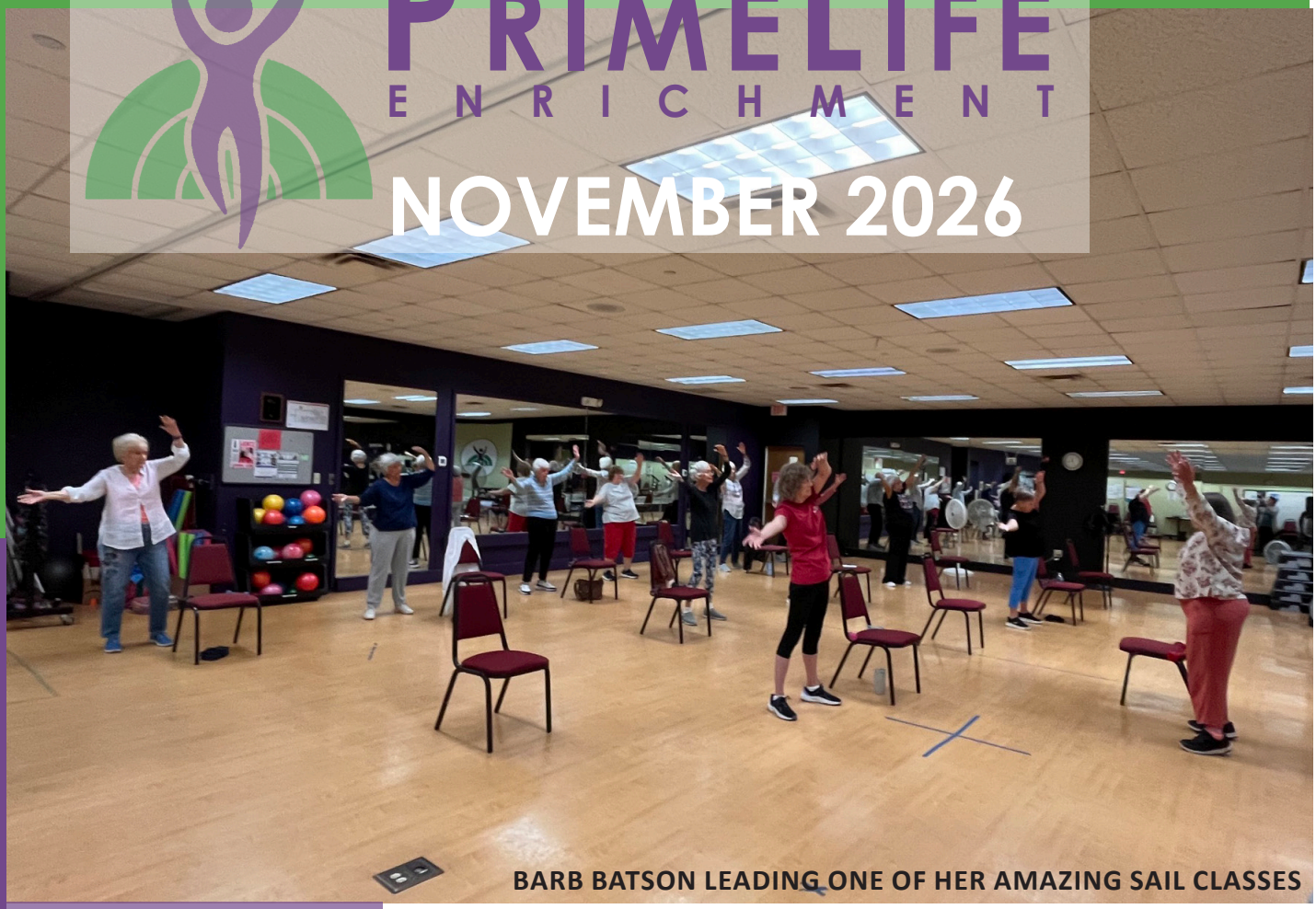
ACTIVE, INDEPENDENT, PURPOSEFUL LIVES FOR AGE 50 AND BEYOND

PRIMELIFE ENRICHMENT

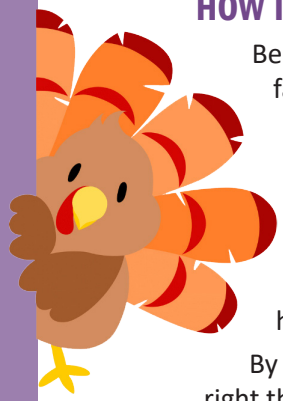
NOVEMBER 2026



BARB BATSON LEADING ONE OF HER AMAZING SAIL CLASSES

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HOW TO BE THE PERFECT THANKSGIVING GUEST

Being invited to Thanksgiving dinner is a big deal. For most families it's THE meal of the year.

If you want to be a guest who gets invited back next year, here's a quick guide to nailing Thanksgiving guest etiquette.

Before You Ever Get There

Whether the invitation comes by mail, text, or phone, be sure to RSVP as soon as you're invited. Not many things will stress a host out more than not being sure how much food to make.

By the way, when you accept the invitation, let your host know right then if you have any food allergies or sensitivities, so that they can plan accordingly. If you want a return invitation….hosts are like elephants when it comes to memory – when next year rolls around, they'll remember exactly who left them hanging.

Next, offer to bring a side dish or dessert. But if your host kindly declines, don't show up with something anyway. Some hosts have their serving setup planned according to the menu. If someone shows up with an extra dish, it can add stress as they scramble to find space for it. Lastly, please show respect and appreciation to your host with the way you dress. You can still wear those stretchy buffet pants, but pair them with a nice top. Lastly, send a Thank You card!

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@primelifeen-richment.org

SLOANE THOMPSON
Executive Director
sthompson@primelifeenrichment.org

LORI RAFFEL
Programs Manager
lraffel@primelifeenrichment.org

MARK GROSS
Transportation Coordinator
mgross@primelifeenrichment.org

SHEILA FISCHER
Membership Coordinator
sfischer@primelifeenrichment.org

DIANNA HOPPER
Data Coordinator
dhopper@primelifeenrichment.org

JOHN PERKON
Facility Manager
johnperkon@msn.com

ROBIN BERLIN
Senior Driver/Transportation Assistant
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



SLOANE THOMPSON
Executive Director

The month of November is bittersweet for me. It is definitely a month where I find myself giving extra thought to all I am grateful for. It is also a month with memories of Thanksgiving meals and family gatherings that include both joyful memories and some sad ones as well. For this newsletter's message, I will definitely focus on gratitude. I do, however, want to acknowledge that holidays can bring up both happy and sad memories at the same time (see those feelings I wrote about in October come into play all the time … with a mixture of feelings co-occurring lots of times).

As I write this message, I find myself thinking ***how grateful I am to those of you who volunteer throughout the year at PrimeLife.*** There are ***SO MANY*** of you – those who staff our front desk and those who prepare coffee, snacks and lunches five days week (and for the ***organizations that donate food every week*** as well). Some of our drivers are volunteers, and we have three people who dedicate 10+ plus hours every week in our Thrift Store. We have a Master Gardener who keeps the front of our building looking gorgeous year-round, and a new volunteer handyman who's helping us reduce some of our facility maintenance costs. We have others who selflessly clean up areas like our multipurpose community area, and those who do extra little jobs in our pool area. We have a few people who volunteer in support of some of our fitness classes. And the SHIP volunteers meet with anyone (not just PrimeLife members) needing guidance regarding Medicare enrollment.

Most recently, we had five ***volunteers from Allied Solutions*** who helped organize our Thrift Store storage area and do some special cleaning in our pool area. Allied Solutions was also one of two ***company sponsors for our recent Raise the Paddle for PrimeLife fundraiser***, which raised close to $10,000 for PrimeLife this year. Summit Construction Company, owned and led by one of our board members, was the other company sponsor. This reminds me how grateful I am for our ***board members*** for all their support and collective wisdom throughout the year. At our Raise the Paddle fundraiser, we also had two members sponsor tables that brought together members and others who supported them during the loss of their spouses this year. ***How grateful I am for the support members, instructors, drivers and our staff provide in support of one another.*** What a special night this was – and it has sparked a renewed passion for future fundraising events including one happening this month – The Mad Hatters Tea Party.

If you notice that I haven't included any specific names in this article, that is for two reasons: 1) I don't want to forget anyone, and inevitably I would because there are so many wonderful people who contribute their time and talents to PrimeLife, and 2) I want to encourage all of us to continue to finding whatever ways we can to contribute to the thriving of our very special community. ***Each of you really does make a contribution EVERY time you come to PrimeLife*** – welcoming someone new, chatting with one another over coffee, encouraging each other in the weight room, during fitness classes, while playing cards or strategy games, during group activities like the book club, Bible studying, singing, doing needle crafts, while riding in our vans and even talking about PrimeLife when you're not here are ALL significant contributions. ***Each of these moments breathe life into PrimeLife and the larger communities we are all a part of outside of PrimeLife.***

I'm thankful for each and every one of you. You make my life and my world brighter.

– Sloane







...to a Mad Hatter's Tea Party at PrimeLife Enrichment!

PrimeLife member Jeanne Simkus came to me about a year ago with the idea of hosting a Mad Hatter's Tea Party as a fundraising event for PrimeLife.

I am not much of a tea drinker - give me strong coffee any day - but, I thought it sounded like something I would like to attend. Yes, we want everyone to have fun, but more importantly, we agreed that all proceeds would go directly to PrimeLife.

Our goal was to not spend PrimeLife or member money on putting this event together. We would beg and borrow tea cups and tea pots and the hosts would supply everything else.

When I presented the idea to our Executive Director at a staff meeting, she loved the idea and especially loved that it was thought up by members and they were willing to do the majority of the work.

Using Bridgerton and Downton Abbey as inspiration, we created an event that would be accessible to our members and their families, as well as an enjoyable event to share together.

There will be prizes, items to purchase selected from our Thrift Store, some fancy games and everyone is asked to wear their best (or outlandish) hat for all sorts of prizes. We hope you will join us, and remember that men and women are encouraged to attend.

Our wonderful committee:

Jeanne Simkus (Chair)
Ilene Arends
Jennifer Dolach
Roberta Donlan
Winnie Nestle
Adair Vaught

Staff Liaison: Lori Raffel



LUNG NODULES AND WHEN TO TAKE ACTION

November is National Lung Cancer Awareness Month – An opportunity to educate the community about prevention, detection and support. Lung cancer is the leading cause of cancer death in the United States for both men and women – Taking more lives than breast, colon and prostate cancers combined and accounting for nearly one quarter of all cancer deaths.

Lung nodules, small masses of dense tissue found in the lungs, often appear as white spots on a chest X-ray or CT scan. While the discovery of a lung nodule can be alarming, it is crucial to understand when they warrant concern and what steps to take next.

For high-risk individuals aged 50 – 80 with a significant smoking history (a pack per day for 20+ years), current smokers and those who quit within the last 15 years, regular lung cancer screenings with low-dose CT scans are critical for early detection and improved treatment outcomes.

Are lung nodules cancerous?

A lung nodule, or pulmonary nodule, is an unusual growth in the lung, detectable through X-rays or CT scans—or, newer minimally invasive robotic bronchoscopies. "Most are benign, but some can indicate lung cancer," says IU Health Arnett oncologist Vijaya Kakani, MD.

Lung nodules can arise from various causes. Noncancerous nodules often form due to inflammation from infections, illnesses, air pollutants, autoimmune diseases or scar tissue. Malignant causes include lung cancer and carcinoid tumors.

Symptoms and risk factors

Lung nodules typically do not cause any symptoms. In fact, outside of lung cancer screenings, most nodules are detected incidentally during unrelated imaging. Immediate medical attention is crucial if severe symptoms suggest lung cancer spread. These include:

- Chest pain
- Chronic cough
- Shortness of breath
- Coughing up blood
- Hoarseness
- Recurring pneumonia

Early detection is important for prompt diagnosis and treatment. Consulting a healthcare professional is critical for high-risk individuals with lung nodules. Regular screenings, like mammograms or colonoscopies, are vital for early detection, yet only 5.8% of eligible people in the U.S. get screened.

A patient's medical history and risk factors, such as being age 50 – 80 with a significant smoking history (20+ pack per day years), are vital in assessing nodule malignancy risk. Current smokers or those who quit within 15 years also face higher risks.

Detection methods

- **ION Robotic Navigational Bronchoscopy.** Historically, a computed tomography (CT) scan has been the tool of choice in identifying lung nodules. However, this new tool allows for minimally invasive detection and treatment of lung cancer at earlier stages than ever before, drastically improving outcomes for patients.

- **Imaging tests (CT scans, PET scans).** Diagnosing a nodule in the lung often begins with CT scans, which reveal size, shape and location clues. Nodule size changes between scans may indicate cancer, prompting PET scans or biopsies for further evaluation.

- **Biopsy procedures.** Confirming cancerous lung nodules often requires biopsy. Methods vary by size and location. Needle biopsy uses CT for tissue sampling with local anesthesia. Bronchoscopy, under general anesthesia, retrieves samples via throat tube with light sedation and video-assisted thoracoscopic surgery (VATS).

Treatment Options

- **Monitoring and surveillance.** Follow-up and monitoring are essential for managing lung nodules. Doctors may recommend periodic check-ups using CT scans every 3, 6 or 12 months to track changes in the nodule.

Indiana University Health

- **Surgical intervention.** If a suspicious lung nodule is found, a biopsy may be needed. Early-stage cancers are often treated with surgery to remove small, localized tumors.

- **Radiation therapy.** Radiation therapy uses high-energy radiation to target and eliminate cancer cells, often combined with other treatments. It is beneficial for patients who are ineligible for surgery due to health issues or cancer spread.

- Chemotherapy and immunotherapy. Treatments like chemotherapy and immunotherapy are helpful for advanced cancerous lung nodules.

Prevention and risk reduction

- Importance of smoking cessation. Quitting smoking significantly reduces the risk of cancerous lung nodules and lung cancer. Ready to quit? Healthcare providers offer medications and counseling to help quit smoking and reduce these risks effectively.

- Environmental factors and occupational hazards. Exposure to asbestos, radon and secondhand smoke increases lung nodule and lung cancer risk.

- Promoting lung health through lifestyle changes. Maintaining lung health beyond avoiding smoke and occupational hazards includes eating a diet rich in fruits and vegetables and regular physical activity.

Key takeaways

Understanding lung nodules and their risks is monumental for proactive lung health. Important actions include quitting smoking and completing regular screenings for high-risk individuals. Early detection of lung cancer greatly improves the odds of survival. Early screening matters, too, because patients with early-stage lung cancer typically don't have any signs or symptoms, allowing the cancer to progress otherwise undetected until it's at a more advanced stage.

Source: IU Health Thrive

SENIOR PLANET FROM AARP

Starting again in January 2027, PrimeLife members will have another chance to join a vibrant community and sharpen their digital skills with free expert-led classes, both online and in person, from AARP.

Senior Planet is a free AARP-affiliated program that empowers adults 60+ to utilize technology to thrive in the digital age. It provides free courses, articles, and virtual fitness classes focused on digital literacy, financial security, and social connection, operating through virtual platforms and select physical locations.



Date, time, and venue updates coming soon. There is also a link to Senior Planet on our website: primelifeenrichment.org



HOLIDAY CLOSURE SCHEDULE FOR PRIMELIFE DURING NOVEMBER, DECEMBER, AND JANUARY

Thursday, November 26 and Friday, November 27, 2026: PLE is closed all day for Thanksgiving

Thursday, December 24 and Friday, December 25, 2026: PLE is closed all day for Christmas

Thursday, December 31 and Friday, January 1, 2027: PLE is closed all day for New Year

Note: PLE is OPEN on Wednesday, November 11, 2026, Veteran's Day

STATISTICS ON MEN SEEKING HEALTHCARE:

A whopping 72% of men would rather do household chores than go see their primary care doctor.

Many men believe that if no one officially tells you that you are sick, then nothing is wrong.

Instead of a copay, a man will spend up to four hours on a random website to convince himself that his chest pain is just a bad burrito.

We joke, but this is a serious problem.

KEY REASONS MEN AVOID THE DOCTOR

Stoicism and Cultural Norms:

Many men are raised to view vulnerability as weakness, leading them to suppress symptoms or believe that "real men don't complain".

Fear of Diagnosis:

A significant percentage of men delay visits because they fear receiving bad news, facing a chronic illness, or being forced to make lifestyle changes.

Embarrassment:

Topics related to sexual health, urinary issues, mental health, or weight are often uncomfortable to discuss.

The "DIY" Mentality:

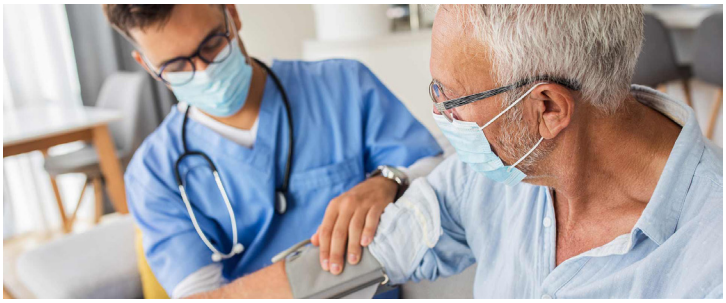
Many men prefer to self-diagnose, search online, or wait for symptoms to resolve on their own rather than seek professional help.

Inconvenience and Logistics:

Rigid work hours, a lack of flexible scheduling, long wait times, and high out-of-pocket costs keep many from booking routine visits.

The Risks of Delaying Care

Skipping preventative exams allows silent conditions—such as high blood pressure, high cholesterol, or early-stage cancers—to progress without symptoms.



Addressing these issues early through routine checkups is safer and less costly than treating an emergency room crisis. Organizations like Orlando Health recommend treating medical visits as a form of "preventative maintenance" similar to servicing a car. It would be nice if a light lit up when an organ isn't functioning.

COMMON HEALTH ISSUES IN MEN

Because men tend to delay routine screening, they are at a higher risk of late-stage diagnoses for several manageable or preventable conditions. The most prevalent health issues include:

Common Conditions & Risks

Cardiovascular Disease: Heart disease is the leading cause of death for men in the U.S. This includes high blood pressure (Hypertension), heart attacks, high cholesterol, and stroke.
Cancers, Prostate cancer are the most common non-skin cancer in men. Other major risks include lung cancer, colorectal (colon) cancer, and melanoma (skin cancer).
Mental Health: Millions of men experience depression and anxiety, but they are statistically far less likely to seek therapy or talk about it. This contributes to significantly higher suicide rates in men compared to women.

Metabolic & Endocrine

Type 2 diabetes and metabolic syndrome, which can go unnoticed for years while causing long-term damage to the kidneys, eyes, and blood vessels.

Urological & Sexual Health

Erectile dysfunction (ED) and Benign Prostatic Hyperplasia (BPH / enlarged prostate). ED is particularly important because it is often an early warning sign of underlying cardiovascular disease.

Encouraging the men in your life to frame healthcare as standard "preventative maintenance"—much like servicing a vehicle before it breaks down—can help shift the mindset toward proactive longevity.

SOME TIPS TO HELP GET MEN TO THE DOCTOR

Shift the Conversation

- Avoid nagging or shaming: Nagging often triggers defensiveness or the feeling of being treated like a child.
- Frame it as strength, not weakness: Acknowledge that staying proactive protects his independence, financial stability, and ability to keep doing what he loves.
- Share real benefits: Point out that a simple check-up takes about 30 minutes and can prevent minor issues from turning into costly or painful health crises.

Remove Logistical Hurdles

- Handle the booking: Offer to find a primary care provider or call the clinic together, as the paperwork and scheduling friction stop many men.
- Offer a ride: Drive him to the appointment, or help arrange transportation.
- Look into virtual visits: Suggest starting with a telehealth or virtual check-in if an in-office visit feels too intimidating at first.

by Lori Raffel

Sources: AARP, IU Health, AMA

PARTY IN PINK

REVEL held a Party in Pink over the weekend to benefit the Susan G. Komen Breast Cancer charities.

Over 15 people attended, so REVEL will be having this event once a year here at PrimeLife.

“I want to make this an annual event so next time I will start promoting earlier,” stated Ali Holmes from REVEL.

Caitlin Haag, Community Outreach Consultant for IU Health, and breast surgeon, Dr. Folasade Imeokparia, from IU Health participated in the Party in Pink Fundraiser organized by Ali Holmes. They are pictured in the back row of the photos below.





First annual Zumba Gold Party in Pink to raise money for Susan G Komen

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 AND 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		12:15 PM ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: Denise	
1:30 pm		1:15 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	

REVEL FITNESS

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

NOVEMBER 2026

KEY:
* - Open to Public
$ - Additional Fee
L- Library
B- Board Room
MP- Multi-Purpose

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30 am CICOA Lunch MP $ 12:00 pm Practice Bridge L *Not for beginners* 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	**3** 11:30 am CICOA Lunch MP $ 12:30 pm Golden Singers Club L 1:00 pm Needlework B	**4** 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 $	**5** 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	**6** 11:30 am 2nd Helpings Lunch MP* 12:15 pm BONUS Bingo 12:15 pm Partner Bridge L
9 11:30 am CICOA Lunch MP $ 12:00 pm Practice Bridge L *Not for beginners* 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	**10** 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**	**11** 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 $ 	**12** 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	**13** 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L
16 11:30 am CICOA Lunch MP $ 12:00 pm Practice Bridge L *Not for beginners* 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	**17** 11:30 am CICOA Lunch MP $ 12:30 pm Golden Singers Club L 1:00 pm Needlework B	**18** 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 $ MP	**19** 9:00 am Pinochle L 11:30 am CICOA Lunch MP $ 12:30 pm Card-Making $ 12:30 pm Mah Jong L 1:00 pm Euchre L	**20** 11:30 am 2nd Helpings Lunch MP* 12:00 pm BONUS Bingo 12:15 pm Partner Bridge L 2:30 pm Memory Café at PLE
23 11:30 am CICOA Lunch MP $ 12:00 pm Practice Bridge L *Not for beginners* 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	**24** 11:30 am CICOA Lunch MP $ 12:30 pm Golden Singers Club L 1:00 pm Needlework MP 1:30 pm Book Club B	**25** 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 $	**26**  **PLE IS CLOSED ALL DAY**	**27**  **PLE IS CLOSED ALL DAY**
30 10:00 am Theatre Club L 11:30 am CICOA Lunch MP $ 12:00 pm Practice Bridge L *Not for beginners* 12:15 pm BINGO - Terry 1:00 pm Creative Writing B				

NOVEMBER LUNCH & LEARNS

Wednesday, November 4: Lindsey Zehron, Copper Z Creative Wellness

Wednesday, November 11: Homestead Companies

Wednesday, November 18: Ruthie Bucher, Senior Home Companions

Wednesday, November 25: Younger Next Year - Sloane Thompson

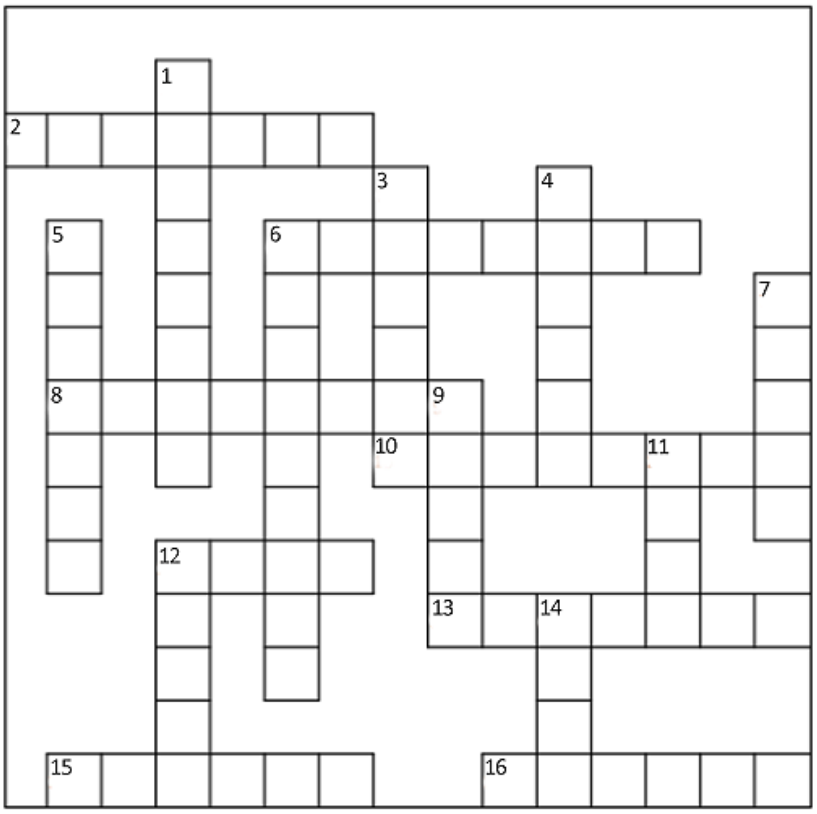


Thanksgiving Word Search

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

NOVEMBER
HAM
POTATOES
THANKFUL
DINNER
FEAST
TURKEY
PUMPKINPIE
PECANPIE
MAYFLOWER
FAMILY
PARADE
STUFFING
CRANBERRIES
PILGRIMS
CORN
FOOTBALL
THANKFUL

NOVEMBER CROSSWORD



Across

2 Halloween month
6 Rodent that hordes nuts
8 People at the first Thanksgiving
10 Thanksgiving month
12 Yellow vegetable that grows on stalks
13 To gather farm crops
15 Thanksgiving main dish
16 Falls from trees



Down

1 Sport played with a brown ball
3 Another name for Fall
4 a color and a fruit
5 Great for pies or for carving
6 Keeps birds away from fields
7 Nut from an oak tree
9 Birds fly _____ for the winter
11 Bundles of hay
12 Drink made from apples
14 Tool to clean up leaves



PUMPKIN FRENCH TOAST CASSEROLE

INGREDIENTS

1 loaf (1 pound) cinnamon-raisin bread

1 package (8 ounces) reduced-fat cream cheese, cut into small cubes

8 large eggs

1 can (12 ounces) evaporated milk

1 cup canned pumpkin

2/3 cup packed brown sugar

1/2 cup 2% milk

2 teaspoons ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon ground ginger

1/8 teaspoon ground cloves

1/2 teaspoon salt

1/2 cup chopped pecans

DIRECTIONS

Cut each slice of bread into quarters.

Arrange half the bread in a greased 13x9-in. baking dish; layer with cubed cream cheese and remaining bread, pressing down slightly.

In a large bowl, whisk eggs, evaporated milk, pumpkin, brown sugar, milk, spices and salt. Pour over top. Refrigerate, covered, overnight.

Preheat oven to 350°. Remove casserole from refrigerator while oven heats. Bake, covered, 40 minutes. Uncover; sprinkle with pecans. Bake, uncovered, until lightly browned and a knife inserted in center comes out clean, 25-30 minutes more.

Let stand 5-10 minutes before serving.



CHEDDAR-BUTTERNUT SQUASH CLAFOUTIS

INGREDIENTS

3 cups cubed peeled butternut squash

2 teaspoons olive oil

1 teaspoon minced fresh rosemary or 1/2 teaspoon dried rosemary, crushed

1/2 teaspoon dried thyme

1/4 teaspoon salt and pepper

4 large eggs

1-1/2 cups 2% milk

1/2 cup all-purpose flour

1/4 teaspoon cayenne pepper

2 cups shredded sharp cheddar cheese

1/4 cup grated Parmesan and Romano cheese blend

1 tablespoon butter

DIRECTIONS

Preheat oven to 400°.

Place butternut squash in a 12-in. cast-iron skillet. Drizzle with oil. Sprinkle with rosemary, thyme, salt and pepper; toss to coat. Roast until just tender, 15-20 minutes. Remove from pan and keep warm.

In a large bowl, whisk eggs, milk, flour and cayenne; stir in cheeses. Place butter in same skillet; place skillet in oven until butter is melted, 1-2 minutes. Carefully tilt pan to coat bottom and side with butter. Pour egg mixture into skillet; top with roasted squash.

Bake until puffed and edge is browned, 30-35 minutes. Let stand 15 minutes before cutting.



SAUSAGE-APPLE PUFF PANCAKE

INGREDIENTS

1 pound bulk pork sausage

2 medium apples, peeled and thinly sliced

2 tablespoons brown sugar

2 tablespoons butter

6 large eggs

1-1/2 cups 2% milk

1 cup all-purpose flour

2 tablespoons sugar

1/2 teaspoon salt

1 cup extra sharp shredded cheddar cheese

Sour cream and maple syrup, optional

DIRECTIONS

In a 10-in. ovenproof skillet, cook sausage over medium heat until no longer pink; drain and set aside. In the same skillet, cook apples and brown sugar in butter over medium heat until apples are tender.

In a blender, combine the eggs, milk, flour, sugar and salt; cover and process for 10 seconds or until smooth. Pour over apple mixture. Sprinkle with sausage and cheese.

Bake, uncovered, at 425° for 18-23 minutes or until pancake is puffy and golden brown. Cut into wedges. Serve with sour cream and syrup if desired.

I have three cats: Fred, a 14 year-old Ginger male, and Tippy (end of tail white) and Itty Bitty (*was* the runt, but now regular-sized), both 99% black. Tippy and Itty Bitty are just a year old, and while they are all rescues and generally "good boys," the latter two are still considered kittens and often show that with their wild behavior.

Tippy can open drawers and cabinets and often leads the "zoomies" at 2 am. Itty Bitty loves cardboard boxes - to eat, not to hide in. Fred gets to a high place to watch them and I can almost hear him saying "What were you thinking getting these two? They are idiots!"

Several months ago I started the dryer and when I walked away, it stopped. I turned to see Tippy opening the dryer door while his brother kept watch. They continue to do it on a regular basis. On Sunday evenings when I do laundry for the week, I try to find it cute and not annoying, but putting on damp undies on winter mornings is certainly not cute.

Last Sunday, I loaded the dryer up, started it, and went to sit in front of the TV where I can still hear it's low growl. Suddenly silent, I saw the door had been opened and closed it and started the cycle again.

When I sat down on the couch, I noticed there was a thumping noise that sounded reminiscent of when my mom would put my sneakers in the dryer. I waited for it to go away, but after about a minute realized something was amiss.

I opened the door hoping to untangle some heavy towels and from the bottom of the dryer heard a cry. It was Itty Bitty and he had been in the dryer the entire time! I first freaked out and pulled him out from the rest of the clothes. His fur was hot to the touch, he was panting (cats don't usually pant), and I could feel his heart beating loud and fast as I held him.

I started crying - you know, how you do when you almost kill a beloved pet. I opened the freezer door and held him in front of it. The panting slowed down and his fur began to feel cooler as I thought of him making the thump and having his short but eventful life pass before his wide eyes. When I first set him down, I saw he was so dizzy he would have easily failed any sobriety test. I began to laugh no doubt out of regret and relief.

I thought of his trauma and panic through the ordeal and decided he had learned a hard lesson about not jumping through open doors.

This morning I opened the dryer to get a towel and saw him out of the corner of my eye jump back into the dryer. So much for lessons learned. I was all cried out, so I laughed and got out the duct tape.

– by Lori Raffel

Maybe Teddy Roosevelt said it best: "Complaining about a problem without posing a solution is called whining."

We all know at least one person who seems to complain and criticize all the time. It wears on you when you're around them, and worst of all, it's easy to see yourself being swept up in their negativity.

On the whole, people become bored of someone who spends most of their time complaining, particularly when they tend to never offer viable solutions to their issues.

Complaining doesn't change anything. It only makes you and everyone around you feel worse and most of the things we complain about are out of our control.

Last week, I was waiting in line at the grocery store check-out when someone ahead of me invited another person to go in front of them.

Not a huge deal, but how come this guy thinks he can make everyone else wait while he gives his friend a free cut in line? I have no doubt that I rolled my eyes, but I didn't say anything. It was only a few extra minutes of my time.

After doing some research, I found that people who cut in line are one of the Top 10 things people complain about most often these days.

Here are the Top 10 everyday life complaints:

- Bad customer service
- Telemarketers and robocalls
- People who cut in line
- Feeling cold
- Packages or letters arriving late
- Traffic delays
- Trouble connecting to Wi-Fi
- Litter and people who litter
- The weather
- Feeling too hot



My friend complained for years about the HOA in his neighborhood, so he decided to volunteer to be on the HOA board and do something about these issues from inside the organization. He did join and every time I see him, he complains about the HOA meetings being too frequent and lasting too long.

I wholeheartedly believe that if you agree to participate in something and you end up disliking it, don't blame others. Accept that it didn't go your way and move on.

Some people just can't seem to move on. In my research, I found there are four basic types of complainers:

The Meek Complainer:

Meek Complainers avoid confrontation and won't make their complaints known immediately. They tend to complain the most to people who can do the least about it.

If you hear them complaining, recommend they go straight to the source and voice their complaints to the person or people who can affect the most change.

The Chronic Complainer:

Chronic complainers tend to be rarely satisfied and will almost always find something wrong in everything. As frustrating as this can be, remember they're still your co-worker/friend/family member and deserve to be heard up to a point.

Responding to the Chronic Complainer takes extraordinary patience. You can't simply dismiss their complaints because they have a lot of them.

The Aggressive Complainer:

Unlike the Meek Complainer, the Aggressive Complainer complains loudly to anyone who will listen and doesn't respond well to those who are aggressive in return. In fact, they tend to dismiss excuses that justify their unsatisfactory experience. And while they have the same needs and goals as the Meek Complainer, they're more vocal about getting what they want.

The High-Roller Complainer:

High-Roller Complainers expect the absolute best and not willing to compromise. They generally have higher expectations for everyone else.

These individuals are more likely to to push back if things aren't quite to their liking.

Bottom Line:

When you are around a serial complainer, keep in mind that if they continually complain about the same people/company/issues, they are most likely complaining about you to others. Maybe it's time to limit your exposure to this person.

If they don't like where they are, ask them why they continue to go. If they don't like a company's rules, suggest they take their business elsewhere.

Don't get sucked up into someone else's constant negativity. State your issues to someone who can change things and go on about your life.

by Lori Raffel

THE HOLIDAYS ARE UPON US

The truth is the holidays are stressful for almost everyone. For those who are 30 to 70 years, the holidays are stressful simply because there is always too much to do. Women, but also men nowadays, are expected to be planners, shoppers, house and tree decorators, gift wrappers, communicators, hosts, and cooks for family gatherings. The result of this role overload is exhaustion, if not worse. As an adult, I have heard many people say they just want the holidays to be over with so they can recover.

For those of us in our 70's, 80's and 90's, holidays are stressful as well. But the reasons are quite different and often not recognized—either by ourselves or by our families.

First, we older people have to let go of many of the roles we used to take on at holidays. For most of us, the lack of responsibility feels good. But not being part of the hustle and bustle of the season usually makes us feel empty and bleak.

Holidays also become stressors when you are older because so many loved ones are missing from the festivities. The loss of family is sad and challenging for most older people. Part of aging well is learning how to grieve our losses and eventually move on. But it isn't easy to carry those issues with us.

I hear from older people who have very small families, or whose families are distant by geography or emotionally, that they dread the holidays. It is stressful to have nowhere to go.

One elderly friend reported that she deals with her no-family-available situation by taking early action and making plans at least a month ahead. Having plans in place helps all of us to face the holidays with more courage.

Family gatherings can present all kinds of challenges to older people. Here are a few vignettes that describe some common family behavioral patterns. And a few thoughts for how we older people can deal with them.

Oblivious

When Grandma arrives at this holiday



gathering, she receives hugs, kisses, and a hearty welcome. A few minutes later, however, she finds herself left sitting alone in a corner far from the action. Everyone else is cooking, laughing, and having fun, often in a different room. She feels invisible. This is a very common story.

I would encourage you to speak up. Say something like, "Hey there, let me help peel the potatoes." or "Can you move me in closer?"

Loud and Drunk

This family drinks a lot on holidays. Some of them get drunk, not happy drunk, but noisy drunk and often angry. As the day goes the arguments escalate and the shouting begins. Older guests usually feel tense, helpless, and scared. I would suggest they go to another part of the house. And, as a last resort, leave. You don't have to stay until the bitter end of a gathering. Be sure and have the number of a taxi or Uber with you, just in case.

Adults Acting Like They Did as Kids

Have you noticed how often adults revert to their childhood roles once they get in the same room with their family? It is a common pattern. For example, the childhood rebel arrives two hours late dressed in muddy jeans. The oldest sister is bossing everyone around and the younger siblings get annoyed. Most grandparents watching their adult children acting so childish, sit silent. Is it your right to say something?

Ask your family members, "Can I have two or three minutes to talk with you, with just us two?" They feel special and you get to talk to the adult.

Conflict in the Family

This family includes one or two people who differ from the majority on big issues like climate change, vaccines, or politics. Soon after the family gathers, the arguing begins. People interrupt each other and try their hardest to show how wrong the views of the dissenters are. All you wanted was a peaceful day.

Families do not have to agree. Too many of us assume that if we are a family, we must all come down on the same side of an important and polarizing issue. Once you accept this, then listen to each opinion. Most people, including family, just want to be heard.

Pressure to Conform

This family puts subtle or not-so-subtle pressure on everybody in the family to conform to the holiday program as planned. They have organized activities like games, hikes, formal meals, church services, and other events.

The challenge for those of us who are 70seventy and older is to stay comfortable so we can enjoy ourselves. Can we skip the walk in the afternoon? Can we bow out of the late-night event? Can we speak up about the uncomfortable mattress in the guest room or not? We, elders, need to take self-care seriously.

I guarantee you that most families do not resemble a Norman Rockwell painting when they gather for holidays.

Tips for Happier Holidays

Let go of the fantasy of perfect holidays and expect the unexpected.

Set up times to talk and connect, one-on-one, with family members.

Remember families do not have to agree.

Ask for what you need to be comfortable.

Do not try to fix or change the views of family members.

by Lori Raffel

















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