



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | DECEMBER 2023

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UPCOMING EVENTS AND ANNOUNCEMENTS

DECEMBER LUNCH & LEARNS

- DECEMBER 6**
Serenity Sr. Pets Holiday Pets
- DECEMBER 13**
Hannukah Jeopardy
- DECEMBER 20**
Holiday Fun with George & Kelleen

SPECIAL EVENTS IN DECEMBER

- DECEMBER 4 AND 18**
CICOA Produce Delivery: 1 to 3 pm
- DECEMBER 6**
My Divine Sole Foot Care
- DECEMBER 6**
Devotional Class is Back
- DECEMBER 6**
Second Season is Continuing
- DECEMBER 25 - JANUARY 1**
PLE Closed for the Holidays



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

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



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.

OUR VISION

PrimeLife Enrichment, Inc. will be recognized in Central Indiana as a pioneering force in providing seniors access to social and clinical determinants of health as they strive to remain in their homes and lead healthy, active and productive lives.

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.

OUR CORE VALUES

STEWARDSHIP

Our fiduciary responsibility is to use our financial and human resources to deliver services that are effective, accessible and affordable.

GRATITUDE

It is an honor to serve our seniors, especially those who are struggling.

INNOVATION

We continuously strive to discover and develop ways to meet evolving needs of a growing demographic.

RESPECT

Every senior we serve has intrinsic value and deserves respect.

OPPORTUNITY

Seniors are valuable community assets and should be able to share their wisdom and creative expression for the benefit of all.

NONDISCRIMINATION

We will promote a diverse, equitable, and inclusive environment for all members, clients, staff and guests.

OUR FUNDERS

GRANT PROVIDERS

Hamilton County
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-Greiw

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF

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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

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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

To all of the PrimeLife family,

Last December, my message focused on the traditions of the holidays and my personal memories of Christmas from early childhood through adulthood. Although this is certainly a season to celebrate, so much has happened over the past year that I want to share with all of you my thoughts about the challenges and triumphs of 2023, and the outlook for 2024 and beyond.

The Challenges and Triumphs of 2023

In 1986, Author John Feinstein's book, "A Season on the Brink", hit the bookstores. As many of you remember, the book chronicled the 1985-1986 season of the Indiana Hoosiers men's basketball team. Feinstein was given unbridled access to Coach Bob Knight and the I.U. players. After posting a nonconference record of 8 wins and 2 losses, I.U. lost its first two Big 10 home games to Michigan and Michigan State. At this point, there was much wringing of hands and gnashing of teeth by many I.U. fans who were unaccustomed to seeing their team lose any games (much less two in a row) at Assembly Hall, home of the Hoosiers. In their minds, there was no doubt that the season was "on the brink". However, just when things looked the bleakest, I.U. recovered and won the next 13 out of 16 Big 10 games to finish the season with a 21-7 record heading into the NCAA tournament. Although they were unceremoniously knocked out of the first round of the tournament by unheralded Cleveland State, all agreed that the team's response to adversity made the 85-86 season one of its most memorable ever.

So what does all this have to do with PrimeLife Enrichment? At the risk of using hyperbole, these last twelve months could be called PrimeLife's season on the brink. Last January, PrimeLife Enrichment faced serious financial challenges due largely to the fact that many of our traditional funding sources had cut back on their support. Much of January's Board meeting focused on the need to develop funding alternatives to

ensure long-term sustainability for PrimeLife. Shortly thereafter, we decided to ask the Clay Township Board for financial assistance. Although the Board was unable to provide any immediate financial assistance, they were impressed with the standing-room only crowd of PrimeLife members and supporters and encouraged us to continue our efforts to find new funding sources.

Looking back now, I consider this to be the critical moment at which our efforts to secure long-term support began to gain momentum. One thing was certain. We had caught the attention of some of our community leaders. Over the next several months, our image as one of our community's best kept secrets changed dramatically. We became known as Hamilton County's foremost leader in providing social and clinical determinants of health for our seniors. This change in image and increase in public awareness did not occur over night, nor by accident. No doubt that the two town hall meetings we hosted for Carmel's city council and mayoral candidates prior to the primary election played a large role in the transformation. So did the coverage we received from our community newspaper, the Current, as well as the "Meet & Greet" event we hosted for all the Carmel city council candidates and the two mayoral candidates in mid-October, just one day after participating in a conference on aging moderated by community leader Carol Applegate. Most recently, our transportation program was featured in the Current's "55 and Better" insert which was included in all editions of the newspaper.

Outlook for 2024

In last month's newsletter, I said that PrimeLife's future is brighter than ever before. I'll say it again. While we are not completely out of the financial "woods", the outlook for the upcoming new year is much brighter thanks to all of the above events, as well as the work of our many members, staff and community leaders. No one, including me, has a crystal ball to predict the future.



GARY WAGNER
Executive Director

However, I believe the progress we've made over the last year will serve PrimeLife and all Hamilton County seniors well as we move into 2024. While being careful not to wear rose-colored glasses, I believe we have laid the ground work for what could set the stage for reaching our end-goal, namely, long-term sustainability. I also believe that our county and local government officials will be joined by one or more major stakeholders to help PrimeLife continue its mission for many years to come.

Over half a century ago, then President Nixon referred to seniors as members of the "silent majority". No longer are the seniors of Hamilton County silent. As the fastest growing demographic in Carmel and all of Hamilton County, our voices deserve to be heard. Beginning with the Clay Township Board meeting, our government officials have come to realize that it is in the community's best interest to help PrimeLife Enrichment achieve the long-term sustainability so necessary to continue its ability to meet the evolving needs of those we serve. In what form and to what degree local government and other stakeholders will partner with PrimeLife remains to be seen. I am optimistic, however, that the partnerships will be meaningful and lasting.

As 2023 draws to a close, we wish you the very best this holiday season and hope you have a happy and prosperous New Year! 2024 promises to be challenging and exciting for PrimeLife Enrichment. With your help, we will meet whatever challenges lie ahead.

---Gary

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



PLE MEMBER AND US ARMY VETERAN PAUL HERBERT TALKS ABOUT HIS HONOR FLIGHT

On October 21, 2023, CPL Paul Herbert, US Army, took an honor flight from Indianapolis to Washington, D. C. with 85 other individuals who also served their country.

Paul, a PLE member who served from 1953 to 1955 in the 10th Division Honor Guard in Korea, boarded a plane with 85 other veterans to participate in one of only four Honor Flights made annually from Indianapolis to Washington D. C..

On his flight were four veterans from World War II, six from Korea, and 76 veterans of Viet Nam. Paul served at Ft. Riley in Kansas and Ft. Polk in Louisiana with orders to protect headquarters and guard their general.

Paul's Honor Flight was a full day of activities, leaving at 4:00 am from Plainfield High School to board buses for Indianapolis International Airport and arriving back home at midnight with over 300 people waiting for them to arrive.

"At the gym in Plainfield, they greeted us with a band and an Honor Flight ceremony that included recognition of their service along with the presentation of colors and performance of TAPS," Paul said.

"We were recognized by volunteers that we had never met before saluting us, shaking our hands, and honoring us for our service. Everyone was so nice and they all volunteered their time to the program."

Their visit to our nation's capital included VIP trips to Arlington Cemetery, each war memorial and frequent stops in-between for snacks and hydrating.

"Picture 86 guys all in wheelchairs making their way through crowds

of tourists with volunteers by our side the entire day. It couldn't have been easy to schedule such an event, but every tourist, youngster, and volunteer we saw along the way was respectful and happy to show their appreciation," said Paul.

It was a "once in a lifetime" opportunity for Paul and although it was a busy day, he enjoyed every minute of the journey. One of his favorite parts was Mail Call on their way home on the plane.

"We are all sitting on the plane about half the way home, when the pilot announces 'Mail Call!' How could we have any letters? Well, our families and friends had written letters to us about our service and what each of us meant



to them. Picture a plane full of guys crying like babies as we read these letters from the people who waited for us at home. It was very powerful," said Paul, who choked up just telling the story.

Paul said that he felt very honored to have been included and to have everyone make such a fuss over each veteran and their service.

Indy Honor Flight transports WWII, Korea and Vietnam veterans to see their memorials in Washington, D.C. For free!

Indy Honor Flight is a non-profit organization created solely to



CPL PAUL HERBERT, US ARMY
KOREA - 10TH DIV HONOR GUARD



honor Indiana's veterans for their service and sacrifice. Top priority is given to the oldest veterans. Our goal is to get the most senior veterans to visit the memorials built for them before it is too late. We also give priority to terminally ill veterans.

If you, a friend or family member you know is interested in being a part of this once-in-a-lifetime experience, please have the veteran complete one of the applications at www.indyhonorflight.com.

"I will never forget that experience or the way it made me feel. What a wonderful organization," said Paul.

- Lori Raffel



PRIMELIFE ENRICHMENT'S ANNUAL CAMPAIGN HAS BEGUN

'Tis the Season for Giving!

One of the defining characteristics of the holiday season is the spirit of generosity. Whether through charitable donations, volunteering, or acts of kindness, people are inspired to give to others. The joy of giving, without expecting anything in return, is a powerful expression of the true meaning of the season.

Since membership fees account for only 15 percent of our annual budget, we depend on the generosity of members and supporters to help us maintain and enhance the programs and services that so many seniors in Hamilton County need and deserve. This is why we now ask you to consider making a charitable gift to PrimeLife Enrichment before the end of the year. To make a gift online, simply go to our website (www.primelifeenrichment.org) and click

on "Donate" under the "Support PLE" tab in the upper right hand corner of our homepage. If you received an appeal letter from us, you may return the postage-paid enclosed remittance envelope you received with your check or credit card information. Of course, you can also clip the donation and Pledge card on the backpage of this newsletter, fill it out and mail it to:

PrimeLife Enrichment
1078 3rd Ave. SW
Carmel, IN 46032

Your gift, no matter how small (or large) will be greatly appreciated and put to the best possible use.

FITNESS CLASS UPDATE

Aqua Yoga is back beginning the first week in December, Joan O'Kane will be teaching.

Aqua Yoga on Tuesdays and Thursdays will be at 1:30 pm and Janice Cates will be teaching.

Our offerings of The CLIMB, the Indiana Parkinsons Foundation exercise program with Lindsay Gately, will be expanding thanks to the generosity of Supernus Pharmaceuticals. Look for more information in January.

THE NEXT STEP NETWORK

Did you know that there is a group that provides professional services to the Senior Community here in Hamilton County and they are a new sponsor of PLE?

All of these resources are in one place for Seniors: Organizing, Financial Planning, Real Estate, Medicare/Medicaid, Staging homes for market, Reverse Mortgage, Handyman, Staying in your home longer, and more.

Help us welcome The Next Step Network and thank them for their support. If you would like additional information, please let Julie know.

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	Volleyball 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	Aquatic Yoga w/ Joan	Aquatic Yoga w/ Janice	Aquatic Yoga w/ Joan	Open Pool w/Patsy

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

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/Functional Exercise	LaBlast OR *Practice LaBlast	Toning/Functional Exercise	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 for updates



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SECOND SEASON is continuing! All seniors are welcome, it is an on-going group with room for more. Plan to attend regularly to be effective.</p> <p>DECEMBER IS:</p> <ul style="list-style-type: none"> ■ Colorectal Cancer Education and Awareness Month ■ National Drunk Driving Prevention Month ■ National Fruit Cake Month ■ Read a New Book Month ■ Seasonal Depression Awareness Month 		<p>DECEMBER LUNCH & LEARNS</p> <p>DECEMBER 6: Serenity Sr. Pets Holiday Pets (there will be animals in PLE)</p> <p>DECEMBER 13: Hannukah Jeopardy!</p> <p>DECEMBER 20: Holiday Fun with George & Kelleen</p>		<p>1</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:30 am Memory Café: Music sponsored by The Barrington</p> <p>12:15 pm Partner Bridge L</p>
<p>4</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L Not for beginners</p> <p>12:15 pm BINGO</p> <p>1:30 pm Creative Writing B</p> <p>CICOA Produce Delivery: 1-3 pm</p>	<p>5</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Needlework L</p> <p>1-3 pm Wreath-Making with Wellbrooke</p>	<p>6 My Divine Sole Foot Care call to schedule: 463-234-8918</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 pm Lunch & Learn</p> <p>12:30 pm Hand & Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Devotions w/ Jerry</p> <p>4:00 pm SECOND SEASON</p>	<p>7</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>1:00 pm Euchre L</p> <p>1:00 pm Card Making \$</p> <p></p> <p>First Day of Hanukkah</p>	<p>8</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:15 pm Partner Bridge L</p>
<p>11</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L Not for beginners</p> <p>12:15 pm BINGO</p> <p>1:30 pm Creative Writing B</p>	<p>12</p> <p>10:00 am Sanders Glen Walking Club</p> <p>11:30 am CICOA Lunch \$</p> <p>11:45 am DIVVY Lunch</p> <p>1 pm Needlework L</p>	<p>13</p> <p>10:00 am Caregiver Support Group</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Hannukah Jeopardy!</p> <p>12:30 pm Hand & Foot L</p> <p>12:45 pm Art Class \$ (later due to scheduling)</p> <p>1:00 pm Devotions w/ Jerry</p> <p>4:00 pm SECOND SEASON</p>	<p>14</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>1:00 pm Euchre L</p>	<p>15</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:30 am Memory Café: Therapeutic sponsored by The Barrington</p> <p>12:15 pm Partner Bridge L</p>
<p>18</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L Not for beginners</p> <p>12:15 pm BINGO w/ Wanda</p> <p>1:30 pm Creative Writing B</p> <p>CICOA Produce Delivery: 1-3 pm</p>	<p>19</p> <p>11:30 am CICOA Lunch \$</p> <p>1 pm Needlework L</p>	<p>20</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Holiday Fun with George and Kelleen</p> <p>12:30 pm Hand & Foot L</p> <p>NO ART CLASS TODAY</p> <p>4:00 pm SECOND SEASON</p>	<p>21</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>1:00 pm Euchre L</p> <p>2:00 pm Living with Loss for the Holidays</p> <p>First Day of Winter</p>	<p>22</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:15 pm Partner Bridge L</p>
<p>25</p> <p>Merry Christmas!</p> <p>PLE Closed for the Day</p>	<p>26</p> <p></p> <p>PLE Closed for the Day</p>	<p>27</p> <p></p> <p>PLE Closed for the Day</p>	<p>28</p> <p></p> <p>PLE Closed for the Day</p>	<p>29</p> <p></p> <p>PLE Closed for the Day</p>



CHRISTMAS WORD SEARCH

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

candles
candy cane
caroling
chimney
Christmas
cocoa
cookies
December

decorations
eggnog
elf
family
garland
gingerbread
green
greetings

Grinch
holly
joy
lights
mistletoe
ornaments
peppermint
poinsettia

presents
red
reindeer
Santa
shopping
sleigh
snowman
star

stockings
traditions
tree
vacation
winter
wreath
wonderland
yuletide

HELPFUL HACKS FOR A HEALTHY HOLIDAY SEASON

WHAT IS YOUR SELF CARE VISION FOR THE HOLIDAYS?

- Clarify your WHY to create intrinsic motivation
- Clarify your goals
- Harness the power of visualization

Help you achieve your goals

- A pre game walk through
- Visualization has been shown to:
 - ★ Reduce stress
 - ★ Improve focus
 - ★ Boost confidence
 - ★ Harness the power of visualization

Create your self care vision for the holidays

- Focus on what you want, not what you don't want
- What would you like your health and wellness to look like over the holidays?

- What parts of the holidays are most important to you?
- What would you like less of in your holidays?
- What would you like more of?
- Consider all areas of well being
- Make it yours
- Write it down

Setting Goals

- Having a vision helps you create goals that are right for you
- Think S.M.A.R.T.
- Specific, Measurable, Achievable, Realistic,
- Time bound
- Think small
- When I lift the fork to my mouth, I inhale the aroma of my food
- Before I sit down for a meal, I put my phone on silent and leave it in the other room

HEALTH SPOT

PrimeLife Enrichment Center

A goal without a plan is just a wish

- Be proactive instead of reactive
- Take time to plan
- Look at your calendar
- Figure out what you need ahead of time

Find a Holiday Partner

- Support can be:
 - ★ Emotional
 - ★ A shoulder to lean on when you're feeling discouraged
 - ★ Practical
 - ★ A friend to help you put up decorations
 - ★ Inspiring
 - ★ An online group that shares tips and recipes



Indiana University Health

DELICIOUS APPETIZERS FOR YOUR HOLIDAY EVENTS



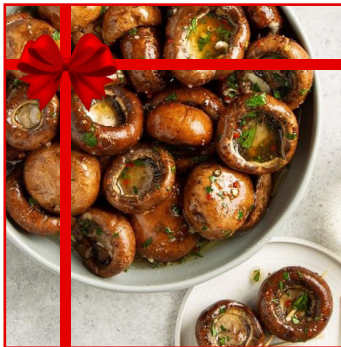
BUTTERNUT THYME TARTLETS

INGREDIENTS

2 packages (1.9 ounces each) frozen miniature phyllo tart shells
1 package (8 ounces) reduced-fat cream cheese
1-1/2 cups frozen cubed butternut squash (about 8 ounces), thawed and patted dry
1/2 cup crumbled goat cheese
1 shallot, finely chopped
1 tablespoon minced fresh thyme
1-1/2 teaspoons grated lemon zest
1/2 teaspoon rubbed sage
1/8 teaspoon salt
1/8 teaspoon ground nutmeg
1/8 teaspoon pepper
Fresh thyme leaves

DIRECTIONS

Preheat oven to 350°. Place shells in a 15x10x1-in. pan. Bake until golden brown, 8-10 minutes. Cool completely. For filling, beat cream cheese on medium speed until fluffy, about 2 minutes. Coarsely chop squash; add to cream cheese. Add goat cheese, shallot, minced thyme, lemon zest and seasonings; beat until blended. To serve, spoon about 1 tablespoon filling into each shell. Top with thyme. Refrigerate leftovers.



FAVORITE MARINATED MUSHROOMS

INGREDIENTS

2 pounds fresh mushrooms
1 envelope (0.7 ounce) Italian salad dressing mix
1 cup water
1/2 cup olive oil
1/3 cup cider vinegar
2 tablespoons lemon juice
1 tablespoon sugar
1 tablespoon minced fresh parsley
1 tablespoon reduced-sodium soy sauce
2 teaspoons crushed red pepper flakes
3 garlic cloves, minced
1/2 teaspoon salt
1/8 teaspoon pepper

DIRECTIONS

Remove mushroom stems (discard or save for another use). Place caps in a large saucepan and cover with water. Bring to a boil. Reduce heat; cook for 3 minutes, stirring occasionally. Drain and cool. In a small bowl, whisk the salad dressing mix and next 11 ingredients. Place mushrooms in a large bowl; add dressing and stir to coat. Refrigerate, covered, 8 hours or overnight.



HAM & BRIE PASTRIES

INGREDIENTS

1 sheet frozen puff pastry, thawed
1/3 cup apricot preserves
4 slices deli ham, quartered
8 ounces Brie cheese, cut into 16 pieces

DIRECTIONS

Preheat oven to 400°. On a lightly floured surface, unfold puff pastry. Roll pastry to a 12-in. square; cut into sixteen 3-in. squares. Place 1 teaspoon preserves in center of each square; top with ham, folding as necessary, and cheese. Overlap 2 opposite corners of pastry over filling; pinch tightly to seal. Place pastries on a parchment-lined baking sheet. Bake 15-20 minutes or until golden brown. Cool on pan 5 minutes before serving.

WORLD'S BEST HOT COCOA

INGREDIENTS

1/4 C unsweetened cocoa powder
1/2 C granulated sugar
1/2 tsp salt
1/3 C water
4 C whole milk
1 tsp vanilla

DIRECTIONS

In a saucepan mix the dry ingredients. Add the water and bring to a boil, keep boiling for one min. Then add the milk and heat until it's the temp you like. Take off the heat and add the vanilla, stir and serve

PERFECT 10 UPDATE - OCTOBER 2023

Wow! Look at all these Perfect 10s! **We had 99 members who visited PLE ten or more times in November.** If you don't see your name on this list, it's time to up your game. If you don't see your friend's name on this list, it's time to give them some encouragement!

Derrick Battle
Marilynn Bejin
Chris Benz
Robin Berlin
Bernice Betts
Robert Bonner
Julia Bontrager
Tom Bontrager
Hajar Borhanzadeh
Cheryl Bruin
Howard Bushman
Judy Callery
Charles Callery Jr.
Betty Carlson
Robert Compton
Stephen Corlew
Larry Creel
Janet Doner
Don Donlan

Roberta Donlan
Susan Dunlap
Jane Elgin
Nancy Ellis
Irene Engel
Raquel Fernandez
Jerry Firestone
Sandra Fortier
Jodi Friedman
Barbara Harrison
Diane Healy
Susan Hill
Jim Hodgins
Judy Hoppenrath
Ingeborg Jones
Mark Jones
Janet Knuth
Barbara LaFave
Sue Langeman

Hilda Lee
Marcia Luigs
Karen Madzellan
Michael Markland
David McRee
Janice Mihay
Philip Miller
Bill Moore
Sharon Moore
Sharon Nelligan
Betsy North
Brendan O'Shaughnessy
Greg Padgitt
Kundanbala Patel
Terri Petersen
Don PFleger
Jim Pierce
Shantha Reddy
Sarah Romanek

Connell Rutley
Don Schafer
Kent Sharp
Sandi Sidio
Helena Silva
Jeanne Simkus
Margie Sims
Sandra Skadron
Melanie Sliker
Melinda Sommer
Carol Sullivan
Janice Swartz
Esther Thomas
Judi Tobe
Jim Tremblay
Linda Tremblay
Catherine Van Dyke
Adair Vaught
Cheryl Walters



Linda Warren
Mary Anne Wignall
Caron Williams
Rose Wuertemberg

THE WINNERS:

Sandra Fortier
Tom Bontrager
Sarah Romanek

NEW MEMBERS IN OCTOBER 2023

10/25/2023 Glenda Agostino
10/30/2023 Carolyn Kitchell
10/30/2023 Teresa Gallant
10/30/2023 Melissa Nixon
10/31/2023 Allen Atz

NEW MEMBERS IN NOVEMBER 2023

11/6/2023 Mary Jo George
11/7/2023 Steve Igleski
11/7/2023 Wayne Laatz
11/7/2023 Dorothy Laatz
11/8/2023 Peggy Hampton

11/8/2023 Kim Gassman
11/16/2023 Olga Barker
11/17/2023 Dolores Bugg
11/21/2023 Nancy Reid
11/21/2023 Joan Koppy

11/22/2023 Betty Knox
11/27/2023 Bitsy Peril



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