



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JANUARY 2024

WHAT'S INSIDE

About Us	2
Center Information	3
From Our Executive Director	4
Membership Options	5
Health Spot by IU	6
What's New at PLE	7
Fitness Schedule	8
Activities and Events Calendar	9
January Word Search	10
Update on Open Enrollment	11
January Recipes	12
Perfect 10	13
New Members and Photo Gallery	14

UPCOMING EVENTS AND ANNOUNCEMENTS

JANUARY LUNCH & LEARNS

JANUARY 3:	Holly Kirsh of AH Collection New Year, New You!
JANUARY 10:	Alzheimer's Associatino Awareness
JANUARY 17:	National Sr. Games Chris Davis / Holly Schneider
JANUARY 24:	Dennis Glanders - Music
JANUARY 31:	Purdue Extension Nutrition Brenda Moster

SPECIAL EVENTS IN JANUARY

JANUARY 2:	CICOA Produce Delivery
JANUARY 10:	Caregiver Support Group sponsored by Alzheimer's Association
JANUARY 18:	CARD-MAKING



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

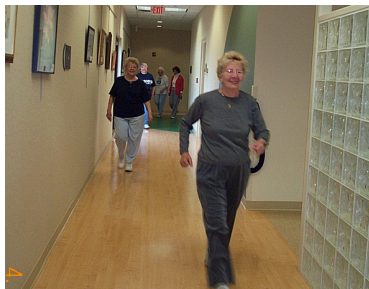
PrimeLife Enrichment Center



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.

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
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

GARY WAGNER • Executive Director
gwagner@primelifeenrichment.org

CINDY SCHEMBRE • Assistant Director
cschembre@primelifeenrichment.org

JULIE BARNES • Community Engagement and Activities Coordinator
jbarnes@primelifeenrichment.org

LORI RAFFEL • Marketing and Social Media
lraffel@primelifeenrichment.org

NIKKI VAUGHN • Transportation Coordinator
nvaughn@primelifeenrichment.org

SHEILA FISCHER • Transportation Assistant
sfischer@primelifeenrichment.org

JOHN PERKON • Facility Manager
johnperkon@msn.com

DIANNA HOPPER • Data Entry
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

To all of the PrimeLife family,

A JANUARY PERSPECTIVE

"The attraction of New Year is this: The year changes, and in that change we believe that we can change with it. It is far more difficult, however, to change yourself than turn the calendar to a new page." — R. Joseph Hoffmann

What makes January so special? After all, it's just another month on the calendar, right? Wrong! Unlike any other month on the calendar, January is not merely a change in date. It is a transition from the past year to the promise of the new year. It symbolizes a period of renewal, reflection, and the pursuit of new beginnings. Perhaps that's why so many people worldwide embrace the new year with celebrations and fireworks as they count down the seconds until midnight, New Year's Eve. Full disclosure: It's been many years since my wife and I went to any kind of New Year's Eve party. To be honest, we're lucky to stay awake long enough to watch the ball drop on Times Square. That being said, our dozing off doesn't diminish the fact that the beginning of any other month pales in comparison to that of January.

January stands alone as the month that many of us pledge to change our lives for the better. These pledges are better known as New Year resolutions. As many as three-fourths of all adults in this country will make at least one such resolution, the focus of which typically is personal development and positive change. Gym memberships (including PrimeLife memberships) surge, bookshelves fill with unread novels, and individuals embark on journeys to explore new hobbies and passions. Unfortunately only half of the folks who make resolutions keep them.

Perhaps that's why some people love this time of year and setting their New Year resolutions and others dread it. The decision to make New Year resolutions is a personal one, and individuals may have varied perspectives on the matter. In any case, if you're still contemplating whether to make your own resolutions and, if so, what they might be, here are some pros and cons you might want to consider.

PROS OF NEW YEAR RESOLUTIONS

Goal Setting and Focus: New Year resolutions provide a structured opportunity for individuals to set goals and establish a roadmap for personal and professional development.

Motivation and Inspiration: The start of a new year can energize individuals to pursue their dreams, make positive changes, and overcome challenges that may have hindered them in the past.

Self-Reflection: Resolutions encourage self-reflection as individuals assess their past achievements and setbacks and can lead to a deeper understanding of personal values, priorities, and areas in need of improvement.

Community and Support: Many people make similar resolutions, creating a sense of community and shared commitment. This shared experience can foster support networks, accountability partnerships, and a collective motivation to achieve common goals.

Cultivation of Discipline: Pursuing and achieving resolutions often requires discipline. The commitment to sticking to a plan, whether it's related to health, career, or personal relationships, can cultivate discipline and strengthen an individual's willpower.

CONS OF NEW YEAR RESOLUTIONS

Unrealistic Expectations: One of the common pitfalls of New Year resolutions is the tendency to set overly ambitious or unrealistic goals. Unrealistic expectations can lead to frustration and disappointment if individuals are unable to meet the lofty standards they've set for themselves.

Short-Term Commitment: The enthusiasm associated with the start of the new year can wane quickly. Many people find it challenging to maintain the same level of commitment and motivation throughout the entire year, leading to a decline in resolution-related activities as the months progress.

Continuous Improvement: Some individuals prefer an approach of continuous improvement rather than setting specific resolutions at a particular time of the year. They may find that making adjustments and



GARY WAGNER
Executive Director

setting goals as needed throughout the year is more effective for their personal growth.

Potential for Guilt and Stress: For some people, the pressure associated with keeping resolutions can lead to feelings of guilt and stress. This negative emotional response may be counterproductive and contribute to a cycle of abandonment and reluctance to set future goals.

Lack of Specificity: Vague or loosely defined resolutions, such as "get fit" or "save money," can be challenging to measure and achieve. Without specific and measurable objectives, individuals may struggle to track their progress and stay motivated.

Overemphasis on Timing: The concept of New Year resolutions may lead to the belief that change is only possible at the beginning of the year. This mindset can discourage people from making positive changes at other times, reinforcing the idea that resolutions are confined to a specific timeframe.

In conclusion, January stands as a gateway to the unknown, a threshold between the past and the future. New Year resolutions can be a powerful catalyst for personal growth and development, but individuals should approach them with realistic expectations, a clear plan, and a willingness to adapt. With that bit of advice, I leave you with the words of English writer Neil Gaiman:

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something."

Happy New Year!

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



COPING WITH COMMON BLADDER TROUBLES

"Urinary problems are more common in women who have had babies, but I see them in patients of all ages," says Dr. Sarah K. Colvin, MD, gynecologist at Indiana University Health. Here are three of the common complaints providers often receive, and their most likely culprit:

"I pee when I laugh."

If you leak when you laugh, cough, exercise, or bend over to pick up a heavy item, you have Stress Urinary Incontinence (SUI). While it's rare in men (affecting mostly those who have had their prostate removed) it is extremely common in women, especially after they've been pregnant and given birth, which can weaken the pelvic floor muscles that support the bladder. Weight gain, chronic constipation, or a smoker's cough, which all can put extra pressure on the pelvic floor, can also cause SUI.

Treatments range from doing Kegels to tone up the pelvic floor (that's the exercise where you clench your muscles as if you're trying to stop the flow of urine, hold for 3 seconds and release for 3; do at least 3 reps of 10 each day) to corrective surgery, which can improve symptoms in 85 percent of women, according to the American Urogynecologic Society.

"I can't make it to the bathroom in time."

Known as the "overactive bladder," urge incontinence (UI) is when you have a sudden need to pee and can't hold it in long enough to find a

Symptoms of a Urinary Tract Infection (UTI).



Problems peeing.



Fever.



Chills.



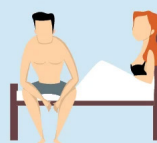
Cloudy, foul-smelling and/or dark pee.



Pain in your flank, abdomen, pelvic area or lower back.



Pain while peeing.



Pain during sex.

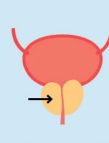
Common Causes of Frequent Urination



Diabetes.



Urinary tract, bladder and pelvic conditions.



Enlarged prostate.



Pregnancy.



Conditions that affect your brain and nervous system.



Medications.

restroom. It's often found in people who have diabetes, stroke, dementia, Parkinson's disease, or multiple sclerosis, and can also be associated with nerve damage, prostate problems, obesity, and pregnancy.

In addition to treating any underlying health conditions, UI can be managed with biofeedback (training yourself to recognize your body's pattern of leakage and adjusting your behavior accordingly), Kegel exercises, and medications; surgery is also an option.

"It burns when I pee."

Urinary Tract Infections (UTIs) affect millions of people each year, causing frequent urination with a painful, burning feeling; symptoms can also include fever, pelvic pain and bloody or cloudy urine. The infection can be in any part of your urinary tract, including kidneys, bladder, and urethra; it happens when urine, which is normally sterile, becomes infected with bacteria such as E. coli, which then multiplies in the bladder.

UTIs are treated with a course of antibiotics. To avoid getting them in the first place, be sure to drink plenty of water, which dilutes your urine and helps flush out bacteria, and practice proper bathroom hygiene (wipe front to back to avoid introducing infection-causing bacteria into the urethra).

If you are experiencing any of the mentioned conditions, be sure to talk with your doctor. They may refer you to a urogynecologist who treats bladder, bowel, and pelvic floor disorders and conditions.

Source: <https://iuhealth.org/thrive/coping-with-common-bladder-troubles>

PLE BITS AND PIECES

PLE SUNSHINE CARD CLUB FILLS A NEED FOR MANY IN THE COMMUNITY

Getting a card in the mail is one of the true delights of life these days. It means that someone is thinking about you and wants to let you know that you are not alone. That's how the PrimeLife Sunshine Card Club started in April 2020.

From the beginning, members Ann Johnson and Lisa Smith have been the heart and soul behind the PLE Sunshine Card Club, when names were given to them during COVID.

Some of those names were people who were stuck inside, then included those sick, in the hospital, in rehab, or those who had suffered a loss.

These names came from PLE staff, members, relatives of members, and those who took PLE transportation on a regular basis.

Some of you have been recipients of these lovely cards over the years, so you know how much they



(Above L to R) PLE member volunteers Lisa Smith and Ann Johnson meet monthly to complete the duties of the Sunshine Card Club.



mean to people. From day one, Ann and Lisa have not used any money from PrimeLife, but instead used donations of cards, stamps, and money given specifically to be used for making and sending cards.

UPDATES PrimeLife Enrichment Center

Since April of 2020, Sunshine Card Club has mailed 3,009 cards to those in need, and have fulfilled a need of staying close to those in the PLE family. Ann and Lisa do this on a strictly volunteer basis.

For the past two years, 480 Christmas cards have been delivered to local nursing homes to those who may not otherwise receive holiday greetings.

The Sunshine Card Club spends about \$40 a month in postage, and close to \$500 per year. All stamp denominations are accepted, along with donations of money for cards. They also accept donations of greeting cards of all kinds from members of PLE and the community.

If you have received one of these cards, then you know how important it is that we continue this wonderful service. Please think about donating stamps and/or money or cards to this valuable group.

AQUATIC FITNESS CLASSES

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

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

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am	The CLIMB	LaBlast	The CLIMB	LaBlast	The CLIMB	9:30 am Werq
10:00 am	Got Balance		Got Balance		10:15 am Strength & Flexibility	
11:00 am	LaBlast	Toning/Functional Exercise	LaBlast	Toning/Functional Exercise	LaBlast	
12:30 pm		Arthritis Foundation Exercise		Arthritis Foundation Exercise		9:00 am Pound Unplugged
1:30 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



ACTIVITIES & EVENTS

PrimeLife Enrichment Center

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  PLE is Closed	2 11:30 am CICOA Lunch \$ 1:00 pm Needlework L CICOA Produce Delivery: 1-3 pm	3 11:30 am Second Helpings Lunch * 11:45 pm Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Devotions w/ Jerry 4:00 pm SECOND SEASON	4 9:00 am Pinochle L 10:00 pm Coffee & Conversation 1:00 pm Euchre L 1:00 pm Card Making \$	5 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
8 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B	9 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1:00 pm Needlework L	10 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 \$ 1:00 pm Devotions w/ Jerry 4:00 pm SECOND SEASON	11 9:00 am Pinochle L 10:00 pm Coffee & Conversation 1:00 pm Euchre L	12 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
15 11:30 am Lunch from Majestic Care - please sign-up with Julie 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B CICOA Produce Delivery: 1-3 pm MLK DAY	16 11:30 am CICOA Lunch \$ 1 pm Needlework L	17 11:45 pm Lunch & Learn 12:30 pm Hand & Foot L 12:45 pm Art Class \$ 1:00 pm Devotions w/ Jerry 4:00 pm SECOND SEASON	18 9:00 am Pinochle L 10:00 pm Coffee & Conversation 1:00 pm Euchre L 1:00 pm Card Making \$	19 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic sponsored by The Barrington 12:15 pm Partner Bridge L
22 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO w/ Wanda 1:00 pm Creative Writing B CICOA Produce Delivery: 1-3 pm	23 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1 pm Needlework L 1:30 pm Book Club Homecoming by Kate Morton	24 11:45 pm Lunch & Learn 12:30 pm Hand & Foot L 12:45 pm Art Class \$ 4:00 pm SECOND SEASON	25 9:00 am Pinochle L 10:00 pm Coffee & Conversation 1:00 pm Euchre L 2:00 pm Living with Loss	26 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
29 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO w/ Tami 1:00 pm Creative Writing B	30 11:30 am CICOA Lunch \$ 1:00 pm Needlework L	31 11:45 pm Lunch & Learn 12:30 pm Hand & Foot L 12:45 pm Art Class \$ 4:00 pm SECOND SEASON	JANUARY LUNCH & LEARNS JANUARY 3: Holly Kirsh of AH Collection New Year, New You! JANUARY 10: Alzheimer's Associatino Awareness JANUARY 17: National Sr. Games Chris Davis / Holly Schneider JANUARY 24: Dennis Glanders - Music JANUARY 31: Purdue Extension Nutrition Brenda Moster	

WINTER

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

blizzard

December

February

fireplace

flannel

flurries

frigid

frostbite

frozen

gloves

hockey

holidays

hot chocolate

icicle

igloo

jacket

January

longjohns

mitts

scarf

shovel

skating

skiing

sleigh

slippery

snowballs

snowboarding

snowflakes

snowman

snowshoes

solstice

sweater

toboggan

whiteout

wintertime

WHAT IS THE MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD?

The Medicare Advantage Open Enrollment Period is when Medicare Advantage plan members can make changes to their existing plan or disenroll from their current plan and return to Original Medicare. It runs from January 1 to March 31.

The changes you can make during Medicare Advantage Open Enrollment are similar to those you can make during the Medicare Annual Enrollment Period. It basically gives you another opportunity to get the coverage you want and need.

How is Medicare Advantage Open Enrollment different from Medicare Annual Enrollment?

The main difference between Medicare Advantage Open Enrollment and Medicare Annual Enrollment is who can use each one. Medicare Annual

Enrollment is when anyone who has Medicare can make coverage changes for the upcoming year, while Medicare Advantage Open Enrollment is only for people who are currently enrolled in a Medicare Advantage plan.

Another difference between the two is the timing. Medicare Annual Enrollment is October 15 - December 7, while Medicare Advantage Open Enrollment is January 1 - March 31. Both happen every year.

How to get ready for Medicare Advantage Open Enrollment

Whether you recently enrolled or have had your Medicare Advantage plan for years, you can take this opportunity to confirm - or change - your plan choice. Think about your experiences using your plan and review your plan benefits. How does your

plan stack up in the following areas?

Your doctor and other providers are in the plan network.

Your prescription drugs are on the plan formulary.

You are comfortable with your costs, including premiums, deductibles, copays, and coinsurance.

You have the additional coverage that you want for things like dental, vision, and hearing care.

You are happy with your plan's additional benefits such as fitness programs, mail-order pharmacy, nurse line, and other wellness services.

If you decide to make a change, you have from January 1 - March 31 to do it. You can explore other plan options. Your new plan benefits will be in effect for the rest of the year.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

CURL UP WITH SOME COZY JANUARY COMFORT FOOD



HAWAIIAN SWEET BREAD

INGREDIENTS

2 packages (1/4 ounce each) active dry yeast
1/2 cup warm water (110° to 115°)
1/2 cup butter, softened
1 cup pineapple juice
1 cup 2% milk
7-1/2 to 8 cups all-purpose flour, divided
3/4 cup mashed potato flakes
2/3 cup sugar
1 teaspoon salt
1/2 teaspoon ground ginger
3 large eggs, room temperature, lightly beaten
2 teaspoons vanilla extract

DIRECTIONS

In a small bowl, dissolve yeast in warm water; let stand until bubbles form on surface, 5 minutes. Meanwhile, in a small saucepan, heat butter until melted. Add pineapple juice and milk and continue to heat gently until mixture reaches 110°-115°.

In a large bowl, combine 3 cups flour, potato flakes, sugar, salt and ginger. Add yeast and butter mixtures to dry ingredients; beat just until moistened. Add eggs; beat until smooth. Beat in vanilla. Stir in enough remaining flour to form a soft dough; dough will be sticky.

Turn dough onto a floured surface; with floured hands, knead until smooth and elastic, 8-10 minutes, adding more flour to surface and hands as needed. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1-1/4 hours.

Punch dough down. Turn onto a lightly floured surface; divide into thirds. Shape each into a ball. Place in 3 greased 9-in. round baking pans lined with parchment. Cover and let rise until doubled, about 45 minutes.



MELT-IN-YOUR-MOUTH POT ROAST

INGREDIENTS

1 pound medium red potatoes, quartered
1 cup fresh baby carrots
1 boneless beef chuck roast (3 to 4 pounds)
1/4 cup Dijon mustard
2 teaspoons dried rosemary, crushed
1 teaspoon garlic salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper
1/3 cup chopped onion
1-1/2 cups beef broth
Minced fresh thyme, optional

DIRECTIONS

Place potatoes and carrots in a 5-qt. slow cooker. Cut roast in half. Combine the mustard, rosemary, garlic salt, thyme and pepper; rub over roast.

Place in slow cooker; top with onion and broth. Cover and cook on low until meat and vegetables are tender, 6-8 hours. If desired, top with minced thyme.

(continued from left) Preheat oven to 350°. Bake until golden brown and internal temperature of loaves reaches 200°, 30-35 minutes, covering loosely with foil during the last 10 minutes of baking if needed to prevent tops from overbrowning. Remove from pans to wire racks to cool.



HONEY-ROASTED CHICKEN & ROOT VEGETABLES

INGREDIENTS

1 teaspoon salt
1 teaspoon pepper
1 teaspoon minced fresh rosemary
1 teaspoon minced fresh thyme
2 tablespoons olive oil, divided
1 tablespoon butter
6 boneless skinless chicken breast halves (6 ounces each)
1/2 cup white wine
3 tablespoons honey, divided
3 peeled medium sweet potatoes, chopped
4 medium peeled carrots, chopped
2 medium fennel bulbs, chopped
2 cups chicken stock
3 bay leaves

DIRECTIONS

Preheat oven to 375°. Combine salt, pepper, rosemary and thyme. In a large skillet, heat 1 tablespoon olive oil and butter over medium-high heat. Sprinkle half the seasoning mixture over chicken breasts. Add to skillet; cook until golden brown, 2-3 minutes per side. Remove and set aside. Add wine and 2 tablespoons honey to pan; cook 2-3 minutes, stirring to loosen browned bits.

Combine sweet potatoes, carrots and fennel in a microwave-safe bowl. Add remaining olive oil, seasonings and honey to vegetables; stir to combine. Microwave, covered, until potatoes are just tender, 10 minutes.

Transfer vegetables to a shallow roasting pan. Add chicken stock, wine mixture and bay leaves; top vegetables with chicken. Roast until a thermometer inserted in chicken reads 165°, 25-30 minutes. Discard bay leaves. Serve with vegetables and sauce.

...AND TO ALL A GOOD NIGHT

MORE PHOTOS
PrimeLife Enrichment Center



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

NEW MEMBERS IN NOVEMBER 2023

Karla Dodd 11/29/2023
Joan Burt 11/29/2023
Joyce Cotton 11/30/2023

NEW MEMBERS IN DECEMBER 2023

Bev Landis 12/1/2023
Laurel Toney 12/4/2023
Marta Petit 12/4/2023
Penny Scott 12/11/2023
Derek Reymier 12/15/2023



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | JANUARY 2024

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

Check out our website at
www.primelifeenrichment.org

And be sure to visit our Facebook Page:
PrimeLife Enrichment, Inc.

We are grateful for all of your support.

Come visit us at the center for a tour or call us at
317.815.7000 for more information.

DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

_____ \$1,000 _____ \$ 100
_____ \$ 500 _____ \$ 50
_____ \$ 250 _____ \$ (other)

I would like to make a monthly pledge of: \$ _____

We welcome checks, cash, Visa, Master Card
and Discover. Make check payable to: PrimeLife
Enrichment, Inc.

_____ Please send information on how I can bene-
fit PLE through my legacy/estate planning. [Note:
Check with your tax advisor re: leaving a lasting
legacy for our seniors. PrimeLife Enrichment, Inc. is a
501(c)(3) corporation.]

Name

Address

City, State, Zip

Phone

Email Address

Credit Card Number

Exp. Date

Security Code