



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | APRIL 2023

PLE Book Club at Wellbrooke of Carmel - held the last Monday of the month at 3:30 pm

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### APRIL LUNCH & LEARNS:

##### APRIL 5

Carmel Clay Parks Job Fair

##### APRIL 12

No L&L - Town Hall Meeting

##### APRIL 19

Gunter Tadge - Life Story  
Continued Pakistan & Beyond

##### APRIL 26

IU Health - Diabetes and A1C

#### SPECIAL EVENTS:

##### APRIL 4

**BINGO** is back!  
Tuesdays and Thursdays at 10 am

##### APRIL 12

Mayoral Candidates  
Town Hall Meeting at 12:30

##### APRIL 3 AND 17

CICOA Produce Delivery  
See Page 7 for details



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



FIND US ON INSTAGRAM  
[instagram.com/PrimeLifeEnrichment](https://instagram.com/PrimeLifeEnrichment)

#### CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



[www.primelifeenrichment.org](https://www.primelifeenrichment.org)

# ABOUT US

PrimeLife Enrichment Center



## WELCOME!

### OUR MISSION

PrimeLife Enrichment provides programs and services that promote independence, optimal wellness and socialization for those aged 50 and beyond.

### OUR VISION

PLE is recognized in Central Indiana as a pioneering force in the pursuit of empowered, independent living for older adults.

### OUR CORE VALUES

**Stewardship:** We believe we must responsibly use our resources to provide services that are effective, accessible and affordable.

**Gratitude:** We believe it is a privilege to be entrusted by our community to serve those who created the community.

**Innovation:** We believe in continuously striving to develop creative ways to meet evolving needs.

**Respect:** We believe in the intrinsic value of every individual and honor the contributions made by each.

**Opportunity:** We believe that the senior years should be a time of continued value and purpose, growing wisdom and creative expression.



### LAND CLASSES

Our senior land classes promote enhanced mobility, flexibility and balance, lowered risk of disease and disability, and improved immunity, blood pressure and bone density.



### AQUATIC CLASSES

Aquatic exercise takes pressure off joints and spine, allows greater range of motion and flexibility, improves balance and coordination, assists in recovery and helps manage chronic conditions.



### REVEL FITNESS PROGRAM

For more of a challenge, the Revel Fitness program is a multi-generational 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  
Becky Henn  
Dan Overbeck  
Linda Ramey-Greiwé  
Cinnamon Bombard, UWCI Fellow



# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF 317-815-7008

### Executive Director

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

### Assistant Director

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

### Fitness Director

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

### Community Engagement and Activities Coordinator

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

### Transportation

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

Nikki Vaughn - Ext 205  
[pletransportation@gmail.com](mailto: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](mailto: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](mailto:info@primelifeenrichment.org)

## WHO, ME WORRY?

In last month's newsletter, I mentioned that candidates for local public office are becoming more aware of PrimeLife and some have already made support of seniors in Carmel part of their platform. I also announced that PrimeLife would host a Town Hall meeting for Carmel City Council candidates on March 22nd. Although our staff all pitched in to make it a memorable forum, I must admit that I was more than a little nervous the evening of March 21st. We had done everything we could think of to publicize and organize this first ever event of its kind at our Enrichment Center. We had commitments from 17 of the 22 Council candidates that they would attend. Local newspapers informed their readers of the event. We sent out two mass emails to make sure that all of our supporters and friends knew they were invited. We put signs up throughout the Center promoting the event. We urged members at lunch time to mark their calendars and invite their neighbors and friends. We arranged for security (better safe than sorry), and had two volunteers lined up to direct parking. And last but not least, one of our Board members, Melody Cockrum, agreed to be the moderator – no easy task with so many candidates expected.

In short, we had all the bases covered, or at least all the ones we could think of. So, why was I worried the night before? Probably because in my 34 years of nonprofit work and related special events, I had never seen any gathering quite like this one – candidates for public office, members and friends of PrimeLife, and folks who fit the category of “general public” – all under one roof. I knew this would be one of the best opportunities to catch the attention of candidates for local public office and to spread the word about PrimeLife Enrichment and all we do to help

our seniors live active, healthy lives. I also knew that potential future support from the City could hang in the balance. Other than that and the fact that we had no idea how many people would attend, no pressure! Right?

Well, I'm happy to say that our Carmel City Council Town Hall went off without a hitch – except for one small lapse of memory when Cindy reminded me to introduce our Board President, Marcia Claerbout. Mea Culpa. Otherwise, I believe the event was a tremendous success, one that benefited all in attendance – members, guests, and candidates. In case you were unable to attend, our multi-purpose room (where we serve lunches, have art classes, coffee and conversation, etc.) was packed. Fifteen candidates attended, several of whom joined us for lunch beforehand and stayed around afterwards for one-on-one conversations with their constituents, aka, voters. Each candidate was given a few minutes to introduce themselves and to share what their priorities would be if elected. After all 15 had done so, our fearless moderator asked individual candidates questions submitted by the audience. I heard many candidates and guests comment afterwards how much they appreciated the opportunity to be part of this forum.

All of that being said, who benefited the most from our first ever Town Hall meeting for Carmel City Council candidates? The answer, I believe, is PrimeLife Enrichment and all the seniors we serve in Carmel and throughout Hamilton County. Very few of the candidates were familiar with PrimeLife before they were invited to the meeting. We simply were not on the radar of many of our local politicians. No longer is that the case. They know who we are and they realize that seniors in



**GARY WAGNER**  
Executive Director

general, and PrimeLife in particular, deserve their support as elected officials. Although there is still much work to be done, I consider this to be progress, and I find it encouraging in terms of developing a strong partnership with local government.

The question now becomes, where do we go from here? How about a Town Hall meeting at PrimeLife for the Carmel Mayoral candidates? In a recent article in the Current newspaper, each of the three Republican Mayoral candidates were asked “What should be the city's role in supporting its senior citizens?” All three expressed the need for the city to support its seniors. Two of the three mentioned PrimeLife by name. Again, I call this progress. But we can't rest on our laurels. We need to keep pushing forward the issue of forming a partnership with the city that will enable us to better serve the fastest growing demographic in Carmel and Hamilton County, its SENIORS! Our Town Hall meeting for Carmel's Mayoral candidates will keep the momentum going. As I announced in last month's newsletter, we will host the Carmel Mayoral candidates on April 12th, from 12:30 to 2:30. We will again open our doors to our members and to the general public. It should be another exciting step in meeting the challenge of developing long-term financial sustainability that will enable us continue serving seniors in Carmel and throughout Hamilton County for many years to come. See you on April 12th!

– 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!

## AGING SKIN

### REDUCE RISKS AND FEEL REJUVENATED WITH HEALTHIER SKIN

You can help slow aging skin and retain a youthful appearance at any age. Some of the factors leading to wrinkled, discolored skin include aging, sun exposure, tanning and smoking.

Our physicians at IU Health recommend a variety of changes you can make to reduce damage to your skin.

We also offer innovative treatments that take years off your appearance so you can enjoy healthier, rejuvenated skin.

### TREATMENT

Our commitment to leading-edge medicine and the latest scientific innovation ensures you'll receive the most advanced treatments.

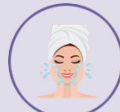
### TIPS FOR GLOWING SKIN



DRINK PLENTY OF WATER



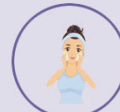
MOISTURIZE REGULARLY



DAILY CLEANSING



RIGHT SPF SUNSCREEN



WEEKLY EXFOLIATION



HEALTHY DIET

Some of these include removing outer layers of skin to promote the development of collagen to strengthen skin and reduce wrinkles.

You may choose chemical peels and laser resurfacing to help you with this.

Our researchers are also studying the healing effects of wounding laser treatments. Treatments cause a special kind of skin damage that encourages the skin to rejuvenate itself. This removal of damaged skin layers may even reduce risk of skin cancer.

### HOW WE CAN HELP

You can take action to treat your aging skin by avoiding environmental damage. For example, you can:

- Stay out of midday sun
- Use sunscreen
- Wear a hat, sunglasses and protective clothing
- Relax your face (frowns and eye strain create and reinforce wrinkles)
- Stop smoking
- Use face cream containing Retin A

## A CREATIVE OUTLET WITH THE ADDED BENEFIT OF REDUCING STRESS

### COLORING BOOKS FOR ADULTS ARE ALL THE RAGE

I have recently rediscovered the joy of coloring. I had forgotten my love for focusing on one page, selecting my own colors, and feeling a sense of accomplishment when the image is done. My eyes are not good enough anymore for cross-stitch, but no one minds if I color outside the lines in my own books. This imaginative creative outlet needs no phone or electronics of any kind and I can work at my own speed.

Shopping for adult coloring books, I have found a range of styles. From simple and quicker to finish, to very intricate projects that will take many



hours to complete. Turns out coloring is a great way to help unwind, so I've been coloring before bedtime.

I originally thought the idea of coloring pages for adults was a little lame. Crayons? Really? Turns out I prefer using colored pencils and the more colors, the better. Spoiler Alert - I have now purchased several sets of colored pencils and invested in at least one new book each month from Amazon.

Sitting down to a fresh page, selecting my colors, and concentrating on the image -

these are all important parts of the ritual. I'm rarely disturbed, unless it is a kitty jumping up to see my progress, and I soon find myself relaxing.

My favorite books feature images of Victorian homes, florals, Geometric patterns, and Kaleidoscope designs. There is something for everyone, including People of Walmart, The Beauty of Horror, and 101 Tattoos to Color. It's fairly inexpensive as hobbies go, so give it a try and let me know what you think.

# PRODUCE FOR BETTER HEALTH PROGRAM

## ARE YOU INTERESTED IN GETTING FREE FRESH FRUITS AND VEGETABLES EACH MONTH?

Have we got a deal for you!

CICOA, Anthem, and PLE have come together to offer all PLE members the opportunity to take part in a great program that starts April 3, 2023. Here are the details:

### Q. Am I eligible?

A. If you are a member of PLE, you are eligible.

### Q. What are the participant requirements?

- A. You must see Julie and complete the following:
- Enrollment application
  - Baseline health survey
  - Quarterly satisfaction survey
  - Monthly blood pressure and



weight measurements. A blood pressure cuff and scales are located in the office across from Julie's for this use.

### Q. What are the goals of the program?

- A. Help seniors get fruits and veggies year-round; lower the risk of chronic diseases such as diabetes and high blood pressure, and increase education of the importance

of fruits and vegetables as part of a balanced diet.

### Q. What kind of produce will I get?

A. You will get a rotating assortment of seasonal fruits and vegetables.

### Q. What quantity of produce will I get?

A. Enough whole fruit and vegetables each month so you can have two additional servings per day.

Ready to apply?  
Contact Julie Barnes here at PLE.





# 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		8:15 am Early Morning Aquatics	Intermediate Aquatic Aerobics w/ Jeanne	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		7:00 pm 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
<b>3</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> CICOA Produce Delivery	<b>4</b> 10 am <b>BINGO</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>5</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>6</b> 9 am Pinochle L 10 am Archives 10 am <b>BINGO</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>7</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L
<b>10</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b>	<b>11</b> 10 am <b>BINGO</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>12</b> 10:00 am Caregiver Group 11:30 am Second Helpings Lunch * 12:30 - 2:30 PM Carmel Town Hall at PLE with Mayoral Candidates 12:30 pm Art Class \$ 1 pm Devotion Class 1 pm Hand & Foot L	<b>13</b> 9 am Pinochle L 10 am <b>BINGO</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	<b>14</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>17</b> 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> CICOA Produce Delivery	<b>18</b> 10 am <b>BINGO</b> 10:00 pm Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>19</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>20</b> 9 am Pinochle L 10 am <b>BINGO</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>21</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
<b>24</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b>	<b>25</b> 10 am <b>BINGO</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>26</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>27</b> 9 am Pinochle L 10 am <b>BINGO</b> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	<b>28</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L



**APRIL 5** Carmel Clay Parks Job Fair  
**APRIL 12** No L&L - Town Hall Meeting  
**APRIL 19** Gunter Tadge - Life Story con't  
 Pakistan & Beyond  
**APRIL 26** IU Health - Diabetes and A1C



**Adopt a Ferret Month**  
**Brussels Sprouts and Cabbage Month**



**Dog Appreciation Month**  
**National Parkinson's Awareness Month**  
**Bereaved Spouses Awareness Month**  
**National Social Security Month**



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

Creative Writing class is on a break until Fall.

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



## WORD SEARCH

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

BLOOM  
BUNNY  
SPRING  
BUTTERFLY  
EASTER

FLOWERS  
MARCH  
APRIL  
MAY  
RAINBOW

PUDDLE  
TULIP  
ROBIN  
LADYBUG  
RAINCOAT

BUMBLEBEE  
UMBRELLA  
SUNSHINE  
SHOWERS  
EGGHUNT

# 5 REASONS FOR SENIORS TO CELEBRATE IN 2023

## LET'S TOAST TO 2023 - A GREAT YEAR FOR SENIORS

It has been a tumultuous few years. Amid a continuing pandemic, tense midterm elections, and a war in Ukraine, we have grappled with more than our fair share of grim news.

However, there are some silver linings — in particular for seniors.

### **1. Social Security Benefits Are Seeing the Biggest Increase in 40 Years.**

Social Security beneficiaries will find that their monthly checks are increased by nearly 9 percent as of January 2023. This cost-of-living adjustment (COLA) is the largest boost to Social Security benefits in more than four decades.

For more than 65 million individuals currently receiving these benefits, payments will rise by about \$140 on average per month.

Use the on-line portal on the Social Security Administration website for details.



### **2. Medicare Part B Premiums Are Lower.**

For the first time in more than 10 years, Medicare Part B enrollees will see some of their costs decline.

The Centers for Medicare and Medicaid (CMS) announced that the following will take effect in 2023:

The Medicare Part B basic monthly premium is decreasing by \$5.20 per month (savings of \$62 for the year).

### **3. You Can Contribute More Than Ever to Retirement.**

The IRS is allowing record increases in 2023 for contributions to 401(k)s, Roth IRAs, and traditional IRAs.

If you are working and have a 401(k), 403(b), or 457 plan, you can contribute up to \$22,500 to that account in 2023.

### **4. You Don't Have to Wait Months for Medicare Part B Coverage to Begin.**

A new rule is also setting seniors up with improved access to health care coverage. In the past, if you waited until the last three months of your Initial Enrollment Period (IEP) to enroll in Medicare, you would have to wait another two to three months before your coverage began.

### **5. SSI and SSDI Benefits Are Also Seeing a Boost.**

If you are a beneficiary of Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI), you will see modest increases in your monthly benefits payouts before the new year. Beginning on December 30, 2022, SSI individual recipients will receive \$73 more a month.

*Information gathered from the Social Security website.*

# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## WEEKNIGHT DINNER RECIPES FOR APRIL



### ***Sour Cream Noodle Bake***

#### ***Ingredients***

1 1/4 lb. ground chuck  
1 can 15-ounces tomato sauce  
1/2 tsp. salt  
Freshly ground black pepper  
8 oz. egg noodles  
1/2 c. sour cream  
1 1/4 c. small curd cottage cheese  
1/2 c. sliced green onions (less to taste)  
1 c. grated sharp cheddar cheese

#### ***Directions***

Preheat oven to 350 degrees.

Brown ground chuck in a large skillet. Drain fat, then add tomato sauce, 1/2 teaspoon salt and plenty of freshly ground black pepper. Stir, then simmer while you prepare the other ingredients.

Cook egg noodles until al dente. Drain and set aside.

In a medium bowl, combine sour cream and cottage cheese. Add plenty of freshly ground black pepper. Add to noodles and stir. Add green onions and stir.

To assemble, add half of the noodles to a baking dish. Top with half the meat mixture, then sprinkle on half the grated cheddar. Repeat with noodles, meat, then a final layer of cheese. Bake for 20 minutes, or until all cheese is melted.

Serve with crusty French bread.



### ***Easy Bologna Gnocchi Bake***

#### ***Ingredients***

1 tablespoon olive oil  
1 cup diced onion  
1 cup shredded carrot  
1 cup diced celery  
1 pound lean ground beef  
1 tablespoon Italian seasoning  
1/2 teaspoon dried garlic powder  
1 (15-oz) can tomato sauce  
1 (15-oz) can diced tomatoes NOT drained  
2 (16-oz) packages Gnocchi  
1/2 cup grated Parmesan cheese  
1 cup shredded mozzarella cheese

#### ***Directions***

Preheat oven to 400°F and lightly grease a 9x13 inch casserole dish.

Sauté vegetables: Heat oil in a large skillet over medium heat. Add onion, carrot and celery and cook until softened, 4-5 minutes.

Cook beef: Add beef and all seasoning. Cook over medium-high heat, stirring often to break up beef, until browned and crumbly. Take off the heat.

Add both tomatoes and Gnocchi to skillet and stir well. Spread in prepared casserole dish. Top with Parmesan cheese, then with mozzarella cheese.

Bake casserole in hot oven for 25-30 minutes. Let sit on counter for 5 minutes before serving.



### ***French Onion Beef Casserole***

#### ***Ingredients***

10 ounces dried egg noodles  
1 pound lean ground beef  
2 cans (10.75 ounces, each) condensed cream of mushroom soup  
1 (15 ounce) jar Lay's French Onion Dip  
1 cup French's fried onions

#### ***Directions***

Preheat oven to 350 degrees F. Spray a 9x13-inch baking pan with non-stick spray.

Cook egg noodles in a large pot of water, according to package directions. Drain.

Cook and crumble ground beef in a large skillet, over medium-high heat, until no longer pink. Drain any grease.

Add soups and French onion dip to beef in skillet. Stir together to combine. Gently fold in cooked egg noodles to mixture.

Pour mixture into prepared pan. Sprinkle fried onions evenly over top.

Bake for 25 to 30 minutes or until thoroughly heated. Serve warm and enjoy!



## PERFECT 10 UPDATE

Wow! Look at all these Perfect 10s! That's 78 members who visited PLE ten or more times in February. 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!



Margaret Achleman Fish  
Sarah Beaver  
Chris Benz  
Bernice Betts  
Rosalie Bodine  
Robert Bonner  
Julia Bontrager  
Tom Bontrager  
Hajar Borhanzadeh  
Dave Brown  
Jan Brown  
Nan Bucksten  
Margaret Ann Bures  
Rita Burkhardt  
Judith Ann Callery  
Charles Callery Jr.  
Don Donlan  
Jane Elgin  
Irene Engel  
Jerry Firestone

Judy Ford  
Sandra Fortier  
Bill Gilmore  
Marcia Goldstein  
Barbara Harrison  
Judi Hastings  
Angie Jackson  
Bob Johnson  
Kelsey Johnston  
Mark Jones  
Harvey Kagan  
William Kelly  
Nancy Kinnaird  
Janet Knuth  
Jerzy Kowalczyk  
Maria Kowalczyk  
John LaFollette  
Sue Langeman  
Hilda Lee  
Letitia Lynch

Karen Madzelan  
David McRee  
Bonnie Merklin  
Tom Merklin  
Janice Mihay  
Philip Miller  
Bill Moore  
Emily Newby  
Betsy North  
Amy O'Brien  
Jim Pierce  
Shantha Reddy  
Patty Richards  
Stephanie Rossano  
Don Schafer  
Kent Sharp  
Helena Silva  
Sandra Skadron  
Melanie Sliker  
Lisa Smith

Melinda Sommer  
Travis Spegal  
Marti Stigers  
Carol Sullivan  
Jamie Tadge  
Esther Thomas  
Bill Thompson  
Judi Tobe  
Sidneye Trowbridge  
Catherine Van Dyke  
Adair Vaught  
Cheryl Walters  
Linda Warren  
Barbara Weber  
Mary Anne Wignall  
Sue Williams

# PROGRAMS

PrimeLife Enrichment Center

## W e l c o m e n e w M e m b e r s

### NEW MEMBERS IN FEBRUARY 2023

Sandy Gibbs	2/1/2023
Tammie Hall	2/1/2023
Liz Cooper	2/6/2023
Sal Pappalardo	2/7/2023
Parveen Hasan	2/9/2023
Bess Walter	2/9/2023
Ronald Mullen	2/14/2023
Richard (Rick) Cioppa	2/15/2023
Kathy Cioppa	2/15/2023
Shirley Barrientos	2/21/2023

Mike Barrientos	2/21/2023
Joseph McLaughlin	2/23/2023
Crystal Smith	2/23/2023

### NEW MEMBERS IN MARCH 2023

Marilyn Meighen	3/1/2023
Kay Thompson	3/2/2023
Doug Thompson	3/2/2023
Pat Ratley	3/3/2023
Susan Salter	3/3/2023
Janice Swartz	3/6/2023

Dale Hinshaw	3/7/2023
Pam Guyton	3/8/2023
Kathy Doege	3/9/2023
Annelle Weymuth	3/9/2023
Ruth Vignati	3/13/2023
Diane Healy	3/16/2023
Derrick Battle	3/17/2023
Rebecca Schroer	3/20/2023
Ed Wiseman	3/20/2023
Georganna Wiseman	3/20/2023
Janet Khalil	3/21/2023

## CARMEL CITY COUNCIL TOWN HALL MEETING BROUGHT 15 CANDIDATES TO PLE



Candidates lined up to present 5 minute talk to voters.



PLE Executive Director  
Gary Wagner



PLE Board Member  
and Moderator Melody  
Cockrum



PrimeLife Enrichment Center

1078 Third Ave. SW  
Carmel, IN 46032



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## PLE SENIOR NEWS | APRIL 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

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Credit Card Number

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Exp. Date

\_\_\_\_\_  
Security Code