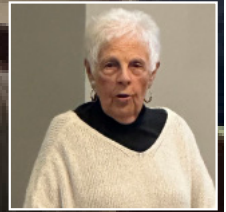




PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | NOVEMBER 2025

PLE represents at the October 6th Carmel City Council Meeting.

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UPCOMING EVENTS AND ANNOUNCEMENTS

- November 5:** Traditions of Westfield: Senior Living: Myths vs. Reality
- November 12:** IU Health: How to Manage Chronic Pain
- November 19:** Alzheimer's Association: Impact of Alzheimer's and Dementia in our Community
- November 26:** Hamilton County: Deck the Hall, Not the Landfil

PLE HOLIDAY SCHEDULE:

- Thursday, November 27 and Friday, November 28, 2025:** Closed for Thanksgiving
- Wednesday, December 24, 2025:** Closed for Christmas Eve
- Thursday, December 25, 2025:** Closed for Christmas
- Wednesday, December 31, 2025:** Closed for New Year's
- Thursday, January 1, 2026:** Closed for New Year's Day



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.

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

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



STRENGTH

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.



WELLNESS

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.



BALANCE

REVEL FITNESS PROGRAM

For more of a challenge, the Revel Fitness program is a multi-generational program that includes Zumba, Pound, LaBlast, 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

Wellbrooke of Carmel
Senior Helpers
CenterWell Senior Primary Care
Fish Window Cleaners
Commons on Meridian
Traditions of Westfield
Sunrise on Meridian
Majestic Care- October
Memory Cafe

OUR DIRECTORS

Marcia Claerbout, President
Melody Cockrum-Dixon, Vice President
Howard May, Treasurer
Suzanne Marks, Secretary
Stephen Gross, Past President
Michael Bratcher
Steven Goodin
Becky Henn
Dan Overbeck
Debbie Reimer



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johnperkon@msn.com • Ext. 219

BRENT HARTMAN • Senior Driver

CENTER INFORMATION

PLE HOURS:
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
317.815.7007

TAKE A TOUR OF PLE
**Call us to schedule
a tour Monday thru
Thursday 9 am to 2 pm**
and let us answer all
your questions.



TRANSPORTATION

TO MAKE A RESERVATION CALL:
317-815-7000, press 1, or
317-343-6794, and leave message.
Message will be returned within 2
business days.

**RESERVATIONS ARE MADE BY
VOICEMAIL ONLY**

MONDAY - FRIDAY
8:00 AM - 3:30 PM
Schedule as early as possible,
at least one week ahead.

NOVEMBER REFLECTIONS

PrimeLife Enrichment Center

It's difficult to put a label on the month of November. In some ways, it's a month of transition. In other ways, it's a month of tradition. There are some folks, I'm sure, who consider it to be just a placeholder on the calendar between October with all its fall glory and December with all its holiday trappings. By now, you might well be asking about Thanksgiving. Doesn't that make November a special month in its own right? Of course it does, but Thanksgiving usually comes near the end of November and is generally recognized as the start of the holiday season that extends all the way through New Year's day. Given this admittedly jumbled context, why not have a calendar with November ending on the day before Thanksgiving with December beginning on Thanksgiving Day?

I'm being somewhat facetious of course. I've often said that Thanksgiving is my favorite holiday second only to my wedding anniversary (assuming my wife might see this). It is far less commercialized than the two holidays before and after it, i.e., Halloween and Christmas. No one has to wear any special costume or mask. Nor wear some goofy tie or sweater with a string of flashing lights. I apologize if I have just alienated any of you who still have Halloween candy or a Christmas sweater or tie with Rudolph and his blinking red nose. In fact, I have a Christmas sweater that I enjoy wearing during the holidays. But as soon as Christmas is over, it goes back into storage for a year.

Perhaps I'm just showing my age, but in all honesty, I'm always glad when Halloween is over. In fact, it wouldn't upset me terribly if we just did away with it. In contrast, I'm always somewhat sad when another Christmas is in my rear view mirror of life. I certainly look forward to Christmas with much anticipation, if not expectation, that it will somehow match the magic of my childhood Christmases. Rarely, now that my own children are grown and out of the

house, has such been the case. I still enjoy watching holiday movies – my two favorites being “White Christmas” and “It’s a Wonderful Life!”. But they quickly go back into storage along with the artificial tree, ornaments, etc., once Christmas has come and gone. None of this is to say that Christmas and other December holidays are not special, even as one grows older. The holidays are a great time for families and friends to get together and celebrate the true meaning of those holidays. And I will always look forward to Christmas and will continue to hope that maybe next year, I'll catch Santa in the act of leaving presents under our tree.

Let's briefly switch gears and say just a few more words about November and Thanksgiving. November always seems to arrive without fanfare, even though it sets the stage for Thanksgiving and all of the following holidays in December and January. Personally, I have always enjoyed November for several reasons. One, it is truly Fall. No more false-summer days and rarely any premature snow days. And now that I live in a condominium, I don't have to worry about raking leaves. Although I made what seemed like a fair amount of money raking my neighbors' leaves when I was in Junior High, I have no desire to pick up a rake ever again. Other than the exit of hot and humid days, the one thing I enjoy the most



GARY WAGNER
Executive Director

about November is Thanksgiving. As I said above, it is my favorite holiday of the year. No costumes or masks. No gifts to buy or exchange. Very few, if any decorations to put up and take down. In short, Thanksgiving deserves much respect for remaining basically the same over many years. It is the one Holiday that has the same appeal to me now that it did when I was much younger. As a child, I always looked forward to getting together with aunts, uncles, and cousins. Today, the family members are our children and grandchildren. Just as we have done for the past several decades, we give special thanks for all of our blessings before enjoying a Thanksgiving feast that includes turkey, dressing, mashed potatoes, gravy, veggies, etc...plus my favorite dessert -- pecan pie. I'm getting hungry just thinking about it, so I'll leave you with these final words; Rather than think of November as a dreary month, think of it as a month filled with warmth, not necessarily from the fireplace, but from people you know and love. It's a great time, especially before the onset of December holidays, to slow down long enough to enjoy each other's company and to give thanks for the blessings we all enjoy. Happy November and even happier Thanksgiving!

– Gary

SPONSORSHIP SPOTLIGHT

Two Tuesdays a week, locally owned *divvy* restaurant delivers between 120 and 125 lunches to PrimeLife Enrichment. These are all donated to PLE by the co-owners of the restaurant, Woody Rider and his wife Chef Richelle Rider.

As part of the *Feeding Neighbors* program *divvy* provides meals to at risk residents such as seniors, children, and families in Marion and Hamilton counties. The meals are delivered to places like PrimeLife Enrichment as well as local church food pantries who have signed up for assistance.

"We are coordinating weekly orders for 100 recipients for three separate locations. We realize that seniors in our local community are in crisis and food pantries are struggling to keep up with demand," said Kevin Rider. "Our hope, along with our partners, is that we are able to provide a little bit of relief to our neighbors during this uncertain time."

Divvy kicked off the program on Thursday, April 23, 2020 with 100 meals

donated to Brookside Community Church through their Brookside Emergency Care Fund, which delivers food directly to families and grew from there.

Divvy restaurant, located at Carmel City Center, is owned by local restaurateurs Kevin 'Woody' Rider and Richelle Rider. The Riders also own Woodys Library Restaurant on Main Street in Carmel. Under the guidance of Chef Richelle, *divvy* organizes the meal preparation and weekly distribution.

Woody is a past "at large" member of the Carmel City Council since 2008 and served 12 years on the City Planning Commission. During his era Carmel saw massive growth and redevelopment, so the planning commission kept him busy.

Woody ran for Mayor in the November 2024 election, and even though he didn't win, he received a large portion of the vote. Since then, he has thought about ways to serve his city.

With more time on his hands, Woody plans to expand his volunteer efforts and travel with his wife, but right now he's



Kevin "Woody" Rider and his wife
Chef Richelle Rider

happy running his restaurants, charities, and spending time with his wife and dogs.

"Throughout my professional and public service career, I've always been motivated by serving people," Rider said. The *divvy* lunch delivery to PrimeLife is just one of his many missions.

Thank you, Woody and Richelle for your selfless efforts to serve the seniors of our community. — Lori Raffel

UNDERSTANDING OSTEOPOROSIS: A GUIDE FOR ADULTS 55 AND OLDER

HERE'S WHAT TO KNOW

As we age, maintaining bone health becomes increasingly important. Osteoporosis, a condition characterized by weakened bones and an increased risk of fractures, affects millions of people worldwide, particularly those over 55. Understanding osteoporosis, its causes, risk factors and preventive measures can help you maintain a healthy and active lifestyle.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a progressive bone disease that occurs when the creation of new bone doesn't keep up with the removal of old bone. This imbalance leads to bones becoming porous, brittle and more susceptible to fractures. Common fracture sites include the hip, spine, shoulder and wrist, which can significantly impact mobility and quality of life.

RISK FACTORS

Several factors increase the risk of developing osteoporosis, including:

1. **Age:** Bone density naturally decreases with age.
2. **Gender:** Women are more likely to develop osteoporosis, especially post-menopause due to a drop in estrogen levels.
3. **Family history:** A family history of osteoporosis or fractures can increase risk.
4. **Body frame size:** Individuals with smaller, thinner frames have a higher risk because they have less bone mass to draw from as they age.
5. **Lifestyle factors:** Sedentary lifestyle, excessive alcohol consumption, excessive caffeine consumption, smoking and poor nutrition can contribute to bone loss.

SYMPTOMS

Osteoporosis is often called a "silent disease" because it progresses without obvious symptoms until a fracture occurs. However, some signs can include:

- Back pain, caused by a fractured or collapsed vertebra

- Loss of height over time
- A stooped posture
- Bone fractures that occur more easily than expected

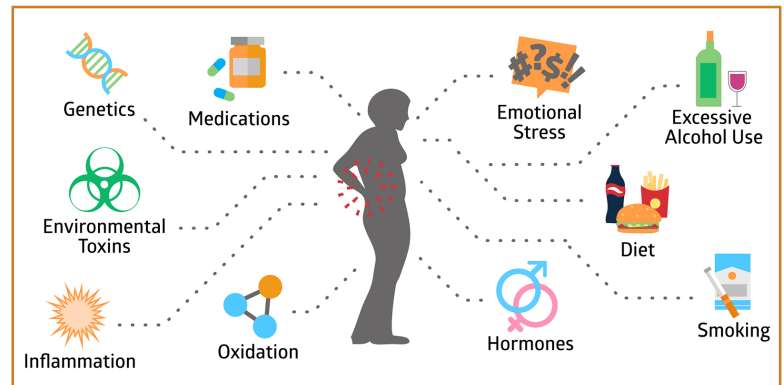
DIAGNOSIS

Diagnosing osteoporosis typically involves a bone density test called a DEXA scan (Dual-Energy X-ray Absorptiometry). This test measures bone mineral density (BMD) and helps to predict the risk of fractures.

PREVENTION AND MANAGEMENT

While some risk factors like age and genetics are beyond control, there are several strategies to help prevent and manage osteoporosis:

1. **Nutrition:** Ensure a diet rich in calcium and vitamin D. Dairy products, leafy greens and fortified foods are excellent sources. Vitamin D, which helps the body absorb calcium, can be obtained from sunlight and certain foods or supplements.
2. **Exercise:** Engage in regular weight-bearing and muscle-strengthening exercises. Activities like walking, jogging, dancing and lifting weights can help maintain bone density.
3. **Lifestyle choices:** Avoid smoking and limit alcohol consumption. Smoking accelerates bone loss, and excessive alcohol can interfere with the body's calcium balance.
4. **Medications:** In some cases, doctors may prescribe medications to help strengthen bones. Bisphosphonates, hormone-related therapy and other medications can slow bone loss and increase bone density.
5. **Fall prevention:** Reduce the risk of falls by ensuring your living environment is safe. Use assistive devices if necessary, improve home lighting and remove tripping hazards.



LIVING WITH OSTEOPOROSIS

For those diagnosed with osteoporosis, managing the condition involves a combination of medical treatment and lifestyle adjustments. Regular check-ups with a healthcare provider are crucial to monitor bone health and adjust treatment plans as needed. Support groups and education programs can also provide valuable resources and emotional support.

Osteoporosis is a significant health concern for adults over 55, but with the right knowledge and proactive measures, its impact can be minimized. By understanding the risk factors, symptoms, and preventive strategies, you can take steps to protect your bone health and maintain an active, independent lifestyle. Prioritize regular screenings, a balanced diet and an active lifestyle to keep your bones strong and reduce the risk of osteoporosis.

If you have questions or would like to speak with an IU Health expert, visit iuhealth.org/joints or call 317.944.9400.

Written by Hannah Mies, orthopedic surgery nurse practitioner at IU Health Fishers Osteoporosis Clinic.

November 12th Lunch & Learn:

Pallavi Shinde, IU Health physical therapist and therapeutic pain specialist, will be speaking about pain management and how to cope with chronic pain as we age. Come prepared to learn and bring any questions you have!

SENIOR EVENTS AROUND TOWN

\$10 SENIOR CONCERTS

Did you know that Indiana Wind Symphony has \$10 Senior Tickets available for concerts at the Palladium?

The concerts are usually one Sunday a month from 4-6 pm and feature the entire ensemble playing under the direction of Jay Gephart.

Upcoming concerts include:

November 9, 2025 - 4 pm

With Hearts of Gratitude

featuring pieces that recognize the Harvest Season and Thanksgiving.

December 7, 2025 - 4 pm

Sleigh Bells and Snowflakes

featuring Holiday songs from around the world.

Purchase tickets at
IndianaWindSymphony.org or
TheCenterPresents.org

FREE EVENTS FOR SENIORS IN NOVEMBER

Saturday, November 1, 2025 - 10 am

Model Railroad Meet

Carmel Clay Public Library
425 East Main Street - Carmel

November is National Model Railroad Month! Come see amazing operating model trains and miniature circus trains at this all-ages event. Admission is free, and no registration is required.

Sunday, November 2, 2025 - 2 pm

Rage Crafting

Carmel Clay Public Library
425 East Main Street - Carmel

Come join us for some community, chatting, and crafting. Please bring your own supplies. All crafts are welcome, but we must protect the library's

Thursday, November 13, 2025 - 2 pm

Behind the Book

Carmel Clay Public Library
425 East Main Street - Carmel

Bestselling author Karen White shares her new book "The Lady of Esplanade." Registration is required for this free author event.

Tuesday, December 9, 2025 - 10 am

Sip n Stitch

Carmel Clay Public Library
425 East Main Street - Carmel

A casual craft group for adults. Work on

SENIOR LIFESTYLES

PrimeLife Enrichment Center

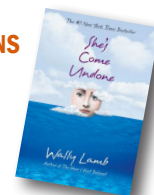
your current craft project while enjoying coffee and community. No registration required.

RECENT BOOK CLUB SELECTIONS

Oprah's Book Club:

She's Come Undone

by Wally Lamb



Reese Witherspoon
Book Club:

Sankofa

By Chibundu Onuzo



Jimmy Fallon Book Club

My Friends

by Fredrik Backman



Stephen Colbert Book Club

People Like Us


by Jason Mott



AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	EARLY AQUATIC AEROBICS Instructor: Lisa	EARLY AQUATIC AEROBICS Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Betsy	EARLY AQUATIC AEROBICS Instructor: Lisa	
9:30 am		ADVANCED AQUATIC AEROBICS Instructor: Lisa	AQUA ZUMBA Instructor: Ali	ADVANCED AQUATIC AEROBICS Instructor: Lisa	
10:30 am	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne	OPEN POOL Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne	VOLLEYBALL Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne
11:30 am	ARTHRITIS FOUNDATION AQUATICS Instructor: Betsy	ARTHRITIS FOUNDATION AQUATICS Instructor: Patsy	ARTHRITIS FOUNDATION AQUATICS Instructor: Jeanne	ARTHRITIS FOUNDATION AQUATICS Instructor: Barb	ARTHRITIS FOUNDATION AQUATICS Instructor: Patsy
12:30 pm	OPEN POOL Instructor: Betsy		OPEN POOL Instructor: Patsy	OPEN POOL Instructor: Barb	OPEN POOL Instructor: Patsy

LAND FITNESS CLASSES


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	The CLIMB Instructor: Lindsay	DANCE FEVER Member Lead	The CLIMB Instructor: Lindsay	ZUMBA GOLD TONING Instructor: Ali	The CLIMB Instructor: Lindsay
10:00 am	GOT BALANCE Instructor: Lindsay		GOT BALANCE Instructor: Betsy		STRENGTH & FLEXIBILITY Instructor: Lindsay
11:00 am	DANCE FEVER Member Lead	SAIL Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL Instructor: Betsy	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: Betsy	REVEL Classes are in Orange. For daily updates (water and land): www.brown-bearsw.com/cal/pleinstructors OR scan this code:
1:30 pm		YOGA BLEND Instructor: Vicki		YOGA BLEND Instructor: Vicki	
EVENING CLASSES	5:30 pm DANCE FUSION Instructor: Kelsey		5:30 pm ZUMBA Instructor: Alicia		
	6:30 pm UPLIFT Instructor: Sandy	6:00 pm SHINE Instructor: Sandy	6:15 pm POUND Instructor: Melissa	6:30 pm UPLIFT Instructor: Sandy	



November

2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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 CICOA PRODUCE FOR BETTER HEALTH • 10:00 AM - 1:00 PM	4 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	5 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	6 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ Noon-3pm Excursion Thursday Newfields 12:30 pm Card-Making \$ 1:00 pm Euchre L	7 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 2:30-4:00 pm Memory Café Majestic Care
10 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	11 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM THANK YOU VETERANS	12 10:00 am Alzheimers Assoc. Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	13 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	14 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 1:00 pm BONUS BINGO sponsored by Sunrise on Old Meridian
17 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 CICOA PRODUCE FOR BETTER HEALTH • 10:00 AM - 1:00 PM	18 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 12:45 pm S.A.F.E. Tour 1:00 pm Needlework B	19 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	20 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 12:15-2:30pm Excursion Thursday CenterWell 12:30 pm Card-Making \$ 1:00 pm Euchre L	21 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 2:30-4:00 pm Memory Café
24 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	25 11:30 am CICOA Lunch \$ 1:00 pm Needlework MP Sponsored by Wellbrook of Carmel 1:30 pm Book Club B DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM	26 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	27 28  PLE IS CLOSED FOR THE DAY	

LUNCH & LEARNS

- November 5:** Traditions of Westfield: Senior Living: Myths vs. Reality
- November 12:** IU Health: How to Manage Chronic Pain
- November 19:** Alzheimer's Association: Impact of Alzheimer's and Dementia in our Community
- November 26:** Hamilton County: Deck the Hall, Not the Landfill



KEY:

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

THANKSGIVING WORD SEARCH



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

Blessings
 Corn
 Cornucopia
 Cranberry

Family
 Feast
 Gather
 Gratitude

Harvest
 Indians
 November
 Pilgrims

Pumpkin Pie
 Stuffing
 Sweet Potatoes
 Thanksgiving

Tradition
 Turkey

IT'S NOT A SIGN OF WEAKNESS

Several years ago, I had a boss who regularly yelled at his staff and when he yelled at me he would say "So now I guess you're gonna cry." It was hurtful, but after working with me for many years, he knew he was probably right. I did cry sometimes. One day when I was particularly frustrated about a complex project, he listened to me vent - a few tears were shed - and his response was "Suck it up, Buttercup."

Yes, it was harsh, but I repeat that phrase to myself sometimes when things get difficult. I used to cry much more than I do now. I cried when I was sad, but also when I was angry or frustrated, and when I felt very passionate about something - like theatre and animals.

I have since found out that I am not the only one who reacts this way and some people (including my ex-boss) may never understand that. Thanks to high doses of antidepressants, I don't/can't cry that much anymore and when I do, it usually hits me when I least expect it and is over quickly.

In many ways, I miss being able to cry because it is so cathartic. Crying frees pent-up emotions, releases endorphins, and generally helps reduce stress.

The last time I truly cried was when my mother died, and it was a no-holds-barred sobbing and it seemed to last forever. Afterward I was exhausted both physically and mentally and I remember feeling somehow refreshed. I can remember friends at the time saying "Oh, don't cry," - I'm sure they wanted to be helpful, but it certainly didn't make me feel better.

Pointing out people who cry or asking them to stop sends the message that their emotions are wrong or not acceptable. It can also encourage suppression, so instead of dealing with emotions, people are taught to hold it all inside and not bring attention to themselves or how they feel.

Men who cry are sometimes called out by society and encouraged to "suck it up" or "be a man," when it really is so much more healthy to just let those tears come. I hope our society is past assigning a stigma to males who cry, because those are some of

COMMENTARY

PrimeLife Enrichment Center

the most well-rounded and mature men I know.

It has taken me years to learn that crying doesn't mean I am overly sensitive and it certainly isn't a symptom of my emotions being out of control. Instead it is the start of the mending process. For me, there must be tears before there is true healing.

My mother cried more as she got older - or maybe let me see her cry more as I got older. I think this was a result of her growing more self-aware, along with experiencing so much loss and change as she aged.

I don't like it in crime shows when people say "She wasn't crying and sure didn't look like she had just lost her husband," or "He didn't act like his wife was just murdered." Does anyone know what that looks like? Each person is different. Some cry immediately during trauma, some are in shock, and sometimes our bodies take over and tell us to put this experience in a box and not to open it until you're ready.

- Lori Raffel

UNIQUE THANKSGIVING SIDE DISHES TO SERVE OR BRING TO THE BIG DINNER



MASHED POTATO CASSEROLE

INGREDIENTS

Casserole

- 1/2 cup (1 stick) salted butter, melted
- 1 (16-oz.) container sour cream
- 1 (1-oz.) envelope onion soup mix
- 4 lb. russet potatoes, peeled
- 1 cup heavy cream, warmed
- 1 lb. bacon, cooked and crumbled
- 8 oz. monterey jack cheese, shredded
- 1/2 cup lightly crushed crispy fried onions
- 1 1/2 tsp. kosher salt

Topping

- 1 cup lightly crushed crispy fried onions
- 1 cup lightly crushed kettle cooked potato chips with sea salt
- 1/4 cup grated parmesan cheese (1 oz.)

DIRECTIONS

Preheat the oven to 375°F. Generously butter a 13-by-9-inch baking dish.

In a small bowl, stir together the sour cream and onion soup mix. Refrigerate while you prepare the potatoes.

Place the potatoes into a large pot and cover them with cold water by 1 inch. Bring the water to a boil over high heat and cook until the potatoes are fork tender, 20 to 25 minutes.

Drain the potatoes and mash until there are no visible lumps. Add the prepared onion dip, melted butter, heavy cream, bacon, monterey jack cheese, fried onions, and salt, and stir to combine. Transfer the mashed potatoes to the prepared baking dish, spreading them evenly.

For the topping: In a small bowl, stir together the fried onions, potato chips, and parmesan. Sprinkle the mixture evenly over the top of the mashed potatoes. Bake until bubbling and browned, 15 minutes.



BROCCOLI CHEESE AND CRACKER CASSEROLE

INGREDIENTS

- 3 sleeves round Ritz crackers
- 3 lb. broccoli, cut into florets
- 2 lb. Velveeta cheese
- 1/2 cup milk
- 1/4 cup heavy cream
- Kosher salt and black pepper, to taste
- 1/4 tsp. cayenne pepper
- 1 Tbsp. dijon mustard (optional)

DIRECTIONS

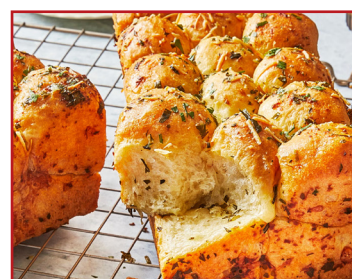
Preheat the oven to 350°F. Place the crackers in a large plastic, zip-top bag and crush slightly, leaving some large chunks. Set aside.

Plunge the broccoli into boiling water and allow to boil for 1 minute. Strain and set aside.

Cut the Velveeta into chunks. Throw it into a large pot with the milk, cream, salt, pepper, and cayenne. Melt, stirring occasionally, until totally smooth. Stir in the Dijon mustard, if using.

Add the broccoli to the cheese sauce, then add half the cracker crumbs. Stir to combine, then pour the mixture into a buttered 13-by-9-inch baking dish. Top with the remaining cracker crumbs, then sprinkle the top generously with black pepper.

Bake until the top is golden brown and the casserole is bubbly, 15 to 20 minutes.



PULL-APART GARLIC BREAD

INGREDIENTS

For the Dough:

- 1/4 cup warm water (about 110°)
- 1 Tbsp. active dry yeast
- 1 1/2 Tbsp. granulated sugar
- 1 cup whole milk, warm (about 110°)
- 2 large eggs, beaten
- 1 3/4 tsp. kosher salt
- 1 cup unsalted butter, melted
- 5 cups bread flour
- 1/2 cup unsalted butter
- 8 garlic cloves, grated
- 1 tsp. kosher salt
- 1/4 cup shredded parmesan cheese

DIRECTIONS

Whisk together water, yeast and 1/2 tsp of the sugar in a small bowl. Let stand 5 minutes. Beat the milk, eggs, salt, butter, yeast mixture, and remaining 1 tsp of the sugar on medium-low in the bowl of a stand mixer fitted with a dough hook attachment. Beat the dough until smooth and elastic, 6 to 8 minutes. Transfer the dough to a lightly greased bowl and cover tightly with plastic wrap. Let stand 1 to 1 1/2 hours.

For the garlic butter, combine the butter, garlic, and salt in a small saucepan. Heat over medium-low heat, stirring occasionally, until the butter is melted.

Lightly grease 2 loaf pans. Divide the dough into 40 pieces; shape into balls. Roll dough balls in the garlic butter and arrange in the bottom of the prepared loaf pans. Sprinkle with parmesan. Cover the pans with plastic wrap and let rise 1 hour. Preheat the oven to 350° during the last 20 minutes of rise time. Bake until the tops are golden brown 35 to 40 minutes.



SAVE THE DATES!

NOVEMBER 2025

WED 05

MYTHS VS REALITY

TRADITIONS of WESTFIELD

WED 12

Ψ HEALTH

CHRONIC PAIN MANAGEMENT

WED 19

DEMENTIA IN OUR COMMUNITY

ALZHEIMER'S ASSOCIATION Greater Indiana Chapter

WED 26

HAMILTON COUNTY
HAZARDOUS WASTE CENTER

DECK THE HALLS NOT THE LANDFILL

LUNCH & LEARNS
11:45 - 12:15
MAIN ROOM



- PLE HOLIDAY SCHEDULE:**
- Thursday, November 27 and Friday, November 28, 2025: Closed for Thanksgiving
 - Wednesday, December 24, 2025: Closed for Christmas Eve
 - Thursday, December 25, 2025: Closed for Christmas
 - Wednesday, December 31, 2025: Closed for New Year's Eve
 - Thursday, January 1, 2026: Closed for New Year's Day

PROGRAMS

PrimeLife Enrichment Center

NEW MEMBERS

W E L C O M E N E W M E M B E R

9/25/2025	Sharon Huter	10/2/2025	Rosa Lozano	10/8/2025	Shirley Hamblen	10/14/2025	Tamera Bushman
9/25/2025	Steven Huter	10/2/2025	Arline Morrow	10/8/2025	Robert O'Brien	10/14/2025	Sharon Spacke
9/26/2025	Chuck Shea	10/2/2025	David Morrow	10/12/2025	Janet Bolin	10/16/2025	Stephen Lenahan
9/26/2025	Susan Shea	10/3/2025	Norma Cameron	10/13/2025	Ronald Rothrock	10/16/2025	Cynthia Morgan
10/1/2025	Usha Shah	10/3/2025	Rick Taylor	10/13/2025	Paula Sue Schwartz		



PLE needs YOU! Would you like to volunteer at the Front Desk? Answer phones, greet members, assist with Thrift Store purchases, and be generally helpful? We would love to have your smile be the first thing visitors see. If you are interested in volunteering for a few hours one day of the week, contact Sheila Fischer!



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

PLE SENIOR NEWS | NOVEMBER 2025

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 benefit PLE
through my legacy/estate planning. [Note: Check with your
tax advisor re: leaving a lasting legacy for our seniors. Prime-
Life Enrichment, Inc. is a 501(c)(3) corporation.]

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