



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



Thank you to the amazing Resident Artists and Maestro Savia for performing today at PLE. Opera. Above (L to R) Maestro Alfred Savia, David Silvano (Tenor), Liz Culpepper (Mezzo-Soprano), Andrew Boisvert (Bass), Morgan Hunkele (Pianist) and Lyndsay Moy (Staff).

## PLE SENIOR NEWS | NOVEMBER 2023

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### NOVEMBER LUNCH & LEARNS

<b>NOVEMBER 1</b>	Dan Popiela, Naturalist Dan
<b>NOVEMBER 8</b>	Majestic Care
<b>NOVEMBER 15</b>	IU Health - Healthy Results
<b>NOVEMBER 22</b>	HCHS
<b>NOVEMBER 29</b>	Sorr TTAF - Holiday Fitness

#### SPECIAL EVENTS IN NOVEMBER

<b>NOVEMBER 7</b>	Election Day
<b>NOVEMBER 9</b>	Indiana Parkinsons Foundation program 11:00 am - Lunch provided
<b>NOVEMBER 13 - 17</b>	Thanks - 4 Giving Week
<b>NOVEMBER 16</b>	Volunteer Recognition Reception 3:00 pm
<b>NOVEMBER 23 - 24</b>	PLE Closed for Thanksgiving Holiday



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

Our mission is to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health.

### 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 Shine 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 FOUNDERS

#### GRANT PROVIDERS

Hamilton County Council  
CICOA Aging & In-Home Solutions  
United Way of Central Indiana  
City of Carmel

#### OUR SPONSORS

IU Health  
Majestic Care Carmel  
Sanders Glen  
Stinson Law Firm  
Sycamore Reserve  
Wellbrooke of Carmel  
Adventure Archives  
The Next Step Network

### OUR DIRECTORS

Marcia Claerbout, President  
Sarah Schlifke, Vice President  
Howard May, Treasurer  
Suzanne Marks, Secretary  
Stephen Gross, Past President

Michael Bratcher  
Melody Cockrum  
Randy Gomez  
Becky Henn  
Dan Overbeck  
Linda Ramey-Greife

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

**GARY WAGNER** • Executive Director  
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dhopper@primelifeenrichment.org

**BRENT HARTMAN** • Senior Driver

## MONDAY - FRIDAY

8:00 AM - 3:00 PM

## SATURDAY - SUNDAY

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

## CONTACT US

### MAIL

1078 3rd Avenue SW  
Carmel, IN 46032

### PHONE

317.815.7000

### FAX

317.815.7008



## 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.



# FROM OUR DIRECTOR

PrimeLife Enrichment Center

*"Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving."*

— Charmaine J. Forde,  
Author, Singer

To all of the PrimeLife family,

Last year, I wrote in this newsletter that Thanksgiving is my favorite holiday. My rationale then – and now – is simple: It's the one holiday that doesn't seem to be over-commercialized. Its focus is on family and giving thanks for all we have received. How many of us, though, give much thought to all that we have to be thankful for? I recently read that we can learn to treasure what we have by comparing our lives to those who are less fortunate. With that in mind, I'm going to present a list of things for which I am thankful. I'll begin with the more obvious ones. My list is not necessarily all-inclusive, but perhaps you'll be able to use it as a starting point for your own list.

1. As a husband, father and grandfather, I am very thankful for my spouse, my children, and my grandchildren. (No great grandchildren yet.) I am also thankful for the friendships I have enjoyed over the years, as well as the more recent friendships I've developed, including many members of PrimeLife Enrichment.

2. I am thankful for the hard-working, dedicated staff who are largely responsible for making our Enrichment Center a "home away from home" for so many of our members. Of course, I am also thankful for our Board of Directors who continue to provide support and guidance as we move forward.

3. I am extremely grateful for the support PrimeLife has received from the City of Carmel, Hamilton County, United Way, CICOA, Second Helpings, I.U. Health, and other stakeholders. I look forward to working with all of them as we achieve long-term sustainability.

4. On a broader scale, I am thankful that we all live in a democracy that protects our inalienable rights. Citizens of several other countries are unable to enjoy the many freedoms we take for granted.

5. We should all be thankful to live in an age of modern medicine and to have access to medical care, without which our overall health would suffer and our life expectancy would be shorter.

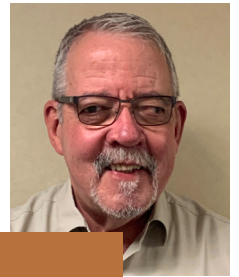
6. I am also thankful for all of the creature comforts that were nonexistent in years past. Examples include electricity, air-conditioning (at home, office, or in the car), gas or electric heat, indoor plumbing, etc. Some of us actually grew up without these and other creature comforts, and many people in less-developed countries still struggle without them.

7. Speaking of creature comforts, I am thankful for the most basic of them, including a roof over my head, a bed to sleep in, readily available groceries, warm clothing in the winter, etc. We don't have to look very far to see those less fortunate who are homeless and struggle to live from one day to the next.

8. I have no doubt that baby boomers make up the last technology-challenged generation. Although it's difficult to keep up with all of the latest advances, I am thankful to live in a time where new technology is being developed in so many fields. Time and technology stand still for no one.

9. While our age may contribute to our level of being technology-challenged, it has also contributed to the wisdom that comes only with age. I am thankful for the opportunity to share what little wisdom I might have with younger generations.

10. Last, but not least, I am thankful for the opportunity to serve as executive director of PrimeLife Enrichment. When I first came here in November, 2018, my plan was to help establish a successful fundraising program and turn it over to someone else after



**GARY WAGNER**  
Executive Director

one or two years, and go play golf. Obviously, things didn't go quite as planned since I have now been at PrimeLife for five years and have served as its Executive Director for almost three years. And my golf clubs are sitting pretty much unused in my garage. But I'm not complaining, because I'm proud to work with my Board, my staff, and all our members to help grow PrimeLife over the past few years to where it is no longer one of our community's "best kept secrets." As an old commercial said, we've come a long way baby! And with the help of our community leaders and other stakeholders, PrimeLife's future is brighter than ever before. For that, we should all be thankful.

— Gary

## November Dates:

11/1	National Stress Awareness Day
11/2	National Men Make Dinner Day
11/5	Daylight Savings Time Ends
11/7	State and Local Election Day
11/11	Veterans Day
11/16	National Indiana Day
11/18	Mickey Mouse Birthday
11/20	National Peanut Butter Fudge Day
11/23	THANKSGIVING
11/24	Black Friday
11/24	Buy Nothing Day
11/25	Small Business Saturday
11/28	Giving Tuesday
11/30	Stay Home Because You're Well Day

# MEMBERSHIP OPTIONS

# MEMBERSHIP

PrimeLife Enrichment Center



## TAKE A TOUR OF PLE

Stop in for a tour Monday through Friday 8 am to 3 pm and let us answer all your questions.

## RETIRED MILITARY DISCOUNT

If you or a spouse are retired from the Military, ask a staff member about a possible savings.

## INSURANCE PROGRAMS

THESE PROGRAMS PAY UP TO \$20 FOR BASIC MEMBERSHIP:

- Silver Sneakers
- Prime
- Renew Active
- Active and Fit
- Silver and Fit

## BASIC MEMBERSHIP: \$20 PER MONTH

INCLUDES:

Indoor Walking Track	Weight Room
Aerobic Equipment	Library and Game Room
Social Events	Groups
Clubs	Classes
Services	Games

## YOUR FIRST CLASS FREE!

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

## ENHANCED MEMBERSHIP: \$40 PER MONTH

INCLUDES ALL ABOVE, PLUS:  
All land and Aquatic Fitness Classes



## PREVENTING HEART DISEASE

### LIFESTYLE CHANGES, RISK FACTORS AND EARLY DETECTION

Every 33 seconds, someone dies of cardiovascular disease in the United States. Heart disease is the leading cause of death for men and women in this country, but it's also preventable.

"Unfortunately, heart disease is incredibly common. Nearly every human being will have some heart condition in their life, whether it's a benign murmur or something more serious," said Dr. Brendan Cavanaugh, a cardiologist at IU Health Arnett Hospital. "Fortunately, most of the conditions that affect the heart are treatable or modifiable, which is a big reason why I went into cardiology—to help people with this preventable disease."

#### WHAT IS HEART DISEASE?

Heart disease is any condition that affects the heart—its valves, chambers and electrical system—or the blood vessels and arteries supporting it. Adults with diabetes are twice as likely to have heart disease, since high blood glucose can damage blood vessels and nerves controlling the heart. Sometimes heart disease is "silent" (a common diabetic heart attack symptom) and goes undiagnosed until a symptom appears, which may show up as a heart arrhythmia (fluttering), high blood pressure, heart attack or heart failure.

"By far the most common symptoms I see are chest pain, shortness of breath, dizziness, heart palpitations and a feeling like you'll pass out or actually passing out," Dr. Cavanaugh said. "The latest statistic is that 20% of all emergency department visits are for chest

discomfort of some kind. It's very common."

Heart disease is a growing problem as people eat more processed foods and live increasingly sedentary lives. Refined sugar, trans fats and preservatives cause inflammation in the body and clog the arteries leading to the heart, resulting in increased rates of heart disease, obesity, Type 2 diabetes, anxiety and depression. When you eat a lot of carbohydrates, the body thinks it's starving and begins storing food for later, whereas a high-fat, high-protein diet encourages slower processing and leads to less fat storage in the belly and hips.

**EVERY 33 SECONDS,  
SOMEONE DIES  
OF CARDIOVASCULAR  
DISEASE IN THE  
UNITED STATES.**

"Refined sugar, diabetes and obesity are the reasons we're seeing so much heart disease now. When I talk about addiction, the substance we most often become addicted to is not cigarettes or alcohol—it's sugar," Dr. Cavanaugh said. "In the 1980s, high-fat diets were more common, and people prepared more of their own food. However, guidelines 30 years ago discouraged high-fat foods, and people moved toward a very different diet high in carbs and refined sugar, which causes obesity."

#### PREVENTION AND CONTROL OF CARDIOVASCULAR DISEASE

While genetics play a role in your likelihood for developing heart disease ("Heart disease is 50% genetics and 50% your lifestyle," Dr.

Cavanaugh said), there's plenty you can do to keep your heart healthy. Dr. Cavanaugh says it's about focusing on what you can control. He suggests three steps to prevent cardiovascular disease:

##### 1. Moderate exercise

While there are countless articles about how to prevent coronary artery disease through exercise, Dr. Cavanaugh says the goal is simply to get moving. Incorporating any additional movement into your day is beneficial.

"You don't have to have a regimented aerobic exercise program. Most people who live to 100 years old do a moderate amount of exercise, like walking to the grocery store or a friend's house or riding a bike," Dr. Cavanaugh said.

##### 2. Whole diet

First, stay away from foods that will inflame your body, like fast or fried food, processed food, soft drinks and refined sugar. Instead, pick options like Mediterranean foods that are geared toward lean proteins like chicken and fish, fruits and vegetables, and good oils like olive oil. This is how the Mediterranean diet reduces the risk of cardiovascular disease.

"There are hundreds and hundreds of very complex diet books out there, and it can create analysis paralysis with too many options," Dr. Cavanaugh said. "If you can make small changes, like cutting cigarettes, soft drinks and fast food, you're taking a good step toward cardiovascular health."

##### 3. Good mental health and social connections

Studies show that over time, depression, anxiety and stress

## PREVENTING HEART DISEASE - CONTINUED

(continued from Page 6) can cause elevated heart rate and blood pressure and heart disease. Loneliness and isolation can also contribute to the challenges of navigating life's difficulties, especially among men. Dr. Cavanaugh says creating and nurturing connections with friends and family while practicing mindfulness in meditation or yoga can help support cardiovascular health.

"I'm a big believer—as are many—that the heart and mind are directly linked. I call the heart an 'innocent bystander' because it's affected by what our mind is telling us," Dr. Cavanaugh said. "Other than exercise and medications, meditation is another method to help reduce blood pressure.

Things like yoga, mindfulness and breathing exercises can really help reduce anxiety and depression."

If you're eating a good diet, exercising, practicing mindfulness and still experiencing daily anxiety and depression, Dr. Cavanaugh says it may be time to schedule a visit with a mental health professional to discuss further treatments.

To ensure you do not have silent heart disease, Dr. Cavanaugh recommends people aged 50 and above get a heart scan. This computed tomography (CT) scan of the heart essentially takes an x-ray of the organ and its arteries to look for plaque deposits. Based on the findings, your doctor may recommend lifestyle changes, anti-inflammatory or cholesterol

medications and follow up.

"Several studies have shown that if people actually see the plaque in their heart or arteries, they tend to be more compliant to lifestyle changes or taking medications," Dr. Cavanaugh said. "A heart scan is not for people who don't feel well. It's a screening tool to help us understand how aggressive we need to be."

People who are overweight, smoke tobacco and have high blood pressure may be a candidate to request a heart scan. Ask your doctor about your risks for heart disease and what you can do to prevent it.

Source: <https://iuhealth.org/thrive/preventing-heart-disease-life-style-changes-risk-factors-early-detection>

### AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am		8:15 am Early Aquatics w/ Lisa	Intermediate Aquatic Aerobics w/Patsy	8:15 am Early Aquatics w/ Lisa	
9:30 am	Open Pool w/Jeanne	Advanced Aquatic Aerobics w/Janice	Intermediate Aquatic Aerobics w/Jeanne	Advanced Aquatic Aerobics w/Janice	Intermediate Aquatic Aerobics w/Jeanne
10:30 am	Intermediate Aquatic Aerobics w/Jeanne	Open Pool w/Janice	Intermediate Aquatic Aerobics w/Jeanne	Volley w/Janice	Intermediate Aquatic Aerobics w/Jeanne
11:30 am	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Jeanne
12:30 pm	Getting Your Feet Wet w/ Cathy	Arthritis Foundation Aquatics w/Patsy	Getting Your Feet Wet w/ Cathy	Open Pool w/Patsy	Getting Your Feet Wet w/Patsy
1:30 pm	Through the Ages Aquatic w/ Sam				Open Pool w/Patsy

For daily updates (water and land): [www.brownbearsw.com/cal/pleinstructors](http://www.brownbearsw.com/cal/pleinstructors)

### LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am		LaBlast OR *Practice LaBlast	Yoga Blend	LaBlast OR *Practice LaBlast		9:30 am Werq
10:00 am	Got Balance		Got Balance		10:15 am Strength & Flexibility	
11:00 am	LaBlast OR *Practice LaBlast	Toning	LaBlast OR *Practice LaBlast	Toning	LaBlast OR *Practice LaBlast	
12:15 pm		12:15 Arthritis Foundation Exercise 12:30 The CLIMB (Annex)		12:15 Arthritis Foundation Exercise 12:30 The CLIMB (Annex)		9:00 am Pound Unplugged
1:45 pm	Yoga Blend			Yoga Blend		
Evening Classes	Dance Fitness 5:30 pm	Shine 6:00 pm	Zumba 5:30 pm	Shine 6:00 pm		
			Pound 6:15 pm			

For daily updates (water and land): [www.brownbearsw.com/cal/pleinstructors](http://www.brownbearsw.com/cal/pleinstructors) for updates





# November

## ACTIVITIES & EVENTS

PrimeLife Enrichment Center

# 2023

KEY:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH &amp; LEARN</b> <b>NOVEMBER 1</b> ..... Dan Popiela, Naturalist Dan <b>NOVEMBER 8</b> ..... Majestic Care <b>NOVEMBER 15</b> .... IU Health - Healthy Results <b>NOVEMBER 22</b> .... HCHS <b>NOVEMBER 29</b> .... Sorr TTAF - Holiday Fitness 		<b>1</b> My Divine Sole schedule with Wanda 11:30 am Second Helpings Lunch * 11:45 pm Lunch & Learn 12:30 pm Art Class \$ 12:30 pm Hand & Foot L <b>3:00 pm Second Season L</b>	<b>2</b> 9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1:00 pm Euchre L 1:00 pm <b>TECH CLASS B</b> ABCs of WiFi	<b>3</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
<b>6</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L Not for beginners 12:15 pm <b>BINGO</b> 1:30 pm Creative Writing B  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>7</b> 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 1:00 pm Needlework L  	<b>8</b> 10:00 am Caregiver Support Group 11:30 am Second Helpings Lunch * 11:45 pm Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ <b>3:00 pm Second Season L</b>	<b>9</b> 9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:00 am Parkinson's Found. Program w/ lunch 1:00 pm Euchre L 1:00 pm <b>TECH CLASS B</b> Making Friends with Your phone	<b>10</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>13</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L Not for beginners 12:15 pm <b>BINGO</b> 1:00 pm CPR in Annex 1:30 pm Creative Writing B	<b>14</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1 pm Needlework L	<b>15</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ <b>3:00 pm Second Season L</b> (Last one)	<b>16</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L <b>3:00 pm VOLUNTEER RECOGNITION</b>	<b>17</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic sponsored by The Barrington 12:15 pm Partner Bridge L
THANKS-4-GIVING WEEK				
<b>20</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L Not for beginners 12:15 pm <b>BINGO</b> w/ Wanda 1:30 pm Creative Writing B  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>21</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>22</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$	<b>23</b>  <b>PLE Closed for the Day</b>	<b>24</b> <b>PLE Closed for the Day</b>
<b>27</b> 10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L Not for beginners 12:15 pm <b>BINGO</b> Humana 1:30 pm Creative Writing B	<b>28</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1 pm Needlework L 1:30 pm Book Club: WHAT THE WIND KNOWS by Amy Harmon 	<b>29</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$	<b>30</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	



## THANKSGIVING WORD SEARCH

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

blessings  
 cranberry sauce  
 gourds  
 Indian  
 Native American  
 pumpkin  
 thanksgiving

buckle hat  
 dressing  
 green beans  
 love  
 November  
 succotash  
 travel

chicken  
 family  
 ham  
 mashed potatoes  
 pecan pie  
 sweet potatoes  
 turkey

cornbread  
 friends  
 harvest  
 Mayflower  
 Pilgrim  
 thankful



## HI, MY NAME IS LORI AND I'M ADDICTED TO HALLMARK MOVIES

Let's face it - saying the world is a bit of a negative place right now is an understatement. I still watch the news, because I am not in denial and I want to stay informed, but it is rarely uplifting.

Bad things are out there and ignoring it won't make it go away, but lately I have found myself being drawn to more positive books, movies, and people.

Humanity is struggling and lots of people seem to be more angry than usual, so I am balancing things out with a good dose of love, empathy, compassion, and kindness - which I have found in abundance in Hallmark Holiday movies.

The plots are predictable and cheesy, but unlike real-life, I am pretty much guaranteed a happy ending, and that is comforting.



When I sit down to watch a show, I can count on there being hot cocoa, nostalgia, holiday magic, and even estranged families will get along and profess their love for each other by the end of the two hours and 47 Medicare enrollment commercials.

### WHY ARE HALLMARK MOVIES SO ADDICTIVE?

Like any potentially addictive substance, Hallmark movies trigger the release of dopamine into a part of the brain called the reward center. The "high" you get makes you want to repeat the behavior,

## COMMENTARY

PrimeLife Enrichment Center

and for as little as \$4.95/month Hallmark supplies an unlimited dose of escapism and happiness from mid-October through New Year's Day. As addictions go, it's fairly innocent.

Do these movies give us unrealistic expectations for our own holidays? I mean, you never see a Hallmark heroine doing dishes or cleaning the bathroom, and they wear stiletto heels in the snow and never slip. Unrealistic? Perhaps, but as long as we remember these movies are not substitutes for making our own real holiday memories with friends and loved ones, they can be healing and restorative.

As much as I stay in to watch the shows, I also make an effort to get out and make real memories with people in my life who, like me, are not perfect, but will always be the most important elements in my holiday celebrations.

## TAKE #7 FOR SHIP AND MORE...



Select Option #7 when you call the PLE main phone line,

if you are looking to make an appointment with SHIP (State Health Insurance Assistance Program), #7 takes you directly to the SHIP office in PLE. Leave a voicemail with your name and number so someone from SHIP can contact you and arrange a date and time for you to meet with a volunteer from the SHIP department.

Right now is a busy time of year for making decisions about Medicare, so appointment times will be limited. Give us a call at 317-815-7000 and press 7 to book your appointment.



INDIANA PARKINSON FOUNDATION

FREE EVENT on Thursday, November 9, 2023 at 11 am, right here at PLE, with lunch provided by Indiana Parkinson Foundation.

Speakers include Dr. Jessica Hedeman and patient advocate. Lunch provided by Supermus Pharmaceuticals, with a Movement Session CLIMB Class Observation.

Call 317-550-5648 to register for the program and complimentary lunch.

## PLE NEWS

PrimeLife Enrichment Center

INDIANA PARKINSON FOUNDATION PRESENTS

## THE CLIMB

an exercise program developed specifically for those with Parkinson's Disease

Join us to learn about the Indiana Parkinson Foundation's research-based CLIMB program that gives people with Parkinson's Disease their lives back through active engagement.

AUGUST 8, 2023

12:30 p.m. at PrimeLife Enrichment  
1078 3rd Avenue SW • Carmel, IN 46035

RSVP to hold your spot by calling  
317.550.5648

Event brought to you by:

PrimeLife



Enrichment, Inc.



INDIANA PARKINSON FOUNDATION

IndianaParkinson.org

Lindsey  
CLIMB Instructor



## TIME FOR A NEW TRADITION? NOT YOUR USUAL THANKSGIVING SIDE DISHES



### THYME-ROASTED BRUSSELS SPROUTS WITH FRESH CRANBERRIES

#### INGREDIENTS

1 pound Brussels sprouts, trimmed and halved  
2 tablespoons olive oil  
1 tablespoon minced fresh thyme  
salt and ground black pepper to taste  
1 cup fresh cranberries  
2 tablespoons pure maple syrup

#### DIRECTIONS

Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.

Place Brussels sprouts in a bowl and toss with olive oil, thyme, salt, and pepper.

Spread out evenly on the baking sheet and roast for 10 minutes. Stir in cranberries. Continue roasting for 10 minutes.

Place sprouts and cranberries in a serving bowl and drizzle with maple syrup. Toss to coat.



### CORN SOUFFLÉ

#### INGREDIENTS

1/2 c. unsalted butter  
1 yellow onion, chopped  
2 jalapeño peppers, stemmed and chopped (seeded, if desired)  
4 garlic cloves  
3 c. fresh yellow corn kernels  
1 (16-oz.) container sour cream  
1 (14.75-oz.) can creamed corn  
2 (8 1/2-oz.) boxes corn muffin mix  
2 large eggs, beaten  
2 tsp. kosher salt

#### DIRECTIONS

Preheat the oven to 350°F. Lightly grease a 9-by-13-inch baking dish with butter.

In a large skillet, melt the butter over medium heat. Add the onion, and cook, stirring occasionally, until softened, about 8 minutes. Stir in the jalapeño and garlic. Cook, stirring occasionally, until fragrant, about 2 minutes. Stir in the corn, and cook until just tender, about 4 minutes. Transfer the mixture to a large bowl.

Add the sour cream, creamed corn, corn muffin mix, eggs, and salt to the onion mixture. Stir until well combined. Spoon the mixture into the prepared dish and spread in an even layer.

Bake until set, puffed in the center, and lightly browned on top, 50 to 60 minutes. Let cool for 5 minutes before serving.



### BREAD AND CELERY STUFFING

#### INGREDIENTS

1 (1 pound) loaf sliced white bread  
¾ cup butter or margarine  
1 onion, chopped  
4 stalks celery, chopped  
2 teaspoons poultry seasoning  
salt and pepper to taste  
1 cup chicken broth

#### DIRECTIONS

Let bread slices air dry for 1 to 2 hours, then cut into cubes.

In a Dutch oven, melt butter over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.

Chill, and use as stuffing for turkey, or bake in a buttered casserole dish at 350 degrees F (175 degrees C) for 30 to 40 minutes.



# PERFECT 10 UPDATE - OCTOBER 2023

Wow! Look at all these Perfect 10s! **We had 99 members who visited PLE ten or more times in October.** 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!



Mary Ball  
Derrick Battle  
Chris Benz  
Robin Berlin  
Bernice Betts  
George Blackburne  
Hajar Borhazadeh  
Melissa Buck  
Howard Bushman  
Judy Callery  
Charles Callery Jr.  
Joyce Clancy  
Larry Creel  
Don Donlan  
Roberta Donlan  
Raquel Fernandez  
Jerry Firestone  
Sandra Fortier  
Rodene Gosselin

Barbara Harrison  
Ingeborg Jones  
Ingeborg Jones  
Judi Tobe  
Robert Kiszla  
Janet Knuth  
Pearl Kyroutac  
Barbara LaFave  
John LaFollette  
Hilda Lee  
Joel Lisker  
Karen Madzelan  
Debra Mapes  
David McRee  
Janice Mihay  
Bill Moore  
Sharon Moore  
Sharon Nelligan  
Betsy North

Terri Petersen  
Don PFleger  
Jim Pierce  
Shantha Reddy  
Mary Russell  
Connell Rutley  
Don Schafer  
Patricia Shafer  
Sandi Sidio  
Helena Silva  
Jeanne Simkus  
Sandra Skadron  
Melanie Slieker  
Lisa Smith  
Melinda Sommer  
Marti Stigers  
Carol Sullivan  
Esther Thomas  
Judi Tobe

Catherine Van Dyke  
Adair Vaught  
Cheryl Walters  
Linda Warren  
Barbara Weber  
Mary Anne Wignall  
Debby Wright  
Rose Wuertemburg

## THE WINNERS:

Mark Jones  
Judi Tobe  
Debby Wright

# PROGRAMS

PrimeLife Enrichment Center

## Welcome new Members

### NEW MEMBERS IN SEPTEMBER 2023

9/18/2023 Mona Mehas  
9/18/2023 Betty Jo Newman  
9/20/2023 Bill Swaney  
9/20/2023 Geri Swaney  
9/26/2023 Sherilynn Nicholas

9/28/2023 Al Wozniak  
10/3/2023 Curt Wyatt  
10/4/2023 Meredith Anderson  
10/4/2023 Arpita Srivastava  
10/9/2023 Elizabeth Troyan  
10/10/2023 Carol Carlson

10/12/2023 John Selent  
10/12/2023 Tricia Selent  
10/18/2023 Yukio Tomozawa  
10/20/2023 Anne Eden  
10/20/2023 Norm Eden



THE CLIMB CLASS

### BLAST FROM THE PAST - 2018

PLE Men's Club at Spaghetti Factory in 2018. Counter Clockwise from bottom L: Travis Spegal, Don Schafer, Victor Hellman, Don, Dave McRea, Goe Gardner, and Bill Moore.



ALTA PARRISH TURNS 100



ARTHRITIS FOUNDATION CLASS



ELI LILLY GLOBAL DAY OF CARING



**PrimeLife Enrichment Center**

1078 Third Ave. SW  
Carmel, IN 46032



PrimeLife Enrichment

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## PLE SENIOR NEWS | NOVEMBER 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. PrimeLife Enrichment, Inc. is a  
501(c)(3) corporation.]

\_\_\_\_\_  
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