



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | NOVEMBER 2024

Got Balance is one of our most popular classes.

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UPCOMING EVENTS AND ANNOUNCEMENTS

NOVEMBER LUNCH & LEARNS

- November 6:** Creative Writing Club Book Kick Off
- November 13:** Music from Sarah Chiado - 7 Lands Ministry
- November 20:** IU Health Geriatrics
- November 27:** Thanksgiving Music

NOVEMBER EVENTS TO REMEMBER

- November 5:** Election Day - Get out and vote!
- November 11:** Veteran's Day
- November 11-15:** VOLUNTEER APPRECIATION DAYS
- November 28-29:** PLE CLOSED for Thanksgiving

DID YOU KNOW...

Our PLE Thrift Store sent donations to those affected by Hurricane Helene?

Thank you volunteers!

 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.

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.

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.



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 FUNDERS

GRANT PROVIDERS

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

OUR SPONSORS

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



OUR DIRECTORS

Marcia Claerbout, President
Melody Cockrum, Vice President
Howard May, Treasurer
Suzanne Marks, Secretary
Stephen Gross, Past President

Michael Bratcher
Randy Gomez
Becky Henn
Dan Overbeck
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Sarah Schlifke

CENTER INFORMATION

PrimeLife Enrichment Center

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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

1078 3rd Avenue SW
Carmel, IN 46032

PHONE

317.815.7000

FAX

317.815.7008



TRANSPORTATION

TO MAKE A RESERVATION CALL:
317-815-7000, press 1 (leave message
317-343-6749 (messages returned within 2 business days.

RESERVATIONS ARE MADE BY VOICEMAIL ONLY

TRANSPORTATION

AVAILABLE - currently there is a waiting list for transportation

MONDAY - FRIDAY

8:00 AM - 3:30 PM

Schedule as early as possible, at least one week ahead.

FROM OUR EXECUTIVE DIRECTOR

PrimeLife Enrichment Center



GARY WAGNER
Executive Director

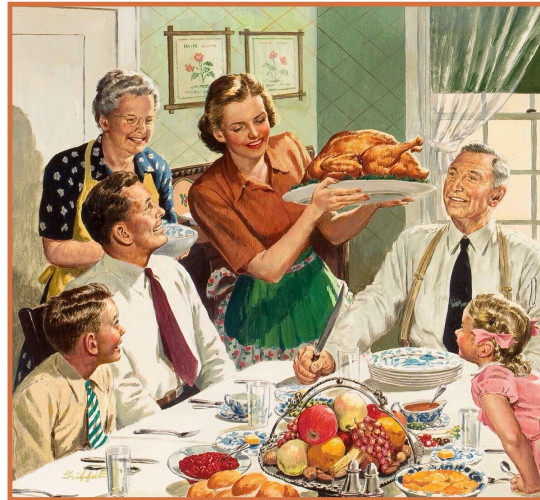
November: Time to fall back... give thanks

For many of us, turning the calendar to the month of November marks two important days of the month. One is the day to turn our clocks back in observance of Daylight Saving Time (DST). Before 2006, Indiana was one of the last states to not uniformly observe DST, leading to confusion and discrepancies within the state. The change was part of a larger effort to standardize timekeeping across the state and align with neighboring states that observed DST. Since then, Indiana has followed the same DST schedule as the rest of the United States, starting on the second Sunday in March and ending on the first Sunday in November. So make sure you turn your clocks back Saturday night, November 2nd. Otherwise you might show up at church an hour early on Sunday. You won't need to change your cell phones because they should change automatically. However, you'll probably want to reset your microwave and/or stove clock, your clock in your car, and any analog clocks you might have.

Assuming you remember to "fall back", you still may not know what time it is in every county in Indiana since Indiana is one of the few states that falls between two time zones. Most of Indiana, including all of Central Indiana, is on Eastern Standard Time. But the northwest and southwest corners of the State, are on Central Standard Time. It used to be that all of Indiana would be on the same time from November to March, because those counties on Central Standard Time left their clocks untouched throughout the entire year. The reason? They didn't observe DST unlike the rest of the State. But again, that changed in 2006 when Governor Mitch Daniels signed into law a requirement that the entire State observe DST. Ever since then, your family and friends who live in or near Evansville or Gary and surrounding communities must jump through the same "fall back" and "jump forward" hoops as we do to remain one hour behind us.

All of this is rather confusing and somewhat aggravating to me, as I imagine it is to at least some of you. Why can't all Hoosiers be on the same time throughout the entire year? And what purpose does DST really serve? Many years ago I heard or read that it had something to do with farmers who wanted an extra hour of daylight at the end of the day to complete their chores. Turns out this is hogwash (pun intended). The truth is that most farmers couldn't care less about DST. Others suggested in the early to mid-1900s that DST helped the country conserve energy. I imagine that would not be considered a particularly bright idea today (again pun intended) since Unfortunately,

there seems to be no movement on the horizon to do away with DST. So, if you're planning on driving down to Grandma's house in Evansville for Thanksgiving, or up to Auntie's place in Merrillville for a weekend visit, just remember that you'll gain an hour going there and lose it coming back home. No wonder some folks make fun of us.



Time to give thanks

Thanksgiving has always been a cherished time for family reunions in my family. While my children were young, we almost always drove down to Evansville to have Thanksgiving dinner with the in-laws. My mother-in-law was a terrific cook and always started baking the turkey sometime in the middle of the night before Thanksgiving. When the Wagner clan arrived, we were greeted with the scent of turkey and spices. The dining room would be bustling with relatives, each contributing their favorite dish—sweet potato casserole, dressing, mashed potatoes, homemade cranberry sauce, and pies that seemed to multiply as the day went on.

When it was finally time to eat, two ten-foot folding tables would be beautifully set, adorned with fall decorations—pumpkins, candles, and autumn leaves. The first bite of turkey, perfectly roasted and moist, was always a highlight. I remember the way everyone savored their favorite dishes, and the conversations that flowed easily, filled with stories and laughter. After the feast, the day would often shift to games and relaxation. I can still picture us sprawled on the couch, playing board games or watching football, the sound of cheers echoing in the background. The inevitable food coma would set in, leading to cozy naps and more stories shared among family members.

As I've grown older, Thanksgiving has evolved, but the core values remain the same. Each

year brings new faces and stories, yet the essence of the holiday—celebration, gratitude, and togetherness—remains intact. These memories are not just about the food or the festivities; they're about the connections we forge and the love we share.

November is filled with a variety of days to celebrate, ranging from well-known holidays to unique observances. Here are some notable days to celebrate in November:

1. All Saints' Day (November 1)
A Christian festival honoring all saints, known and unknown.
 2. National Sandwich Day (November 3)
Celebrating the beloved sandwich, often with promotions at various sandwich shops.
 3. Veterans Day (November 11)
A day to honor military veterans who have served in the U.S. Armed Forces, marked by ceremonies and parades.
 4. World Kindness Day (November 13)
A day to promote kindness and goodwill in communities around the globe.
 5. Thanksgiving Day (Fourth Thursday of November)
A major holiday in the U.S. for giving thanks, traditionally celebrated with family gatherings and feasting.
 6. Black Friday (Day after Thanksgiving)
A day that marks the start of the holiday shopping season, known for significant sales and promotions.
 7. Small Business Saturday (Saturday after Thanksgiving)
A day dedicated to supporting small businesses and local shops.
 8. Cyber Monday (Monday after Thanksgiving)
An online shopping event featuring deals and discounts on various products.
 9. Giving Tuesday (Tuesday after Thanksgiving)
A global day of giving that encourages charitable donations and acts of kindness.
 10. National Family Caregivers Month
A month dedicated to recognizing and supporting family caregivers.
- These days offer various opportunities for celebration, reflection, and community engagement throughout November. Whether through personal gatherings or community events, November is a month rich with chances to connect and give thanks.

MEMBERSHIP OPTIONS



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.

INSURANCE PROGRAMS

THESE PROGRAMS PROVIDE UP TO A \$20 CREDIT FOR MEMBERSHIPS:

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

YOUR FIRST CLASS FREE!

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

MEMBERSHIP OPTIONS:

BASIC MEMBERSHIP: \$20 PER MONTH

INCLUDES:

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

ENHANCED MEMBERSHIP: \$40 PER MONTH

INCLUDES ALL ABOVE, PLUS:

All land and Aquatic Fitness Classes, Revel Fitness



GETTING YOUR HIGH CHOLESTEROL AND TRIGLYCERIDES UNDER CONTROL

Lipid disorders are a group of conditions caused by abnormal levels of cholesterol or triglycerides in the blood. If you have abnormal levels of these substances, it increases your risk of heart and vascular disease.

OVERVIEW

Lipids, such as cholesterol and triglycerides, are building blocks for important processes in your body.

Cholesterol, for example, is essential to cell membrane and hormone production. But having too much cholesterol increases your risk for heart and vascular disease. Common lipids include:

- Low-density lipoprotein (LDL) cholesterol — High levels of LDL, known as “bad” cholesterol, contribute to plaque formation (atherosclerosis) along the walls of the arteries.
- High-density lipoprotein (HDL) cholesterol — Also known as “good” cholesterol, HDL helps prevent plaque formation in the arteries and should be kept as high as possible.
- Triglycerides — High levels of triglycerides, or fat in the blood, increases your risk of heart and vascular disease as well as pancreatitis.
- Lipoprotein(a) or Lp(a) — This type of LDL is genetically determined and leads to plaque buildup in the arteries.
- Apolipoprotein B or ApoB — This protein helps move cholesterol and fat around the body. Testing ApoB levels can help measure your risk for heart disease.

WHAT CAUSES LIPID DISORDERS

Many people develop unhealthy levels of certain lipids due to genetics, lifestyle choices or as a result of other health conditions. You are more likely to have a lipid disorder if you have the following risk factors:

- Modifiable risk factors, such as a lack of exercise or a heart-healthy diet

- Type-2 diabetes
- Chronic kidney disease
- Hypothyroidism (underactive thyroid gland)
- Familial hypercholesterolemia or familial hypertriglyceridemia (inherited conditions)
- A family history of lipid disorders

By keeping your lipid disorder under control, you may be able to lower your risk of heart attack, stroke and other complications.

TREATMENT OPTIONS FOR LIPID DISORDERS

Specialists can work with you and your primary care provider to identify the cause of your lipid disorder and treat even the most challenging and complex cases. It’s possible to move your lipid levels into safer ranges, even if your condition has genetic components or if it fails to respond to medications or has other complicating factors.

Counseling, education and lifestyle changes are always a part of a successful treatment plan, which often includes medications. Many risk factors for lipid disorders can be managed through lifestyle changes. These include:

- Maintaining a heart-healthy diet, which you can begin with the help of a nutritionist
- Completing regular physical activity
- Properly managing chronic conditions, such as diabetes and hypothyroidism

LIPID-LOWERING MEDICATION

A variety of medicines can reduce your LDL (“bad”) cholesterol and triglycerides. Oftentimes, a combination of therapies is a safe and effective way to bring lipids into desirable ranges. You may need to take two or more medicines to treat your lipid disorder, such as:

LDL-Lowering Drugs:

- Cholesterol production inhibitors (statins, bempedoic acid)

- Cholesterol absorption inhibitors (ezetimibe, bile acid sequestrants, plant sterols)
- PCSK9 inhibitors (injectable drugs evolocumab, alirocumab, inclisiran)
- Angiopoietin-like protein 3 (ANGPTL3) inhibitor (evinacumab)

Triglyceride-Lowering Drugs:

- Statins
- Fibrates
- Omega-3 Fatty Acids

These medicines work in different ways to treat hyperlipidemia.

CLINICAL TRIALS

There is currently extensive research into multiple medications to treat lipid disorders. There are opportunities with local hospital systems, including IU Health, for patients with lipid disorders to benefit from ongoing and cutting-edge clinical trials. One area of study currently underway is investigating therapies to address lipoprotein(a), which is a genetic risk factor for cardiovascular disease.

GENETIC TESTING

Many lipid disorders are inherited from parent to child. IU Health offers genetic testing for cardiovascular disorders or inherited cholesterol disorders in specific cases where someone has very high lipid levels or a significant family history. In these cases, genetic testing can often help diagnose a disorder and begin the process of cascade family screening, or systematically screening family members likely to have lipid disorders. Through early diagnosis and treatment, many cardiovascular complications are entirely preventable.

Source: <https://iuhealth.org/find-medical-services/lipid-disorders>

My Freedom program is a great alternative when PLE Transportation isn't available and is in cooperation with Z-trip taxicab company. Riders pay 25% of the fare, CICOA and CIRTA pay the other 75%, with a service area of Marion County and all surrounding counties. Age and destination requirements follow, but anyone may sign up with CICOA, get a fare card, fund it, and call Z-trip for reservations, even on the same day.

If you or a loved one could benefit from My Freedom transportation service, please read the eligibility and guidelines below, and complete an application to get started.

ELIGIBILITY FOR MY FREEDOM TRANSPORTATION

- Clients aged 60 years or older
- Clients of any age with ANY disability (must provide a medical verification form signed by a physician, or an active IndyGo Access Card)

WHERE CAN MY FREEDOM TRANSPORTATION TAKE YOU?

The Central Indiana counties in the My Freedom service area include Boone,



Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan and Shelby counties.

Crossing a county line or traveling within the same county in one of the seven surrounding counties adjacent to Marion County, or in Madison County.

The program cannot be used for trips entirely within Marion County; for such trips, please contact IndyGo Access at 317-635-3344.

WHAT CAN I USE MY FREEDOM FARES FOR?

This program can be used for any purpose, including but not limited to:

- Social visits with family and friends
- Church and faith community activities

- Barber or beauty salon appointments
- Medical, dental, or vision appointments
- Therapy sessions
- Dialysis treatments
- Grocery store runs
- Pharmacy visits *and more.*

WHAT IS THE COST?

Seniors and people with disabilities who use the My Freedom transportation service pay a highly discounted rate for fares, thanks to funding from CICOA, CIRTA and FTA.

Client will be required to pay 25% of the total cost of the trip.

If the pickup location is in Marion County and involves crossing one county line, the trip cost includes a \$5 pickup fee plus \$2 per mile. The system calculates the shortest mileage route. If it starts outside Marion County, there is also a variable trip charge.

An escort or personal care assistant may travel with the client at no additional cost.

Dedicated My Freedom line: 317-315-1870
Main phone number: 317-487-7777

AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Patsy	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	
9:30 am		ADVANCED AQUATIC AEROBICS w/ Lisa		ADVANCED AQUATIC AEROBICS w/ Lisa	CARDIO AND STRETCH w/ Janice
10:30 am	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	OPEN POOL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	VOLLEYBALL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne
11:30 am	ARTHRITIS FOUND. AQUATICS w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Patsy
12:30 pm	OPEN POOL w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Patsy
1:15 pm		3rd Tuesday of the month: VOLLEYBALL w/ Janice 1:15 - 2:15 pm			

LAND FITNESS CLASSES

* Instructor change on August 12.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00 am	The CLIMB w/ Lindsay	LABLAST w/ Cindy	The CLIMB w/ Lindsay	LABLAST w/ Cindy	The CLIMB w/ Lindsay	SATURDAY
10:15 am	GOT BALANCE w/ Lindsay		GOT BALANCE w/ Janice *		STRENGTH & FLEXIBILITY w/ Lindsay *	9:30 am WERQ w/ Alicia
11:00 am	LABLAST w/ Cindy	SAIL w/ Cheryl	LABLAST w/ Cindy	SAIL w/ Cheryl *	LABLAST w/ Cindy	
12:30 pm		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		SUNDAY
1:30 pm		YOGA BLEND w/ Cheryl		YOGA BLEND w/ Cheryl		9:30 am POUND UNPLUGGED w/ Sandy
EVENING CLASSES	5:30 pm DANCE FUSION w/ Kelsey		5:30 pm ZUMBA w/ Alicia	5:30 pm DANCE FUSION w/ Robby		
	6:30 pm UPLIFT w/ Sandy	6:00 pm SHINE w/ Sandy	6:15 pm POUND w/ Melissa	6:30 pm UPLIFT w/ Sandy	REVEL Classes are in Orange. For daily updates (water and land): www.brown-bearsw.com/cal/pleinstructors	

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH & LEARNS: November 6: Creative Writing Club Book Kick Off and Pre-orders November 13: Music from Sarah Chiado - 7 Lands Ministry November 20: IU Health Geriatrics November 27: Thanksgiving Music Thanks-4-giving Week November 11-15: VOLUNTEER APPRECIATION WEEK! November 5: Election Day - VOTE! November 11: Veteran's Day!				KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex	1 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
4 12 - 3 pm CICOA 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B PRODUCE FOR BETTER HEALTH NOON - 3 PM	5 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L *** VOTE *** 	6 11:30 am Second Helpings * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:45 pm Nutrition Class 5:30 pm Second Season L	7 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	8 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: INDIANA NOSTALGIA 12:15 pm Partner Bridge L	
11 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:00 pm Golden Singers 12:15 pm BINGO with Malibu Veteran's Celebration 1:00 pm Creative Writing B 	12 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L DIVVY	13 Alzheimers Assoc. Support Group L 10:00 am Lunch from Majestic Care of Carmel 11:30 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:45 pm Nutrition Class 5:30 pm Second Season L	14 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L VOLUNTEER RECEPTION 3:30 - 4:15 PM	15 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Therapeutic Activity sponsored by The Barrington 12:15 pm Partner Bridge L 1:00 pm BINGO with Corey	
 Thanks-4-Giving Week					
18 12 - 3 pm CICOA 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO with Kelsey 1:00 pm Creative Writing B PRODUCE FOR BETTER HEALTH NOON - 3 PM	19 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L 1:00 pm BOOK CLUB <i>The President's Wife</i> by Tracy Emerson Wood Sponsored by Wellbrooke of Carmel	20 11:30 am Second Helpings * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:45 pm Nutrition Class	21 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	22 11:30 am Second Helpings Lunch * 12:00 pm Memory Café GOLDEN GIRLS Thanksgiving Episode 12:15 pm Partner Bridge L	
25 10:00 am Theatre Club L 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	26 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L DIVVY	27 11:30 am Second Helpings Lunch * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B	28 PRIMELIFE IS CLOSED FOR THE DAY 	29 PRIMELIFE IS CLOSED FOR THE DAY	



HAPPY THANKSGIVING

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

BEANS
BLESSINGS
CORN
CORNUCOPIA
CRANBERRY

DINNER
FALL
FAMILY
FEAST
FOOTBALL

GRATITUDE
HARVEST
LEAVES
MAYFLOWER
NOVEMBER

PILGRIMS
PLYMOUTH ROCK
PUMPKIN
STUFFING
THANKFUL

THURSDAY
TURKEY
TURTLE ISLAND
WAMPANOAG
YAMS

A NEW SPONSOR FOR OUR CLIMB CLASSES

THE CLIMB HAS A NEW SPONSOR!

The CLIMB exercise program has a new sponsor! Please welcome The Indianapolis Rehabilitation Hospital.

HEAL, RECOVER, REJOIN THE LIFE YOU LOVE

At Indianapolis Rehabilitation Hospital at Carmel, our only job is to get you better and get you back to doing the things you need and love to do with the family and friends you care for most. Your only job is to do your best and help us help you make the most of your time in our Inpatient Rehabilitation Facility (IRF).

The Indianapolis Rehab Hospital has a fantastic team of therapists that are uniquely able to deal with Parkinsons as well as other neurological conditions. They do this by :

- Restoring range of motion
- Improving functional movement and

strength

- Improving gait training
- Increasing the safety of transfers and mobility
- Improving postural re-alignment
- Providing balance training
- Decreasing the risk for falls
- Improving activity of daily living (ADL) performance
- Improving motor planning and control
- Decreasing spasticity and tone

They are located in Carmel and are a great resource for those that are recovering from injuries and surgeries as well.

The CLIMB classes at PLE are at 9 am on Mondays, Wednesdays and Fridays.

The Indianapolis Rehab Hospital
463.333.9110
<https://www.indianapolis-rehabhospital.com/>



MOUTH-WATERING NOVEMBER APPETIZERS



SUN-DRIED TOMATO GOAT CHEESE EMPANADAS

INGREDIENTS

1 tablespoon olive oil
1 medium sweet onion thinly sliced
1 log (4 ounces) goat cheese, crumbled
1/4 cup finely chopped oil-packed sun-dried tomatoes, drained
Dough for a single-crust pie or 1 sheet refrigerated pie crust

DIRECTIONS

In a large skillet, heat oil over medium heat. Add onion; cook and stir until softened, 4-5 minutes. Reduce heat to medium-low; cook, stirring occasionally, until deep golden brown, 30-40 minutes. Remove from heat. Let cool slightly. Gently stir in goat cheese and tomatoes.

Preheat oven to 400°. On a lightly floured surface, roll dough to 1/4-in. thickness. Cut with a floured 3-in. round biscuit cutter. Place circles 2 in. apart on baking sheets. Place 1 heaping tsp. of filling on 1 side of each circle. Brush edges of pastry with water; fold circles in half. With a fork, press edges to seal. Bake until golden brown, 15-20 minutes.



CRANBERRY BRIE PECAN PINWHEELS

INGREDIENTS

1 pound Brie cheese, rind removed
1 package (17.3 ounces) frozen puff pastry, thawed
2/3 cup whole-berry cranberry sauce
1 large egg
1 tablespoon water
1/2 cup chopped pecans

DIRECTIONS

Preheat oven to 400°. Beat trimmed Brie on medium until smooth and creamy, about 5 minutes.

On a lightly floured surface, unfold 1 sheet puff pastry; spread half the Brie to within 1/2 in. of edges. Spread half the cranberry sauce over the Brie. Starting with a short side, roll up jelly-roll style. Cut crosswise into 12 slices. Place pastries on parchment-lined baking sheets. Whisk egg with water; brush over slices. Sprinkle with chopped pecans. Repeat with remaining ingredients. Bake until golden brown, 15-20 minutes.



SWEET POTATO CROSTINI

INGREDIENTS

2 tablespoons sugar
1/2 teaspoon ground cinnamon
24 slices French bread baguette (1/4 inch thick)
2 to 3 tablespoons butter, melted

TOPPING:

2 cups mashed sweet potatoes
1/4 cup chopped pecans
3 tablespoons packed brown sugar
2 tablespoons butter, melted
1-1/4 cups miniature marshmallows, halved

DIRECTIONS

Preheat oven to 375°. Mix sugar and cinnamon. Arrange bread slices on an ungreased baking sheet. Brush with butter; sprinkle with sugar mixture. Bake until lightly browned, 5-7 minutes. Remove from oven; preheat broiler.

Mix sweet potatoes, pecans, brown sugar and butter; spread over toasts. Top with marshmallows, pressing lightly. Broil 3-4 in. from heat until marshmallows are lightly toasted, 1-2 minutes.

INGREDIENTS

18 medium fresh mushrooms
1 can (6 ounces) crabmeat, drained, flaked and cartilage removed
1/3 cup mayonnaise
3 tablespoons seasoned bread crumbs
2 tablespoons grated Parmesan cheese
1 garlic clove, minced
Minced fresh parsley, optional

DIRECTIONS

Remove stems from mushrooms (discard stems or save for another use); set caps aside. In a small bowl, combine the crab, mayonnaise, bread crumbs, cheese and garlic. Stuff into mushroom caps. Place on a greased baking sheet.

Bake at 400° until mushrooms are tender, 20-25 minutes. If desired, sprinkle with parsley.



CRABMEAT STUFFED MUSHROOMS

No, not *that* talk.

The talk about when it's time to stop driving.

There is no hard and fast rule about the age someone should stop driving. Everyone is different. Most states have no age limit on driving, but seniors must take vision and written tests every two years to keep their license. In an ideal world, it would be each individual's decision when they no longer drive, but often things aren't that simple.

This is not an easy discussion and certainly the decision is never as simple. It is a traumatic to take a significant amount of independence, freedom, and control away from someone. Giving up car keys can lead to feelings of isolation, dependence on others, and a decreased ability to participate in social activities. For many seniors, driving represents the ability to manage their daily life when so many other decisions are being made for them.

My sisters and I spoke to my mom when she was diagnosed with Macular Degeneration. She was 84, my father was gone, and she drove a Mustang convertible that he had given her for her birthday. We knew she was not going to be an easy sell, but we had

to try. We were respectful as we explained how if she was in an accident, she could lose everything she owned, along with the car, and that she would never forgive herself if someone was injured or worse.

We set up a way for us to give her rides and get cabs when she needed to, but I know she felt like a burden to everyone. For my part, we went to funerals, church services, Christmas shopping, and all the other errands we run as adults. It was time spent with my Mom that I am so grateful for now.

After a few months, she agreed to not drive and it was a big relief. Until... I was in my mom's yard and the neighbor came over to chat. "I see you've gotten the Mustang out again," he said to my mom. Caught! She would not make eye contact with me, but *she* knew, and *I* knew, so I just left it there.

One Sunday morning she called me from half way to church and said "I can't drive. I can't see. Can you come and pick me up?" No preaching, no shaming, I just had my brother-in-law ride with me to pick her and the car up. She was afraid and finally ready and that's what maybe needed to happen. I don't *think* she ever drove again and after a

few years, she sold the car.

It may be time to stop driving when someone exhibits signs like frequent close calls, difficulty maintaining lane position, delayed response times, and confusion while driving. We took turns riding with my Mom to see if she was hitting curbs, driving too slowly or too fast for conditions, forgetting traffic rules, or expressing anxiety or discomfort behind the wheel.

Now it is my turn. Sometimes at night I see halos around headlights and I have trouble seeing the lane markers in unfamiliar places. Driving without my glasses is not an option, and I am no longer a whiz at parallel parking. I worry more about people pulling out in front of me and tailgating than I used to, and I fear these things will only get worse.

But, we have more options today. Uber, Lyft, transportation like PLE, MY FREEDOM and Hamilton Express, and friends and family when that's an option. When the time comes for me to stop driving, I hope I realize it and have the courage to make the right choice.

– Lori Raffel

PROGRAMS

PrimeLife Enrichment Center

WELCOME NEW MEMBERS

NEW MEMBERS SEPT 2024

Donna Christoff 10/24/2024
 Lucy Dawson 10/24/2024
 Brenda Shirley 10/24/2024

Susan VandenHeuvel 10/24/2024
 Emily Pettit 10/16/2024
 Nancy C. Childs 10/9/2024
 Sharon Murphy 10/3/2024

Lynne Martin 10/2/2024
 Debbie Bouse 9/30/2024
 Robin Spyker 9/30/2024
 Terry Lewis 9/24/2024



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