tax Preparation	7
Fitness Schedule	8
Activities and Events Calendar	9
March Word Search	10
Aging in America	11
March Baking Recipes	12
Perfect 10	13
PLE Updates and Happenings	14

UPCOMING EVENTS AND ANNOUNCEMENTS

MARCH LUNCH & LEARNS:

- MARCH 1**
Holly Dunn, Adult Mental Health
- MARCH 8**
CCPL
- MARCH 15**
Power Back Theraph
- MARCH 22**
City Council Town Hall: 12:30 to 2:30 pm
- MARCH 29**
Molly Vissers from The Barrington

SPECIAL EVENTS:

- MARCH 14**
Sanders Glen Walking Club
- MARCH 22**
12:30 to 2:30 pm
City Council Town Hall Meeting
- MARCH 23**
2:00 pm
Living with Loss Meeting



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
Majestic Care Carmel
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

Assistant Director

Cindy Schembre - Ext 203
cschembre@primelifeenrichment.org

Fitness Director

Betsy Fowler - Ext 220
bfowler@primelifeenrichment.org

Community Engagement and Activities Coordinator

Julie Barnes - Ext 223
jbarnes@primelifeenrichment.org

Transportation

Lori Raffel - Ext 205
lraffel@primelifeenrichment.org

Nikki Vaughn - Ext 205
pletransportation@gmail.com

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

SATURDAY-SUNDAY

Revel classes only, See schedule
**Some classes occur outside of
business hours.*

Facility Manager

John Perkon - Ext 219
jperkon@primelifeenrichment.org

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

MY APOLOGY TO FEBRUARY

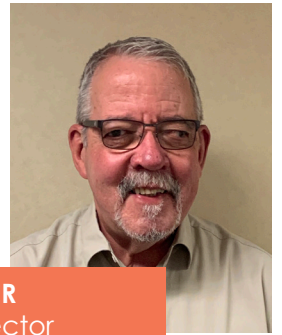
I must begin this month's message with an apology to the month of February. In last month's newsletter, I may have been a little too harsh in my remarks about the shortest month of the year. In retrospect, February, 2023 has been perhaps the best of all our winter months in so many ways, beginning with the weather. I think we can all agree that we were pleasantly surprised by the moderate and at times downright balmy temperatures this February. Did anyone expect temps in the 60s and at least one day in the 70s? Admittedly the weather was probably better wherever the snowbirds go to get away from harsh wintry days here in the Midwest. But all things considered, February proved to be much more tolerable than in years past. For all you football fans, February delivered another bonus, namely, one of the most entertaining Super Bowl games ever. No doubt Kansas City Chiefs fans were elated, while Philadelphia Eagles fans were certainly deflated. But all agreed it was an exciting finish to the NFL season.

Speaking of exciting (nice segue!), February was a VERY exciting month for PrimeLife Enrichment. Allow me to explain. As many of you know, there was a Clay Township Board meeting on February 7th. Thanks to Julie Barnes and Cindy Schembre for letting our members know about this meeting, PLE showed up in force. In fact, it was standing room only. In my opinion, this meeting will prove to be the starting point of real progress in reaching some kind of partnership with the city of Carmel. Our primary message at the Township meeting was and will continue to be that seniors are a valuable asset to this community, and that the city of Carmel should

provide ongoing operational support of PLE as the only senior center in Carmel, especially since at least 75% of our members are residents of Carmel. While political wheels turn slowly, city council and mayoral candidates are very much aware of PLE and some have already made support of seniors in Carmel part of their platform. This is a very fluid situation and I will do my best to keep all of you informed as things unfold.

On a related note, Carmel Clay Parks & Recreation (CCPR) is in the process of preparing a new Comprehensive Parks and Recreation Master Plan which, upon adoption by the Park Board later this year, will be used to guide the management and development of the Carmel Clay park system from 2024-2028. As a component of this master planning process, an advisory committee is being formed to assess CCPR in identifying how CCPR can best serve seniors and mature adults in our community. I have accepted an invitation to serve on this committee which will include representatives from the City Council, Township Board, Carmel Clay Schools, and Carmel Clay Public Library. It is my understanding that this committee will explore potential opportunities for CCPR to collaborate with PrimeLife to best serve the senior community in Carmel and Clay Township and possibly identify a means to best address the challenges PrimeLife faces due to the funding cuts we have experienced over the past several years. A date and time for an initial meeting has not yet been set.

At this point, we have no firm commitments, but it's fair to say that we are trying to get as many irons in the fire as possible. With that in mind, I am happy to announce



GARY WAGNER
Executive Director

that PrimeLife will host two Town Hall meetings in the near future. The first will take place on March 22nd, beginning at 12:30 and ending at 2:30. All Carmel City Council candidates have been invited to this meeting. The second Town Hall meeting will take place on April 12th, same time and same location. All Carmel Mayoral candidates have been invited to this meeting. We are expecting a big crowd since both meetings will be open to the general public. We will serve lunch as usual beginning at 11:30 for our members and those candidates who may wish to join us for lunch. I encourage everyone to attend one or both of these meetings if possible.

Almost lost in all these exciting goings-on is the good news about our second annual fundraising campaign. As of February 22nd, we have raised \$50,710 in contribution and pledges. Thanks again to all of you who have contributed to this important fundraising effort. If you haven't already made your annual gift, please consider doing so either by going on line to our website or by sending us a check.

Happy March!
(But beware the Ides of March.)

— 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!

THERAPIST OFFERS TIPS FOR SEASONAL DEPRESSION

WITH WINTER WELL UNDERWAY, SO IS THE POTENTIAL FOR ADULTS TO DEVELOP SEASONAL DEPRESSION

Each year, seasonal depression affects around 5 percent of adults in the U.S., according to Sarah Longe, a behavioral health therapist with IU Health.

"Typically, seasonal depression begins between the ages of 18 to 30," Longe said. "Between seasonal and regular depression, it just depends on when the episodes happen. For people with regular depression, the seasonal aspect of depression can be part of it. However, seasonal depression isn't typically diagnosed as regular depression."

Symptoms of seasonal depression are similar to "regular depression," Longe said. Symptoms such as reclusion, lack of interest and general sadness that interferes with everyday life are tell-tale signs of depression. The difference between seasonal and "regular" depression is that the seasonal variation occurs through winter.

"January and February tend to be the most difficult months for people," Longe said. "There's less sunlight, the days are gray, and it gets dark by 5:30 pm. That can be rough for most people. I also think the excitement of the holidays is over, so there's that post-holiday crash. Plus, it's cold, so people tend to stay indoors and are less active."

A range of products, from artificial sunlight lamps to health supplements, can help as prevention tools. Longe recommends the former based on feedback from her patients.

"There's light therapy, which you can get one that's called HappyLight on Amazon," Longe said. "It projects bright, indirect light in a room, and it's recommended that you do that for 20 to 30 minutes every day. I have patients that swear by it."

Longe also recommends that seasonal depression sufferers settle into a healthy daily routine.

"A good diet and exercise can help, too," Longe said. "Really, connecting to others is a great way to fight against seasonal depression. That's something I'll do with patients is talk about what they'll be doing during the months and what they're looking forward to – hobbies to do, friends to see."

For those whose depression is worsened by the season, Longe advises finding a therapist and keeping the suicide hotline number, 988, on hand.

"If you're struggling, find a good therapist, if needed," Longe said. "You can find a list of providers on your insurance company's website. And if you're having thoughts of harming yourself, there's also a crisis line by dialing 988."

Source: Current Publishing - https://youarecurrent.com/2023/02/01/therapist-offers-tips-for-seasonal-depression/?utm_source=newsletter&utm_medium=email&utm_campaign=CMB

The Supportive Six

LIGHTING



More light, earlier in the day. If you can't get it naturally, try a SAD light.

EXERCISE



Activity boosts your mood. Get up and get active (even if it's cold).

ROUTINES



Make sure to plan sleep, exercise and self-care into your routine.

RELAXATION



Whatever it is that you find relaxing, make sure you do it. Give yourself a few hours a week.

CONNECTION



Don't lose sight of each other, even if it's only online. Find creative ways to stay connected.

LESS NEWS



Limit the amount of social media and news you consume.

FREE TAX PREPARATION AND FILING SPONSORED BY AARP FOUNDATION

HOW THE PROGRAM LOOKS

All taxpayers are welcome with an emphasis on taxpayers aged 60 and over, AARP membership is not required. Services are provided by a volunteer team with over 240 years of professional and volunteer tax preparation experience.

Appointments are required.

No walk-ins will be allowed.

To make an appointment:

scan this QR code with your phone OR go online to carmelclaylibrary.org/tax-prep.



These tax preparation sessions are held on Mondays, Wednesdays, and Saturdays from 9am to 1 pm starting February 1, 2023. They take place at the CarmelClay Public Library's Main Library (425 E. Main Street) in Meeting Room B on the library's second floor. For questions

about the program, call 317-689-8519.

Volunteers are IRS certified to prepare most returns but are not approved for the following:

- Self-employment if expenses exceed \$35,000, home office, ACA premium, or a net loss
- Rental income of depreciation
- Income, deductions, or credits outside our scope (if you are uncertain about the complexity of your tax situation, please call 317-689-8519.)

As part of the effort to prevent identity theft, the IRS requires volunteers to check the ID of every taxpayer (including spouse for joining returns.)

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	Yoga w/ Cheryl	LaBlast		9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jerri		Got Balance w/ Betsy		Strength & Flexibility 10:15 am	
11:00 am	LaBlast	Toning w/ Betsy	LaBlast	Toning w/ Betsy	LaBlast	SUNDAY
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		
Evening Classes		Shine w/ Sandy 5:45 pm	Zumba w/ Alicia 5:30 pm	Shine w/ Sandy 5:45 pm		
			Pound w/ Sandy 6:15 pm			

**All land classes in person unless noted otherwise.



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 1 Holly Dunn, Adult Mental Health MARCH 8 CCPL MARCH 15 Power Back Rehabilitation MARCH 22 NO L&L, INSTEAD City Council Town Hall: 12:30 to 2:30 pm MARCH 29 Molly Vissers from The Barrington	<p>KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room</p>	1 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	2 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	3 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L * Come see Julie @ Senior Healthfair North Ridge Gracious Retirement Living 10 am to 2 pm
6 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm BINGO 1:00 pm Creative Writing BR	7 11:30 am CICOA Lunch \$ 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	8 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	9 9 am Pinochle L 10 am Coffee & Conversation National Nutrition Month Celebration 11:30 am CICOA Lunch Nutrition Demonstration \$ 1 pm Euchre L	10 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 
13 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm BINGO 1:00 pm Creative Writing BR	14 10:00 pm Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	15 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	16 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	17 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
20 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	21 11:30 am CICOA Lunch \$ 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	22 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 12:30 to 2:30 pm City Council Town Hall Meeting 1 pm Hand & Foot L	23 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	24 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
27 10:00 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 @ Wellbrooke	28 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	29 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 12:30 pm Art Class \$ 1 pm Hand & Foot L	30 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	31 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L

DIVVY Lunch is only the 2nd and 4th Tuesday of the month • Memory Cafe will be held on the 1st and 3rd Friday of the month

ST. PATRICK'S DAY WORD SEARCH

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

Saint

Patrick

Leprechaun

Rainbow

Gold

Ireland

Wishes

Shamrock

Green

Lucky

Clover

Parade

March

Pinch

Emerald



AGING IN AMERICA

TRENDS AMONG ADULTS AGES 65 AND OLDER

As they have passed through each major stage of life, baby boomers have brought both challenges and opportunities to the economy, infrastructure, and institutions.

DEMOGRAPHIC SHIFTS

The **number of Americans ages 65 and older** is projected to nearly double from 52 million in 2022 to 95 million by 2060, and the 65-and-older age group's share of the total population will rise from 16% to 23%.

Older adults are working longer. By 2022, 24% of men and about 16% of women ages 65 and older were in the labor force.

POSITIVE DEVELOPMENTS

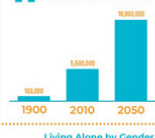
Education levels are increasing. Among people ages 65 and older in 1965, only 5% had completed a bachelor's degree or more.

AMERICANS ARE LIVING LONGER
2010 Americans age 65+ accounted for 13% of U.S. population
2030 Americans age 65+ projected to account for 20%.



1/3 OF OLDER ADULTS LIVE ALONE

OF AMERICANS LIVING TO 85+



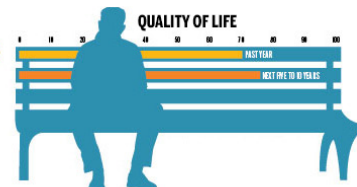
Living Alone by Gender



MORE THAN A QUARTER OF BOOMER RESPONDENTS IN THEIR 60S

say they are not confident their community will have reserves or services they will need in 10 years.

26%



70% say the past year of their lives has been normal or better than normal, and more than 75% of seniors expect their quality of life to stay the same or get better over the next 10 years.

Average U.S. life expectancy

increased from 68 years in 1950 to 78.6 years in 2022.

Life expectancy is narrowing. In 1990, a seven-year gap in life expectancy existed between men and women. That gap is now 5 years.

Poverty rate for Americans ages 65 and older has dropped sharply during the past 50 years, from nearly 30% in 1966 to 9% today.

CHALLENGES

Obesity rates among adults ages 60 and older have been increasing,

standing at about 41% in 2022.

More older adults are divorced compared with previous generations.

Living alone is an issue for one-fourth (26%) of women ages 65 to 74.

Demand for elder care will also be driven by a steep rise in the number of Americans living with Alzheimer's disease.

The large share of older adults also means that **Social Security and Medicare** expenditures will increase from a combined 8.7% of gross domestic product today to 11.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

MARCH RECIPES TO BRING OUT THE IRISH IN EVERYONE



Colcannon Potatoes

Ingredients

- 1 medium head cabbage (about 2 pounds), shredded
- 4 pounds medium potatoes (about 8), peeled and quartered
- 2 cups whole milk
- 1 cup chopped green onions

Directions

Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in separate dish.

In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt and pepper in a small saucepan; bring just to a boil and remove from heat.

Drain potatoes; place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter; top with parsley and bacon. 🍀



Cabbage Barley Soup

Ingredients

- 1 cup dried brown lentils, rinsed
- 1/2 cup medium pearl barley
- 3 medium carrots, chopped
- 2 celery ribs, chopped
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- 1 bottle (46 ounces) V8 juice
- 4 cups water
- 8 cups shredded cabbage (about 16 ounces)
- 1/2 pound sliced fresh mushrooms
- 3/4 teaspoon salt

Directions

Place first 8 ingredients in a 5- or 6-qt. slow cooker. Add cabbage. Cook, covered, on low until lentils are tender, 6-8 hours.

Stir in mushrooms and salt. Cook, covered, on low until mushrooms are tender, 15-20 minutes. 🍀



Cabbage Roll Casserole

Ingredients

- 2 pounds ground beef
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 cans (15 ounces each) tomato sauce, divided
- 1 teaspoon dried thyme
- 1/2 teaspoon dill weed
- 1/2 teaspoon rubbed sage
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2 cups cooked rice
- 4 bacon strips, cooked and crumbled
- 1 medium head cabbage (2 pounds), shredded
- 1 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 375°. In a large skillet, cook beef and onion over medium heat, crumbling beef, until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in 1 can tomato sauce and next 6 ingredients. Bring to a boil. Reduce heat; simmer, covered, 5 minutes. Stir in rice and bacon; remove from heat.

Layer a third of the cabbage in a greased 13x9-in. baking dish. Top with half the meat mixture. Repeat layers; top with remaining cabbage. Pour remaining tomato sauce over top.

Cover and bake 45 minutes. Uncover; sprinkle with cheese. Bake until cheese is melted, about 10 minutes. Let stand 5 minutes before serving. 🍀

What is traditional Irish food?

Traditional Irish dishes are all about comfort and filling your belly. Traditional foods range from Guinness brown bread to Irish stew, scones and soda bread and pretty much anything with a potato in it. Perhaps one of the most well known Irish dishes, Shepherd's Pie is typically made with a layer of ground beef or lamb with vegetables and topped with creamy whipped mashed potatoes, then baked and browned to perfection.

PERFECT 10 UPDATE

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

OUR BIG JANUARY WINNERS!

Tom Bontrager Carol Sullivan Mary Anne Wignall

Each of our January winners are now the proud owners of a \$10 Kroger Gift Card!



Chris Benz
Robert Bonner
Julia Bontrager
Tom Bontrager
Hajar Borhanzadeh
Dave Brown
Jan Brown
Rita Burkhardt
Howard Bushman
Kathleen Byerly
Judith Ann Callery
Charles Callery Jr.
Betty Carlson
Kathy Chapman
Joyce Clancy
Michael "Don" Donlan

Susan Dunlap
Jane Elgin
Irene Engel
Judy Ford
Sandra Fortier
Missy Hahn
Maureen Harlan
Barbara Harrison
Jim Hodgins
Angie Jackson
Robert (Bob) Johnson
Kelsey Johnston
Mark Jones
Maxine Jones
Harvey Kagan
William Kelly

Nancy Kinnaird
Janet Knuth
Nancy Koehler
Jerzy Kowalczyk
Maria Kowalczyk
Hilda Lee
Pete Lenos
Letitia Lynch
Karen Madzalan
Debra Mapes
David McRee
Janice Mihay
Bill Moore
Betsy North
Amy O'Brien
Jim Pierce

Janet Randall
Patty Richards
Mary Russell
Don Schafer
Kent Sharp
Josephine Signorino
Sandra Skadron
Lisa Smith
Melinda Sommer
Travis Spegal
Marti Stigers
Carol Sullivan
Jamie Tadge

Esther Thomas
Dee Timi
Judi Tobe
Katie Walker
Cheryl Walters
Linda Warren
Mary Anne Wignall
Erika Woods

PROGRAMS

PrimeLife Enrichment Center

Welcome new Members

JANUARY

3 Rose Fuhs
4 Kathleen Byerly
5 Janet Alexander
5 William (Bill) Alexander
5 Steven Pawluczyk
6 Connie Hunt

11 Jack Davidson
11 Stephanie Rossano
12 Jim Byerly
12 Maureen K. Harlan
13 Ellen Deeter
13 Walt Deeter
13 Steve Sprint

17 Eric Ayers
17 Carol Fair
18 Carl Comstock
18 Martha Comstock
18 Margaret Achleman Fish
23 Cathe Fulcher
23 Dara Montagano

23 William (Bill) Thompson

FEBRUARY

1 Sandra(Sandy) Gibbs
1 Tammie Hall
6 Elizabeth (Liz) Cooper
7 Sal Pappalardo
9 Parveen Hasan

9 Bess Walter
14 Ronald Mullen
15 Rick Cioppa
15 Kathy Cioppa
21 Mike Barrientos
21 Shirley Barrientos



Part of getting the word out about - and getting funding for - PrimeLife Enrichment, is hosting members of the Carmel City Council. (L to R above) PLE Board President Marcia Clairbout, Carmel Councilor and mayoral candidate Sue Finkam, and PLE Executive Director Gary Wagner.

Serenity Senior Pets visited PLE again for our January 18 Lunch & Learn. They pamper senior pets and get them ready for adoption. serenitypetsanctuary.org



Stinson Law Firm presented our Lunch & Learn on January 11 to a large crowd of interested members.



Marcia Goldstein shared Judaism 101 with PLE members on February 8th Lunch & Learn. She shared the religion and culture of the Jewish people, and some of our members also had amazing stories to share. It only strengthens our community when we share these wonderful resources with one another. Those that do not learn from history are doomed to repeat it.



Nutrition Class with Purdue University Extension Instructor is a popular choice.



On February 15, the folks at Outlook Hamilton shared their uniquely luxurious combination of resort-inspired amenities at their location near Hamilton Town Center in Noblesville.

PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | MARCH 2023

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