



PRIMELIFE

ENRICHMENT

OCTOBER 2026



FIRST ANNUAL PRIMELIFE ENRICHMENT RAISE THE PADDLE EVENT

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**Thank you everyone
for your generosity
in support of PrimeLife**

PLE By The Numbers - Monthly



~1,000
Rides Provided



2,600+
Meals Served



65+
Activities



184
Fitness Classes



4,000+
Member Check-Ins



75+hours
Volunteers



Approximately 85% of our clients for whom we have age information fall into the highly vulnerable age range of 65 to 85+



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



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.



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
Hamilton County Community Foundation
City of Carmel
CICF

OUR SPONSORS

CenterWell
Commons on Meridian
Fish Window Cleaners
Heritage Woods of Noblesville
IU Health
Sunrise on Meridian
Traditions of Westfield
Wellbrooke of Carmel

OUR BOARD OF DIRECTORS

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

MONDAY - FRIDAY

8:00 AM - 3:00 PM

EVENING CLASSES

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

TRANSPORTATION

M-F - 8 AM - 3:30 PM

RIDE REQUESTS/CANCELLATIONS
please call (317) 343-6794
or email transportation@primelifeenrichment.org

SLOANE THOMPSON

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rberlin@primelifeenrichment.org

PLE HOURS:**MONDAY - FRIDAY**

8:00 AM - 3:00 PM

EVENINGS

Revel classes only.

CONTACT US:**MAIL:**

1078 3rd Avenue SW
Carmel, IN 46032

EMAIL:

info@primelifeenrichment.org

PHONE: 317-815-7000

PrimeLife is Hiring: If you know anyone interested in driving for PrimeLife, contact Mark Gross.

MEMBERSHIP OPTIONS**BASIC MEMBERSHIP:**

\$25 PER MONTH

INCLUDES:

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

ENHANCED MEMBERSHIP:

\$50 PER MONTH

INCLUDES:

All of the above, plus all Land, Aquatic and Revel Fitness Classes

INSURANCE PROGRAMS

Proof that you are in these programs equals a \$25 credit toward either membership:

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

This month, I'm sharing a tool I learned of in the past few years – the Feelings Wheel. Before you stop reading – because you think feelings are goofy or not something you particularly like to think about – I encourage you to give this just a little bit of consideration.

Admittedly, I'm a "feelings" person. However, I had no idea until pretty recently just how many different feelings there are ... and quite honestly, how helpful it can be to pay attention to them. This has been especially true when I'm having a hard time ... or even when I want to express appreciation to someone.

The main purpose of a Feelings Wheel is to help people describe their feelings with more accuracy, which can then help us decide what we may want to do once we better understand what we're feeling. Most people have three words for how they feel – Good, Bad, Fine. This is because nobody ever taught us, or handed us, a bigger list.

If you do some research on Feelings Wheels, you will find slight variations though most have seven core emotions – Happy, Sad, Angry, Calm/Peaceful, Surprised, Afraid ... the seventh one varies among Disgusted/Ashamed/Powerful. No Feelings Wheel that I've seen covers every emotion. Even so, I've found my understanding of the range of emotions has expanded a great deal since learning about Feelings Wheels.

HOW TO USE A FEELING WHEEL

1. Pause and notice that you are feeling something, without judging it
2. Pick the Core Emotion at the center that feels closest
3. Read outward on the wheel from that Core Emotion and try each word on
4. Land on the most accurate word you can find, then ask what that feeling needs
5. If two feelings are true at once, which is common, name both

WHY NAMING THE FEELING HELPS

- It shrinks an overwhelming blur into something specific and workable
- Different emotions call for different responses; for example, sadness may want comfort, anger may want a boundary
- Naming feelings is linked to calmer reactions – our brains' regulatory functions kick in to help us regulate our emotions as soon as we put a word to our emotion
- It makes feelings easier to communicate to people who can help

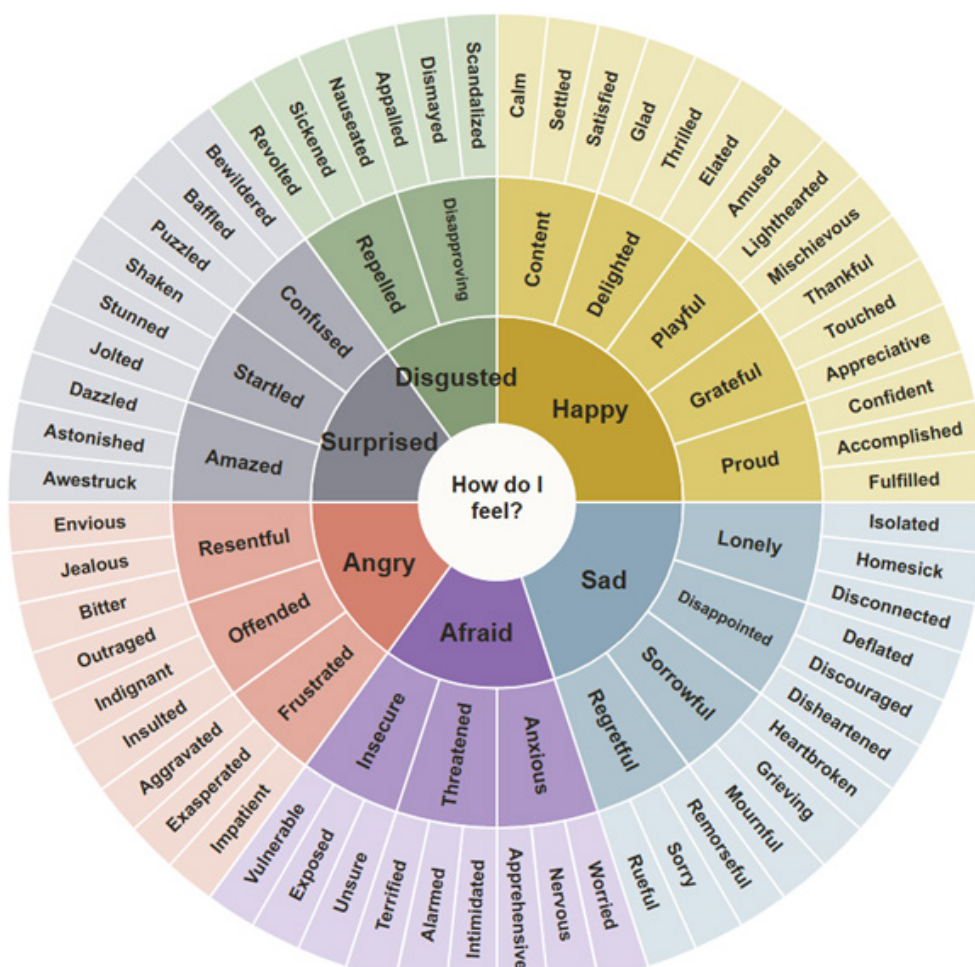


SLOANE THOMPSON
Executive Director

Since life is full of ups and downs, I've been finding it more and more helpful to be aware of my feelings, and name them, so that I can decide what, if anything, I want to do once I know what I'm actually feeling. As we head into the seasons of shorter days, colder weather and holidays, you may find yourself feeling a lot of different emotions. Perhaps looking at a Feelings Wheel like the one I've included here will be helpful.

Feeling immense gratitude always for our wonderful PrimeLife community,

– *Sloane*



Thank you to Benjamin Gallant, son of PrimeLife member Teresa Gallant, for his generosity in tuning our piano at no cost.

Benjamin is in Sales & Service at Piano Solutions, so please be sure and contact him for all your music needs.



575 W. Carmel Drive
Carmel, IN 46032

Benjamin@PianoSolutions.net
www.pianosolutions.net

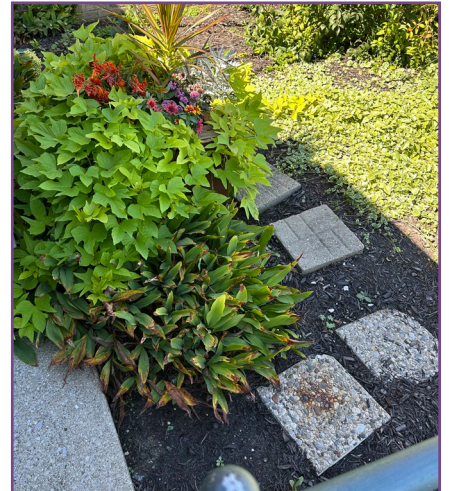
As a courtesy to all members, please play the piano ONLY during these designated times.

Mon & Wed: 1:30 pm to 2:30 pm
Tues & Thurs: Noon to 12:30 pm
Fri: 12:30 pm to 1:30 pm



PrimeLife's very own Master Gardner, Mimi, comes through for us once again by adding brick pavers to the landscaping under our outdoor bench.

Thank you to Mimi for making this area safer and more user-friendly for everyone who drops by our PrimeLife front door.



Common myths about the flu can make you question decisions, treatment and symptoms when you or a loved one need care. Understanding what's fact or fiction and knowing the best options for care, can help you and others stay well or feel better when illness strikes. Read the following flu myths and understand the facts as you navigate flu season.

“HEALTHY PEOPLE DON'T NEED THE FLU VACCINE.”

False. The flu vaccine is recommended for everyone six months and older, regardless of overall health. While certain groups—such as young children, older adults and those with underlying conditions—are at higher risk for complications, healthy individuals can still contract and spread the virus. Vaccination reduces the risk of severe illness and helps prevent the spread of flu within communities.

Flu vaccinations are available at IU Health Primary Care offices, Urgent Care locations, and many pharmacies. Getting vaccinated in early fall before peak flu season offers the best protection, but it's not too late to get a flu shot if flu viruses are circulating in your community.

“THE FLU VACCINE CAN CAUSE THE FLU.”

No, the flu vaccine cannot cause the flu. The vaccine contains either an inactivated virus or a small protein designed to help the immune system recognize and fight the flu. While some individuals experience mild side effects, such as a sore arm or low-grade fever, these are signs of the

immune system building protection, not flu infection.

“AVOIDING FOOD HELPS RECOVER FROM THE FLU.”

This is also false. The idea of “starving a fever” is a misconception. The body requires adequate nutrition to fight infections. Eating small, nutritious



Indiana University Health

“A TEST IS NECESSARY TO DETERMINE WHICH VIRUS IS CAUSING SYMPTOMS.”

This is not true. While testing may be useful in certain situations, most mild respiratory illnesses do not require a confirmed diagnosis to manage symptoms effectively. The flu, cold, COVID-19 and other viral infections often present with similar symptoms, and most treatment options focus on symptom management rather than identifying the specific virus.

For severe symptoms or individuals at higher risk of

complications, seeking medical guidance is recommended.

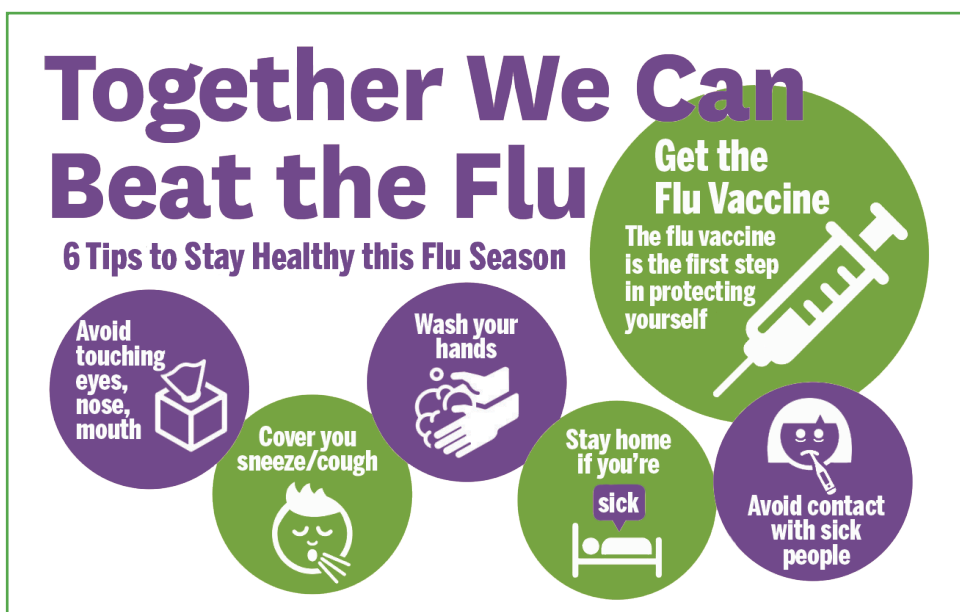
WHERE TO GO FOR FLU CARE

Mild symptoms can often be managed at home with rest and hydration, but On-Demand Virtual Visits are available to determine the right treatment path with convenient access to a provider from the comfort of home.

Moderate symptoms or uncertainty about next steps may warrant a visit to an IU Health Urgent Care location, open 7 days a week, including holidays.

Severe symptoms, such as difficulty breathing or a persistent high fever, require immediate medical attention. High-risk individuals should seek care promptly if symptoms worsen.

Source: IU Health Thrive – <https://iuhealth.org/thrive/common-myths-about-the-flu-debunked>



meals throughout the day when possible and drinking enough fluids to prevent dehydration are the best approaches when managing flu symptoms.

If you aren't sure if you need medical attention, an IU Health On-Demand Virtual Visit provides quick access to a provider from home.

“THE FLU CAN BE TREATED WITH ANTIBIOTICS.”

This is false. The flu is caused by a virus, and antibiotics are only effective against bacterial infections. Taking antibiotics unnecessarily does not help and may contribute to antibiotic resistance, reducing effectiveness when truly needed.

Treatment for the flu focuses on symptom relief. In some higher risk cases, antiviral medications may be prescribed, but they are most effective when taken within the first 48 hours of symptom onset.

Heartfelt thanks to you, Prime Life Enrichment members, staff, and all inclusive; FRIENDS. My gratitude extends to each and every one of you for your generous financial donations and prayerful support contributing to the success of the Fifth Annual REMEMBER OFFICER NOAH Car and Motorcycle Show, which took place on September 12. This annual event is the primary fundraiser for Noah's foundation. All proceeds benefit THE REMEMBER OFFICER NOAH FOUNDATION, Honoring NOAH'S LEGACY through:

- Programs supporting children in the community he served
- Protective, life-saving equipment for law enforcement

The Annual Car Show has become the event where those who REMEMBER NOAH gather, and where lifesaving equipment for Law Enforcement is displayed so the community can view the ballistic windshields installed in vehicles provided by Officer Noah Foundation

Grants. Twenty-one windshields have been installed in police vehicles across nine agencies. Our primary goal is to donate 39 windshields, matching Noah's badge number of 39.

Indiana born, my Grandson Noah graduated from Fishers High School in 2016. Then he enlisted in the US Army serving 93D Military Police Battalion for 5 years, achieving his Air Assault Badge, serving on a deployment to the Middle East and two deployments to the U.S./ Mexico border. Noah reached the rank of Sergeant when his term of service ended in 2021. He returned home to Indiana and with serve and protect in mind, he joined the Elwood Police Department in August of 2021 and graduated from the Indiana Law Enforcement Academy in April of 2022.

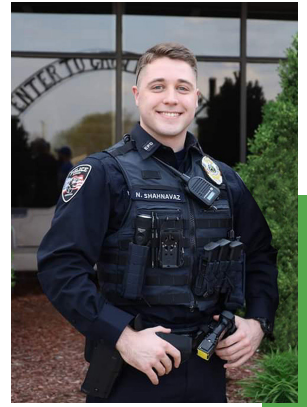
Noah's life was cut short during a traffic stop July 31, 2022. The suspect left his vehicle and fired shots into the windshield of Noah's police car, ending his life. Though Noah is gone, the

memory of his life of service lives on.

Noah's Legacy of service to his community will continue because of the generosity of people like you who value the dedication and sacrifice of those who choose a career assuring community safety while accepting that such a career path means having to put their own lives in harm's way.

To learn more about Noah and the work of THE REMEMBER OFFICER NOAH FOUNDATION please visit <https://www.rememberofficernoah.org/>

Again I Thank You, Prime Life Enrichment
- Clearly generosity lives here
— Barbara Batson



THE HISTORY BEHIND DEPRESSION AWARENESS MONTH

The establishment of Depression Awareness Month reflects decades of advocacy by mental health professionals and organizations working to bring psychiatric conditions out of the shadows.

The specific focus on depression emerged as research revealed the condition's widespread impact on public health, workplace productivity, and individual well-being.

WHY DEPRESSION AWARENESS MATTERS: THE STATISTICS

Understanding the scope of depression helps explain why dedicated awareness efforts remain crucial. The numbers paint a sobering picture of a condition affecting millions while remaining undertreated and misunderstood.

Depression represents the leading cause of disability in the United States among people ages 15-44, disrupting education, careers, relationships, and daily functioning for millions. The condition closely connects to suicide, which ranks as the second leading cause of death in the same age group. Approximately 250,000 people become suicide survivors each year after losing someone to suicide, with depression often playing a significant role in these tragic losses.

Depression affects workplace attendance, performance, and safety. Employees experiencing depression take more sick days, demonstrate reduced productivity, and face higher rates of workplace accidents compared to those without the condition.

I can not control



Perhaps most troubling, approximately two-thirds of those suffering from depression never receive the treatment they need. Barriers include stigma, lack of awareness about symptoms, limited access to mental healthcare, financial constraints, and misconceptions about treatment effectiveness.

DEPRESSION ACROSS DIFFERENT POPULATIONS

Depression affects different demographic groups at varying rates, revealing important disparities that awareness efforts should address:

By Race and Ethnicity: Research from the Substance Abuse and Mental Health Services Administration indicates that biracial individuals report the highest rates of major depression, with nearly 16% experiencing the condition. Cultural factors, access to care, and systemic barriers contribute to these disparities.

By Gender: Adult women consistently report higher rates of major depressive episodes than adult men. However, men face unique challenges including lower rates of help-seeking behavior and different symptom presentations that may go unrecognized.

By Age: Approximately 17% of adolescents aged 12-17 have experienced at least one major depressive episode in the past year, while **older adults** often have their depression dismissed as normal aging rather than recognized as a treatable condition.

MYTH VS. REALITY: CONFRONTING MISCONCEPTIONS

MYTH: Depression is just sadness or a bad mood

REALITY: Depression is a serious medical condition involving changes in brain chemistry, requiring professional treatment just like diabetes or heart disease.

MYTH: Antidepressants don't work and are overprescribed

REALITY: Research shows 80% of people who seek treatment experience significant improvement. Medication, when appropriate, helps correct chemical imbalances that contribute to depression.

MYTH: People with depression can "snap out of it" with positive thinking

REALITY: Depression involves biological changes that cannot be overcome through willpower. Professional intervention helps restore normal brain function.

MYTH: Depression is a sign of personal weakness or character flaw

REALITY: Depression results from complex interactions between genetic, biological, environmental, and psychological factors. It can affect anyone regardless of strength or character.

MYTH: Talking about depression makes it worse

REALITY: Open conversations reduce stigma, provide validation, and encourage help-seeking. Silence perpetuates suffering and isolation.

— Lori Raffel

WHAT ARE THE REVEL CLASSES?



Zumba Classes offers exciting music and rhythms. Zumba® uses Latin, world, hip-hop and pop dance moves and music combined with traditional fitness moves. Each instructor has a different style, so please check each one out to see whose style you like. Take a look at the schedule and just come in whenever you can make a class, you don't need to sign up in advance and there are no skill levels!



SHiNE Dance Fitness™ offers dynamic routines set to popular music and designed for all fitness levels. Rooted in jazz, ballet, and hip-hop, this workout provides a creative escape from daily stress. Each class is the perfect balance between high-intensity cardio and

toning exercises. SHiNE™ is more than just fitness; it's a mood-boosting experience that leaves you feeling empowered, confident, and part of a supportive community.



POUND - Rockout. Workout.® is the world's first cardio jam session, inspired by the energizing, infectious, sweat-dripping fun of playing the drums! POUND® is a full body cardio jam session championed by fitness rebels around the world.

UPLIFT FITNESS

UPLIFT - Dance Fitness™ has unlocked the secret to crafting a strength-training program that's both highly effective and incredibly enjoyable! UPLIFT™ is so engaging that it transforms fitness skeptics into enthusiasts. While it's not a dance

class, each routine is set to iconic music, and when safety isn't compromised, you might catch a playful shimmy or booty shake.

UPLIFT™ is a strength training program designed to build both muscle and confidence.



Aqua Zumba is a whole new workout experience at Revel Fitness! This high-energy, low-impact dance fitness class combines the vibrant rhythms of Zumba with the refreshing resistance of water. Every session feels like a poolside party.

The schedule for REVEL classes is on Page 10 of this newsletter.



AQUATIC FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	EARLY AQUATIC AEROBICS Instructor: Betsy	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: Denise	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: Denise		OPEN POOL Instructor: Patsy	OPEN POOL Instructor: Barb	OPEN POOL Instructor: Patsy
EVENING CLASSES			6:45 pm AQUA ZUMBA Instructor: Alicia		

LAND FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	The CLIMB IN Parkinsons Found. Instructor: Lindsay	SHINE LIGHT Instructor: Brenda	The CLIMB IN Parkinsons Found. Instructor: Lindsay	ZUMBA GOLD TONING Instructor: Ali	The CLIMB IN Parkinsons Found. Instructor: Heather
10:00 am	10:15 AM GOT BALANCE Instructor: Lindsay	10:00 AM CHAIR ONE FITNESS Instructor: Brenda	10:15 AM GOT BALANCE Instructor: Lindsay	10:00 AM SIT & FIT Instructor: Laura	10:15 AM STRENGTH & FLEXIBILITY Instructor: Heather
11:00 am	DANCE FEVER Member Lead	SAIL FITNESS Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL FITNESS Instructor: Lori	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: Denise	
1:30 pm		YOGA Instructor: Elisabeth			CHAIR YOGA Instructor: Elisabeth
EVENING CLASSES		6:00 pm SHINE Instructor: Sandy	5:30 pm ZUMBA Instructor: Alicia		
	6:30 pm UPLIFT Instructor: Melissa		6:15 pm POUND Instructor: Melissa	6:30 pm UPLIFT Instructor: Sandy	



For a full schedule of REVEL FITNESS classes online, go to:
www.revelfitness.net

OCTOBER

2026

KEY:

* - Open to Public
\$ - Additional Fee
L - Library

B - Board Room
MP - Multi-Purpose



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER LUNCH & LEARNS Wednesday, Oct 7: Bruce Muller with SHIP Wednesday, Oct 14: Centerwell Wednesday, Oct 21: Sycamore Reserve Wednesday, Oct 28: Living Radiant 			1 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Card-Making \$ MP 12:30 pm Mah Jong L 1:00 pm Euchre L	2 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L
5 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	6 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B	7  OCTOBER 31, 2026 10:00 am Alzheimers Assoc. Support Group L 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	8 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 11:45 am Senior Medicare Patrol (SMP) Video *MP 12:30 pm Mah Jong L 1:00 pm Euchre L	9 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L
12 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	13 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B DIVVY LUNCHES 10:30 AM TO 1:00 PM	14 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	15 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Card-Making \$ 12:30 pm Mah Jong B 1:00 pm Euchre L	16 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L 2:30 pm Memory Café at PLE
19 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	20 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework MP 1:30 pm Book Club B	21 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	22 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Mah Jong L 1:00 pm Euchre L	23 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L 1:00 pm Senior Medicare Patrol (SMP) Video
26 10:00 am Theatre Club L 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	27 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework MP	28 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	29 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Mah Jong L 1:00 pm Euchre L	30 11:30 am 2nd Helpings Lunch MP* 12:00 pm BONUS Bingo - Heritage Woods 12:15 pm Partner Bridge L

A word search grid with 15 rows and 15 columns of letters. The background is decorated with various autumn leaves in shades of orange, red, and yellow. The title "FALL WORD SEARCH" is written in large, bold, orange letters at the top center of the grid.

FALL WORD SEARCH

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

ACORN

FOOTBALL

NOVEMBER

SEPTEMBER

APPLES

HALLOWEEN

OCTOBER

SUNFLOWER

AUTUMN

HARVEST

PUMPKIN

SWEATER

CANDY

HAYRIDE

RAKE

THANKSGIVING

CIDER

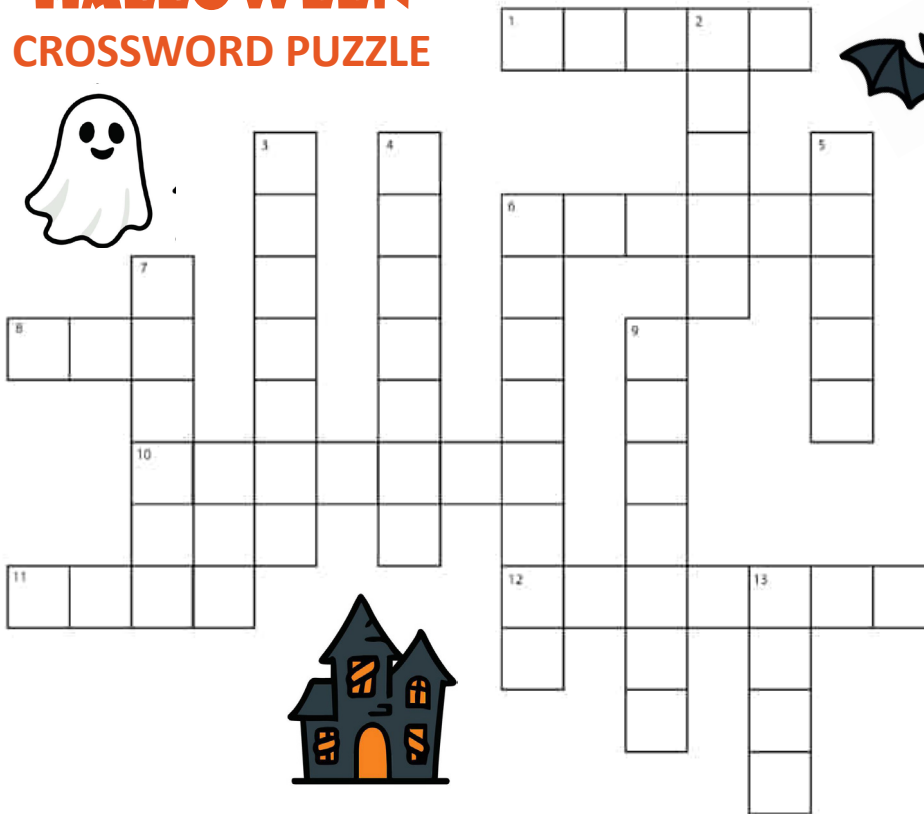
LEAVES

SCARECROW

TURKEY

HALLOWEEN

CROSSWORD PUZZLE



ACROSS

1. She rides on a broom.
6. A _____ spins a web.
8. Something a ghost says.
10. He drinks blood.
11. You wear this to cover your face.
12. Halloween is always on the 31st of _____.

DOWN

2. What you get when you go trick or treating.
3. You wear this when you go trick or treating.
4. Carving a _____ is a fun Halloween activity.
5. Trick or _____.
6. He is made of bones.
7. They like to howl at the moon.
9. You might see a ghost in a _____ house.
13. These flying animals come out at night.



PUMPKIN LENTIL SOUP

INGREDIENTS

- 3 cups water
- 3 cups reduced-sodium chicken broth
- 2/3 cup dried lentils, rinsed
- 2 large garlic cloves, minced
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) pumpkin
- 1/2 cup mild salsa
- 1/2 teaspoon salt
- 5 cups fresh spinach, lightly packed

DIRECTIONS

In a 6-qt. stockpot, bring first six ingredients to a boil. Cook, covered, over medium heat until lentils are tender, 20-25 minutes.

Stir in beans, pumpkin, salsa and salt until blended; return to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally. Stir in spinach; cook until wilted, 3-5 minutes.

NUTRITION FACTS

1-1/3 cups: 244 calories, 1g fat (0 saturated fat), 0 cholesterol, 857mg sodium, 44g carbohydrate (6g sugars, 11g fiber), 15g protein.



AUTUMN PUMPKIN CHILI

INGREDIENTS

- 1 medium onion, chopped
- 1 small green pepper, chopped
- 1 small sweet yellow pepper, chopped
- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1 pound ground turkey
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 4-1/2 teaspoons chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Optional toppings: Shredded cheddar cheese, sour cream, corn chips and sliced green onions

DIRECTIONS

In a large skillet, saute onion and peppers in oil until tender. Add garlic; cook 1 minute longer. Crumble turkey into skillet. Cook over medium heat until meat is no longer pink.

Transfer to a 3-qt. slow cooker. Stir in the pumpkin, tomatoes, chili powder, salt and pepper. Cover and cook on low for 7-9 hours. Serve with toppings as desired.

NUTRITION FACTS

1-1/4 cups: 281 calories, 13g fat (3g saturated fat), 75mg cholesterol, 468mg sodium, 20g carbohydrate (9g sugars, 7g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable, 1 fat.



SLOW-COOKER SPLIT PEA SOUP

INGREDIENTS

- 1 package (16 ounces) dried green split peas, rinsed
- 2 cups cubed fully cooked ham
- 1 large onion, chopped
- 1 cup julienned or chopped carrots
- 3 garlic cloves, minced
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried thyme
- 1 carton (32 ounces) reduced-sodium chicken broth
- 2 cups water

DIRECTIONS

In a 4- or 5-qt. slow cooker, combine all ingredients. Cover and cook on low 8-10 hours or until peas are tender.

NUTRITION FACTS

1 cup: 266 calories, 2g fat (1g saturated fat), 21mg cholesterol, 728mg sodium, 40g carbohydrate (7g sugars, 15g fiber), 23g protein. Diabetic Exchanges: 2-1/2 starch, 2 lean meat.



Halloween really is a magical holiday, especially if you live in the right area. The neighborhood I grew up in was in a subdivision full of kids, nicely paved sidewalks and no matter the weather, there was always a warm reception from the neighbors.

Most families took part in Trick-or-Treating, decorating their porch, and stocking up on all the favorite candy. There were always houses that didn't participate, but they left their porch lights off and we knew to walk on by.

Some people gave out full-size candy bars, others offered popcorn balls or caramel apples, and even others handed out warm donuts. We went there first, getting the sweet doughie treat, walking out to the curb and stuffing our faces. It was a must to eat it first – otherwise your donut would become a flat grease mark on the bottom of your bag by the time you got home.

I grew up in Indiana, so local weather really impacted our Halloweens.

October 31st could be warm and 70 degrees, cold and pouring down rain, or even worse, it could be snowing. And we never seemed to know until around 4:00 pm on the big night whether we would need a giant clumsy coat or just a sweatshirt over our costume that night.

Growing up, my mother would make our costumes after months of speculation, fittings and researching what our friends would be wearing. Mom would also make a big pot of soup before we left, which we were always too anxious to eat until we got home when the mantra for the evening became "Soup first, then candy."

One great part about Halloween was that just about everyone could participate, since costumes were easy to pull from things already in the house and fun-size candy bars – no matter the brand - were guaranteed to be delicious and usually a bargain.

I stopped Trick-or-Treating when I got

into Junior High, but I would still dress up to answer the door and hand out candy. I felt grown-up guessing who neighborhood kids were behind each mask.

Of course, this meant I didn't have a bag of treats to dump out on the carpet at the end of the evening to organize, and sometimes trade, but there were always leftovers because my mom was so afraid of running out.

It was never a mystery where all of the Snickers disappeared to by the next morning. They were Dad's favorite.

One year in high school, I was invited to a slumber party on Halloween night and found out the plan was to throw eggs at the neighbors house for some type of silly retaliation for smashing someone's carved pumpkins.

I have never been much of a poker face, so when we decided against it, I was relieved. My mom could see bad behavior on my face from a mile away.

— by Lori Raffel



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older.

PrimeLife now has two certified SAIL instructors - Barbara Batson and Lori Raffel - and offers 11 am classes each week on Tuesdays and Thursdays.

FALLS AT HOME

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. Annually, over 27,000 people aged 65 and older die and nearly 2.8 million are treated in emergency departments because of falls.

Falls are often due to hazards that are easy to overlook but easy to fix. **This checklist will help you find and fix those hazards in your home.**

The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls.

FLOORS:

Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor?

Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS:

Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books, or other objects on the stairs?

Pick up things on the stairs. Always keep objects off stairs.

Q: Are some steps broken or uneven?

Fix loose or uneven steps.

Q: Are you missing a light over the stairway?

Have an electrician put in an overhead light at the top and bottom of the stairs.

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?

Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

SOME REASONS TO GET INVOLVED WITH SAIL:

INCREASE YOUR ENERGY

- Feel stronger
- Feel more confident
- Improve your walking
- Improve your flexibility
- Improve your strength
- Decrease your risk of falling
- Maintain a healthy weight
- Improve your self-image
- Sleep better



- Make new friends and have fun!

WHAT TO EXPECT IN A SAIL CLASS

- One hour of exercise, three times per week
- Classes are taught by a qualified instructor.
- You can sit or stand. Exercises are adapted for all levels of physical ability.
- Exercises are specifically designed to help maintain and improve your balance.

HOW CAN I GET THE MOST FROM THIS CLASS?

- Make sure that you have eaten before attending class.
- Keep hydrated. Drink plenty of water during the class.
- Try to arrive early. That way you are not out of breath before the class starts.
- Wear flexible, supportive rubber-soled shoes and loose fitting clothing.
- Refrain from wearing perfume, aftershave or scented personal care products.
- Make an effort to attend as many classes as possible.

The best way to benefit from exercise is to exercise regularly!

— by Lori Raffel



TOP WORRIES FOR ELDERLY IN THE UNITED STATES

When I first started researching this article, my goal was to find out the biggest issues facing seniors these days, but the first response I got for Googling “what keeps seniors up at night” was “frequent bathroom trips.”

Yes, that’s keeping anyone over the age of 60 from getting a good night’s sleep, but that’s not what I was looking for. I wanted the top worries seniors have right now that causes them to toss and turn at night.

According to a recent study by AARP, top fears of older adults come down to Health and Mobility. These issues certainly resonate with me, but a closer look tells a more complete story.

Loss of Independence:

The fear of no longer being able to drive, cook, bathe, or manage daily tasks without help.

Naturally, we associate independence with our very identity, which is why so many seniors wait longer than perhaps we should to move into a retirement community.

The key to retaining independence as long as possible is using the skills we have to exercise our minds, bodies, and spirituality. For me, keeping my sense of humor is high on this list, too.

Staying active and pursuing favorite interests can help head off some of our insecurity about staying independent, but for those of us without a support system, this rises to a key concern.

Declining Health:

We all worry over chronic pain, loss of mobility, and cognitive decline or dementia like Alzheimer’s disease.

When you wake up in the morning, do a personal inventory. How am I feeling? Am I making regular visits to the doctor, dentist and eye doctor?

Are you getting as much mental and physical exercise as you can? If the answer is “no” to any of these questions, do something about it. Schedule appointments - even if you have to wait a month or two (or three).



Being a Burden:

The anxiety of placing physical, emotional, or financial stress on their families cause a daily worry for Seniors.

Not being able to drive is a big part of this. For most Americans, the ability to drive both symbolizes and ensures independence. If you can no longer drive, how will you get around to shop, visit the doctor, socialize with friends, attend church and enjoy your community?

There are options out there. Ask our transportation staff about solutions like PrimeLife or other transportation services, Uber, or additional ways for Seniors to get around at a low cost.

Isolation and Loneliness:

The pain of losing a spouse or friends, and feeling socially invisible or disconnected.

When the kids have moved away and a spouse has passed away or moved into memory care, for example, loneliness can set in – especially if your loved one can no longer drive.

Isolation can raise blood pressure and feelings of vulnerability, and negatively impact physical and mental health. Call those people around you and talk to them. Without coming across cranky, ask them when they would like to visit. They love you and yes, everyone is busy, but don’t let that be an excuse.

Offer to take them out to dinner, for a walk, or to the theater. If you are still

able to drive, volunteer a few hours a month at PrimeLife or other Senior Center, church, or any non-profit you are interested in helping out.

Leaving Home:

The fear of being forced to move out of one’s house and into a nursing home or assisted living facility.

Do some research now, before you are forced into accepting an alternative that won’t make you happy. There are companies out there that will assist you - at no cost - in finding a place to go that meets all your needs and desires.

A Few Words on Worry

The older we get, the more likely we are to start worrying about “what will happen to me if...” It’s natural to do that, but worry is not productive and it can negatively impact physical and emotional health.

Remember that worrying does not take away tomorrow’s troubles, but it does take away today’s peace.

— by Lori Raffel

Sources: National Library of Medicine, AARP, Cleveland Clinic

WELCOME NEW MEMBERS

We will have a full list of new September and October members in our next Newsletter!



RAISE *the* PADDLE

ACTIVE BODY ENGAGED MIND CONNECTED COMMUNITY

Thank you to everyone
who came to support
PrimeLife!





PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

Check out our website at
www.primelifeenrichment.org

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.

And be sure to visit our
Facebook and Instagram pages:
PrimeLife Enrichment, Inc.

PRIMELIFE DONATION & PLEDGE CARD



ONE TIME GIFTS (\$25, \$50 or Candle Offering)

\$25 for PrimeLife's birthday

\$50 for our community's birth - April 1, 1977

Candle Offering (give your age) A personal way to honor
your PLE journey, a milestone you share alongside PrimeLife



GREEN CIRCLE (\$25/month or \$250) Celebrating 25 years
as PrimeLife. Signify monthly or annual.



PURPLE CIRCLE (\$50/month or \$500) Honoring 50 years
of community. Signify monthly or annual.

My monthly or one-time donation of: \$ _____

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

Mail to: 1078 3rd Ave. SW, Carmel, IN 46032
or drop off at Front Desk.

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