



Creating Opportunities  
for Independence  
Education & Learning  
Companionship & Fellowship  
Community Resources Information

# The Informer

News for Heritage Place Members

4550 N. Illinois Street ■ Indianapolis, IN 46208 ■ (317) 283-6662  
www.heritageplaceindy.org ■ admin@heritageplaceindy.org

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April 2018

## Join Us for Our Wake Up to Heritage Place Breakfast with the Mayor

**Wednesday, April 25 7:30 a.m. to 8:30 am**  
**Heritage Place of Indianapolis, Inc.**

Event Features: a one-hour morning event with complimentary hot breakfast buffet provided by Clearvista Lake Health Campus, networking, guest speech from Mayor Joe Hogsett, a presentation on Heritage Place successes, door prizes and the opportunity to make a tax-deductible donation to Heritage Place.

Reserve your seat by Thursday, April 19, (317) 283-6662 or Ruth.Ann.Hankins@heritageplaceindy.org Free parking at Heritage Place (corner of 46th and Illinois Street). Visit [www.heritageplaceindy.org](http://www.heritageplaceindy.org) for more information or to make a secure donation.



## Change Today for a Healthier Future Diabetes Prevention Program

**Thursday, April 12**

**11:00am-12:00pm**

**Presented by YMCA**

Work with others in a small group setting, for a one-year commitment, to learn how to adopt habits that will improve your overall health and well-being and reduce your risk for diabetes. Programs like the YMCA's Diabetes Prevention Program have been shown to prevent or delay type 2 diabetes in individuals by 58%. The YMCA's Diabetes Prevention Program is part of the Center for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance. The class meets weekly for sixteen weeks, bi-weekly for 3 months, and monthly for the last six months of the program.

### Enrollment options:

Age 60 or older, at or below 185% of the Federal poverty line: enroll through Heritage Place by March 30, 2018.

### Self-pay option:

Call Maggie McCoy to enroll in the Diabetes Prevention class at 317-612-3086. Must be pre-diabetic.

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**Save the Date! Wake Up to Heritage Place Breakfast. See page 3.**

## "Loving and Giving"

*"We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present."*

—Marianne Williamson

We are all humans. We have the capacity to love and be loved.

This is good news, we no longer have to regret the past wrongs done to us. If this really works, we can feel loved by showing love toward others.

There have been times in my life when friends and strangers have reached out to me.



When my mother died, I was a young 21-year-old. During the two weeks after her death, one of my mother's dear friends telephoned me several times. "How was I doing?", she asked. "Our family is sending a basket of flowers. That basket is for you, so you be sure to get it." "Does your family have enough food?" and "Do out-of-town family need a place to stay?" To this day, I still remember her kind remarks, questions, and support.

Words of kindness and encouragement have been shared with me, not only in times of tragedy, but in everyday life. They often come when I least expect them.

*- In my Jazzercise class when my hair is pulled up with a headband and jaw clips, one of my Jazzer-friends says how great my hair looks. WOW!!*

*- At church when I am wearing a last-minute thrown-together outfit, a church member compliments me on my clothes. How thoughtful!*

With all of these expressions of love, I smile and feel happy. And I have noticed that the person extending the compliment also smiles and feels happy.

Older adults are in the best position to show love to others. You have the "life experiences." Just think about the many experiences you have had! You have seen all sorts of things in your lifetime. You know what those experiences feel like and how to deal with them. You have the wisdom to help others feel happy which in turn can help you feel happy.

So why not start today? Share a compliment with the teller at the bank. Say something nice to the grocery clerk. Tell a neighbor how beautiful the flowers in their garden look.

Let a friend from Heritage Place friend know how fun they are. Watch the love within them spill out in their broad smiles. Feel yourself glow with happiness.

Extend love to get love. What a great concept!!

**Ruth Ann Hankins**  
Executive Director

### Front Porch Planning

What wording should I use in my will to include Heritage Place as a beneficiary?

Two of the most commonly used sentences are:

1- I give and bequeath to Heritage place of Indianapolis, Inc. \_\_\_\_ percentage of my assets to be used for general purposes.

2- I give and bequeath to Heritage Place of Indianapolis, Inc. \$\_\_\_\_ of my assets to be used for general purposes.

## Class Cancellations and Updates

**Choir** – Cancelled for April

**Circuit Class** – Cancelled.

**Manicures by Marty** – Cancelled until further notice.

**Mardi Bridge** – Cancelled until further notice.

## Inclement Weather

We are pleased to partner with WTHR – Channel 13 to communicate when Heritage place is closed due to inclement weather. When you see Heritage Place of Indianapolis, Inc. – CLOSED scroll across the bottom of your television that means Heritage Place is closed and all activity for the day is cancelled.



If we are open and an individual class is cancelled, by the instructor, due to inclement weather, you will receive a telephone call letting you know the class has been canceled.

Always put safety first. If you do not feel safe driving due to the weather conditions, please do not put yourself at risk.



**To register, or for more information, contact Heritage Place:**

CALL  
**317-283-6662**

STOP BY THE OFFICE  
**4550 North Illinois Street  
Indianapolis, IN 46208**

EMAIL  
**admin@heritageplaceindy.org**

## Register for Spring Home and Yard Work Services – Volunteer Service Groups Coming Soon

Spring has arrived and our volunteer service groups will be coming soon.

Didn't get those leaves raked or the gutter cleaned out last fall? Need mulch spread, some painting done or windows washed? Now is the time to start thinking about your project list for home and/or yard work services, and to prepare to purchase your supplies.

### Requirements:

- Projects require a pre-service assessment to determine appropriateness of project and to determine number of volunteers needed to complete the work.
- You must provide all of the yard tools, materials and

supplies volunteers need to complete your project.

- You must be at home while the volunteers are at your property.

Register today, service is provided on a first-come, first-served basis, contact Ann Homrighous, Home Services Manager, at (317) 283-6662, [ann.homrighous@heritageplaceindy.org](mailto:ann.homrighous@heritageplaceindy.org) or stop by the Home Services Office.

Please keep in mind when making your list, our volunteers do not haul trash or yard debris away. Contact the Indianapolis Department of Public Works or the Mayor's Action Center hotline at (317) 327-4622 to find out guidelines for the heavy trash program or ADA trash collection program.



**Wednesday, April 25**  
**7:30 a.m. to 8:30 a.m.**

A fundraising event for Heritage Place with guest speaker, complimentary breakfast, vendors, donation opportunity and door prizes.

For sponsorship and vendor information, or to reserve your seat, contact  
**Ruth Ann Hankins,**  
**(317) 283-6622.**



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# 2018 Membership

## Memberships for your lifestyle ...

Heritage Place offers a variety of center-based classes, activities and home services to encourage and promote healthy lifestyles, independence, well-being, and quality of life. Choose the membership that fits your lifestyle.

### Green Membership

- Access to all Social Activities, Fitness, Education and Health classes and seminars at the Heritage Place member rate, or free.
- Receive *Happenings* newsletter mailed to your home twice a year.
- Choose how you want to receive *The Informer*:
  - Pick-up *The Informer* monthly as you visit Heritage Place;
  - Emailed to you; (Email address required.)
  - Mailed to your home for an additional \$5.00 for the year.

**Cost:** \$47.00 for 2018



Come play duplicate bridge Monday and Friday. See class schedule.

### Blue Membership

- Access to all Social Activities, Fitness, Education and Health classes and seminars at the Heritage Place member rate, or free.
- Receive *Happenings* newsletter mailed to your home twice a year.
- Exclusive to Blue membership:
  - (2) Tickets, per event, to performances, sporting and community events.
  - Online communications and event reminders. (Email address required.)
  - Advance registration for Heritage Place outings.
  - Invitation to Heritage Place Corporate Partner events.
- Choose how you want to receive *The Informer*:
  - Pick-up *The Informer* monthly as you visit Heritage Place;
  - Emailed to you; (Email address required.)
  - Mailed to your home for an additional \$5.00 for the year.

**Cost:** \$57.00 for 2018

**Payment: Check, MasterCard, VISA and Discover.**  
Make check payable to Heritage Place.

**Please note:** You will be required to complete a new membership application each year and have your photo taken if we do not have one on file.



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# Home Services

Contact Ann Homrighous, Home Services Manager, at [ann.homrighous@heritageplaceindy.org](mailto:ann.homrighous@heritageplaceindy.org) or (317) 283-6662 if you need information or referrals for home services.

## Care Management Services

8:00 a.m.-5:00 p.m. Monday-Friday

Information and referrals for community resources, caregiver support and consumer literature.

## Grocery Shuttle

The Heritage Place grocery shuttle offers a discounted fare rate of \$2.00 per round trip. Help keep the grocery shuttle partnership with Heritage Place and CICOA Way2Go moving!

We need individuals to sign up to ride the 1st and 3rd Thursdays of the month if you live in zip code areas 46205, 46208 and 46220.

We must have a minimum of six riders for the Heritage Place grocery shuttle to run as a group transport to Meijer and Walmart on Keystone Av-

enue. Must be 60 years old and complete an application to qualify. It's not just shopping, it's a social event!

Contact Ann Homrighous at (317) 283-6662 for details.

## Home and Yard Work Services

Spring is on the way! Be thinking about yard work and home organization projects. Sign up now to be placed on the waiting list for a one-time project. Service is on a first-come, first-serve basis and provided by volunteer groups as they are available. Volunteers are not scheduled on a regular or ongoing basis. A needs assessment will be completed prior to service. You are asked to provide tools and materials to complete the work.

## Library Express

Library Express is an Indianapolis Public Library program in which volunteers regularly select and deliver

library materials for patrons who are unable to visit their local Library branch.



Books, DVDs, CDs and other library materials are available through this free service. To sign up for this service, simply call the Indianapolis Public Library Support Programs & Volunteer Resources Office at 317-275-4046 and tell them you'd like to sign up for Library Express.

## Senior Companions

Calling all males! Heritage Place is in need of qualifying male senior companions. Must meet an income guideline and be 55 years of age or older. Volunteers are paid a stipend and mileage.

Heritage Place currently hosts 24 senior companions to provide friendly visiting to homebound and frail older adults. The service is focused on socialization, encouragement and support. The service area is in Marion County north of 10th St. Contact Ann Homrighous at (317) 283-6662 if you know someone age 55 or over who could use the support of a senior companion or someone who would like to volunteer.

## SHIP Medicare Saving Programs

There are money saving programs available to help Medicare beneficiaries. Schedule an appointment with a Heritage Place SHIP counselor to see if you qualify for MEDICARE

SAVINGS PROGRAM and EXTRA HELP. Counselors can also assist to guide you through Medicare options and answer questions about Medicaid and health insurance. Call (317) 283-6662 to schedule an appointment. SHIP counselors are available Mondays and Tuesdays from 1:00-3:00 p.m. and Wednesdays from 11:30 a.m.-1:30 p.m.



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# Center Services

## Monthly Health Screenings - Blood Pressure

Presented by Eric Satterthwaite,  
American Village

Monday, April 16

and Wednesday, April 18

11:00 a.m. to 12:00 p.m.

Cost: Free for members and  
non-members

## Healthy Feet – Foot Care

■ Foot Care with

J. David Litsey, D.P.M.

By appointment only,

Tuesdays: April 3, 10, 17, 24

10:30 a.m. to 3:00 p.m.

Treatment includes management of  
calluses, corns and toenails.

Cost: \$15.00 members and \$20.00 for  
non-members

■ Foot Care with Debbie Ryan, RN

By appointment only.

Thursday, April 19

9:00 a.m. to 4:00 p.m.

Cost: \$20.00 for members and \$25 for  
non-members

## Bread, Sweet Treats and More

Tuesdays and Thursdays

Delivered by Second Helpings after  
2:00 p.m.

Selection varies.

Cost: Free while supplies last.

## Notary Service

Monday – Friday, 12:00 p.m.  
to 4:30 p.m.

By appointment only;

24-hour scheduling and  
cancellation required.

Two pieces of I.D. required, one must  
be a photo with current address.

Cost: \$5.00 for members and \$8.00  
for non-members

## SHIP

SHIP counselors are available Mon-  
day – Thursday to help guide indi-  
viduals through Medicare options and  
answer questions about Medicaid and  
health insurance.

Call (317) 283-6662 to schedule an  
appointment or for more information  
about SHIP services.

Cost: Free for members and  
non-members

## Center Resources

### Corporate Partner Kiosk

Daily, 8:00 a.m. to 5:00 p.m.

Help yourself to informative bro-  
chures and consumer literature pro-  
vided by the Heritage Place Corporate  
Partners.

### Book Lending Library

Daily, 8:00 a.m. to 5:00 p.m.

Visit the lending library and enjoy  
a variety of donated books and maga-  
zines. Keep them or read and return.  
We accept gently used books and mag-  
azines daily.



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## Daily Center Classes and Activities

Try any of our classes one time for free before you join. This does not include Bridge or Scrabble Clubs and any class with a special instruction fee.


Classes	Day	Time	Fee
<b>Arts and Crafts</b>			
Knitting, Loom Knitting and Crocheting for a Cause	Fridays	11:00 a.m. to 1:00 p.m.	Members and Non-Members: Free
Sewing Class	Fridays	1:00 p.m. to 3:00 p.m.	Members & non-members \$20 for four classes
<b>Education</b>			
Genealogy Studies	Wednesdays	April 18	Members and Non-Members: Free
Inspirational Studies	Mondays	11:00 a.m. to 12:30 p.m.	Members: Free Non-members: \$5
Spanish (El Club de la Tercera Edad)	Wednesdays	11:30 a.m. to 12:30 p.m.	Members: \$1 per class Non-members: \$5 per class
<b>Fitness</b>			
Total Body - Chair Aerobics	Mondays and Wednesdays	10:00 a.m. to 11:00 a.m.	Members: \$5 per month or \$1 per class Non-members: \$10 per month or \$3 per class
Senior Urban Line Dance – Golden Line Dancers	Mondays	12:00 p.m. to 1:00 p.m.	Members: \$3 per class Non-members: \$5 per class
Silver Foxes Still Rock'n It Beginner and Intermediate Line Dance Class	Tuesdays	2:30 p.m. to 4:00 p.m.	Members: \$3 per class Non-members: \$5 per class
Mind and Body – Senior Yoga	Tuesdays	11:00 a.m. to 12:00 p.m.	Members: \$3 per class Non-members: \$5 per class
Balance and Stability	Tuesdays	10:00 a.m. to 11:00 a.m.	Members: \$3 per class Non-members: \$5 per class
Heritage Place Ladies of the Dance Practice	Thursdays	11:00 p.m. to 12:00 p.m.	Members & Non-Members: Free
Heritage Place Ladies of the Dance Class	Thursdays	12:00 p.m. to 1:00 p.m.	Members: \$3 per class Non-members: \$5 per class
Senior Stretch Yoga	Thursdays Last class Feb. 1	10:00 a.m. to 11:00 p.m.	Members: \$3 per class Non-members: \$5 per class
SilverSneakers® Classic (Chair Aerobics)	Fridays	10:00 a.m. to 11:00 a.m.	Members: \$3 per class Non-members: \$5 per class
<b>Games and Clubs</b>			
Monday Open Bridge	Mondays	12:00 p.m. to 3:30 p.m.	Members: \$3 per game Non-members: \$8 per game
Learn and Play Bridge	Wednesdays	12:00 p.m. to 2:00 p.m.	Members: \$3 per game Non-members: \$8 per game
Friday Open Bridge	Fridays	12:00 p.m. to 3:30 p.m.	Members: \$3 per game Non-members: \$8 per game
Scrabble Club	Thursdays	1:00 p.m. to 4:00 p.m.	Members: Free Non-members: \$5
<b>Personal Enrichment</b>			
Good Grief Talks from the Heartland	Thursdays	April 12 and 26	Members & Non-Members: Free
<b>Fellowship</b>			
Out to Lunch Group	Fridays	April 27	Check the office for restaurant



# April 2018

Birthstone – Diamond Flower – Sweet Pea

To register, or for more information, contact  
Heritage Place:

MONDAY	TUESDAY	WEDNESDAY
<p><b>2</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>11:00</b> Inspirational Studies  <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers  <b>12:00</b> Monday Open Bridge Club  <b>1:00</b> SHIP – By Appointment Only</p>	<p><b>3</b></p> <p><b>10:00</b> Balance and Stability Class  <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey  <b>11:00</b> Mind and Body – Senior Yoga Class  <b>1:00</b> SHIP – By Appointment Only  <b>2:30</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>	<p><b>4</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>10:00</b> SHIP – By Appointment Only  <b>11:30</b> Spanish Class  <b>12:00</b> Learn and Play Bridge  <b>2:00</b> Computer Tutoring – By Appointment Only</p>
<p><b>9</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>11:00</b> Inspirational Studies  <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers  <b>12:00</b> Monday Open Bridge Club  <b>1:00</b> SHIP – By Appointment Only</p>	<p><b>10</b></p> <p><b>10:00</b> Balance and Stability Class  <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey  <b>11:00</b> Mind and Body – Senior Yoga Class  <b>1:00</b> SHIP – By Appointment Only  <b>2:00</b> Bingo  <b>2:30</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>	<p><b>11</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>10:00</b> SHIP – By Appointment Only  <b>11:00</b> Bridge Club  <b>11:15</b> Talking Books Braille  <b>11:30</b> Spanish Class  <b>12:00</b> Learn and Play Bridge  <b>2:00</b> Computer Tutoring – By Appointment Only</p>
<p><b>16</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>11:00</b> Inspirational Studies  <b>11:00</b> Blood Pressure Screening – American Village  <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers  <b>12:00</b> Monday Open Bridge Club  <b>1:00</b> SHIP – By Appointment Only</p>	<p><b>17</b></p> <p><b>9:30</b> AARP Driver Safety Course  <b>10:00</b> Balance and Stability Class  <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey  <b>11:00</b> Mind and Body – Senior Yoga Class  <b>1:00</b> SHIP – By Appointment Only  <b>2:30</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>	<p><b>18</b></p> <p><b>10:00</b> Genealogy Studies Class  <b>10:00</b> Total Body – Chair Aerobics  <b>10:00</b> SHIP – By Appointment Only  <b>11:00</b> Blood Pressure Screening – American Village  <b>11:00</b> Bridge Games  <b>11:30</b> Spanish Class  <b>12:00</b> Learn and Play Bridge  <b>2:00</b> Computer Tutoring – By Appointment Only</p>
<p><b>23</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>11:00</b> Inspirational Studies  <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers  <b>12:00</b> Monday Open Bridge Club  <b>1:00</b> SHIP – By Appointment Only</p>	<p><b>24</b></p> <p><b>10:00</b> Balance and Stability Class  <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey  <b>11:00</b> Mind and Body – Senior Yoga Class  <b>12:30</b> <b>Costly Social Security Mistakes</b>  <b>1:00</b> SHIP – By Appointment Only  <b>2:30</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>	<p><b>25</b></p> <p><b>7:30</b> <b>Wake Up to Heritage Place Breakfast</b>  <b>10:00</b> Total Body – Chair Aerobics  <b>10:00</b> SHIP – By Appointment Only  <b>11:30</b> Spanish Class  <b>11:30</b> <b>Nutrition in the New Year</b>  <b>12:00</b> Learn and Play Bridge</p>
<p><b>30</b></p> <p><b>10:00</b> Total Body – Chair Aerobics  <b>11:00</b> Inspirational Studies  <b>11:30</b> Fraud prevention Seminar  <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers  <b>12:00</b> Monday Open Bridge Club  <b>1:00</b> SHIP – By Appointment Only</p>	<p><b>Wednesday, April 25</b>  <b>7:30 a.m. to 8:30 a.m.</b></p> <p>A fundraising event for Heritage Place with guest speaker, complimentary breakfast, vendors, donation opportunity and door prizes. Call Ruth Ann Hankins at <b>317-283-6622</b> to reserve your seat.</p> 	



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"Like" Heritage  
Place Inc. on Facebook

THURSDAY		FRIDAY	
<p><b>9:30 Marion County Council on Aging meeting at CICOA</b></p> <p><b>10:00</b> Grocery Shuttle</p> <p><b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>12:00 danceKALEIDOSCOPE Mini Matinee</b></p> <p><b>1:00</b> Scrabble Club</p> <p><b>1:00</b> SHIP – <b>Cancelled</b></p> <p><b>7:00 danceKALEIDOSCOPE Full Performance</b></p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00 Technology: Using Your Cell Phone</b></p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00 Computer Class – Topics in Technology</b></p> <p><b>1:00</b> Sewing</p> <p><b>1:00</b> SHIP – By Appointment Only</p>	
<p><b>10:00</b> Good Grief Talks from the Heartland</p> <p><b>11:00</b> Diabetes Prevention Program</p> <p><b>11:00</b> Bridge Games</p> <p><b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> Scrabble Club</p> <p><b>1:00</b> SHIP – <b>Cancelled</b></p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>11:00 Technology: Using Your Cell Phone</b></p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00 Computer Class – Topics in Technology</b></p> <p><b>1:00</b> Sewing</p> <p><b>1:00</b> SHIP – By Appointment Only</p>	
<p><b>9:00</b> Foot Care with Debbie Ryan, RN</p> <p><b>10:00</b> Grocery Shuttle</p> <p><b>11:00</b> Diabetes Prevention Program</p> <p><b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> SHIP – <b>Cancelled</b></p> <p><b>1:00</b> Scrabble Club</p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>11:00 Technology: Using Your Cell Phone</b></p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00 Computer Class – Topics in Technology</b></p> <p><b>1:00</b> Sewing</p> <p><b>1:00</b> SHIP – By Appointment Only</p>	
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**Birthdays**  
of 2018 members

Marvalynn Jones ..... 1st  
Gloria Elliott ..... 1st  
Clarice Foley ..... 2nd  
Marvin Mathews ..... 2nd  
Mary Black. .... 6th  
Marion Johnson ..... 10th  
Mildred Cowherd ..... 11th  
Janet Tower. .... 11th  
Julia Hosek ..... 13th

Priscilla Paris ..... 16th  
Ann Traynor ..... 18th  
Annie Wilburn ..... 18th  
Chevene Toney ..... 20th  
Marcia Wade ..... 21st  
Cassandra Neal ..... 22nd  
Carol Wood ..... 23rd  
Donna Franklin ..... 24th  
Janet Cooper. .... 25th

A'Lelia Jo Osili ..... 25th  
Barbara Boyd ..... 27th  
Carol Evans Conley .... 27th  
Odessa Higginson ..... 27th  
Betty Markey ..... 28th  
Lodeana Lumpkins .... 29th  
Helen Calvert ..... 30th

# Monthly Experiences: Seminars, Screenings and Outings

## Marion County Council on the Aging Meeting

Thursday, April 5 at 9:30-10:30 a.m.

CICOA Aging & In-Home

Solutions Conference Rooms B & C

4755 Kingsway Dr., Ste. 200

Indianapolis, IN 46205-1572

Please join us for a presentation of findings and discussion of the 2017 Community Assessment Survey for Older Adults (CASOA), presented by CICOA Aging & In-Home Solutions.

RSVP: [cicoa.org/events/casoa-marion/](http://cicoa.org/events/casoa-marion/) or 317-803-6034



## Dance Kaleidoscope

12 p.m. and 7 p.m. Thursday, April 5

12 p.m. and 7 p.m. Thursday, May 31

Mini-Matinee Performances at noon are one-hour excerpts of a full performance with Q&A with David Hochoy, DK's Artistic Director, and the full performance on Thursday night at 7pm

Dance Kaleidoscope, Indiana's professional contemporary dance company, would like to invite you to attend our performance at the Indiana Repertory Theatre as our guests with up to two free tickets per member! Ticket holders can attend one or both performance options.

## Talking Books Braille

April 11, 11:15 a.m. – 12:00 p.m.

The Indiana talking book and braille library provides library service to any Indiana resident who cannot use standard printed materials due to a visual or physical disability. Come learn more about to take advantage of this free service.

## Monthly Screening –Blood Pressure, Oxygen and More

April, Monday 16 and Wednesday, 18

Compliments of Eric Satterthwaite, American Village and Village of Avon

11:00 a.m. to 12:00 p.m.

Knowing your numbers is important! Stop by weekly to track your numbers and manage your health.

## AARP Driver Safety Class

Tuesday, April 17 from 9:30 a.m. – 2:00 p.m.

Instructor: Dick Huber, M.D.

Frustrated with roundabouts, Michigan lefts and flashing yellow left turn signals?

Come brush up and learn new rules of the road and the best practices for driving defensively as your reflexes and vision change. This class uses a handbook and video for learning.

No test!

**Cost:** \$15.00 with valid AARP Member Card \$20.00 if not an AARP Member Payment: Check or exact cash. Make check payable to AARP.

Bring your driver's license, AARP member card (if a member), a sack lunch or snack and beverage.

**Class will take a 30-minute lunch break.**

## Costly Social Security Mistakes

April 24 from 12:30 p.m. to 1:30 p.m.

Come learn how to avoid social security mistakes and fraud to protect your identity in this hour long seminar.

## New! Nutrition in the New Year Monthly Workshop

Presented by Clearvista Lake Health Campus

Wednesday, April 25

11:30 a.m. to 12:30 p.m.

What better way to keep your health-focused resolution? Add this workshop to your calendar, the last Wednesday of the month, and stay on track all year long.

Each month a new nutrition topic will be presented. The month of April is all about eggs. Be sure to come and receive a free cookbook covering our monthly topics.

**Cost:** Members only. Registration required; call or visit the office.



To register, or for more information, contact Heritage Place:

CALL  
317-283-6662

STOP BY THE OFFICE  
4550 North Illinois Street  
Indianapolis, IN 46208

EMAIL  
[admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)

# Monthly Experiences: Seminars, Screenings and Outings

## Out to Culture

The Civic

The Center for Performing Arts

3 Center Green, Carmel

## Hairspray

April 26, 2018

**Creative Team:** Directed by Michael J. Lasley, Stage Managed by Katie Stark, Choreographed by Anne Beck

Music by Mark Shaiman and Lyrics by Mark Shaiman & Scott Wittman

*The 1950s are out, and change is in the air! Hairspray, winner of eight Tony Awards, including Best Musical, is a family-friendly musical, piled bouffant-high with laughter, romance and deliriously tuneful songs.*

*It's 1962 in Baltimore, and the lovable plus-size teen, Tracy Turnblad, has only one desire – to dance on the popular "Corny Collins Show." When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob, Link Larkin, and integrate a TV network... all without denting her 'do!*

**Cost:** Free. Blue members only. Advance registration required.

## Women and Money

May 15, 12:30 – 1:30

Many women will face life-changing financial decisions. Understand your options related to setting goals, Social Security, protection, estate and retirement strategies, and how to stay informed.

## Avoiding Healthcare as the #1 Reason for Bankruptcy

May 21, 11:15 a.m. – 12:00 p.m.

**Presenter:** Dave McCarty, Certified Healthcare Consultant

Healthcare costs are often the number 1 reason for bankruptcy, and it can happen overnight. Proposed budget cuts can make it even worse. Learn the big picture of how to protect yourself from healthcare costs as the number 1 reason for financial bankruptcy.

**Please sign up in the front office by May 18.**

## Spring Fling

May 23 10:00 a.m. – 2:00 p.m.

**Purchase tickets in the office starting Monday, April 24.**

## Hoosier Heritage Night

June 6, at 6 p.m.

Ritz-Charles, Carmel Indiana

Tickets: \$100 Individual and Corporate or Patron Table \$1,500 Reserve your seat by contacting Ruth Ann Hankins at [Ruth.Ann.Hankins@heritageplaceindy.org](mailto:Ruth.Ann.Hankins@heritageplaceindy.org) or call (317) 283-6662.

## 5 keys to Retiring Fearlessly

June 12, 12:30 – 1:30

Learn how to manage risks all retirees face – outliving income, inflation, unpredictable events, market volatility, income taxes, and rising health care costs – to help you maximize income in retirement.



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# Nutrition and Mental Health

Approximately 15% of older adults have mental illness according to the World Health Organization.

## Affected Areas of Mental Health

- Memory (Dementia and Alzheimer's)
- Personality Disorders
- Depression
- Anxiety and Stress

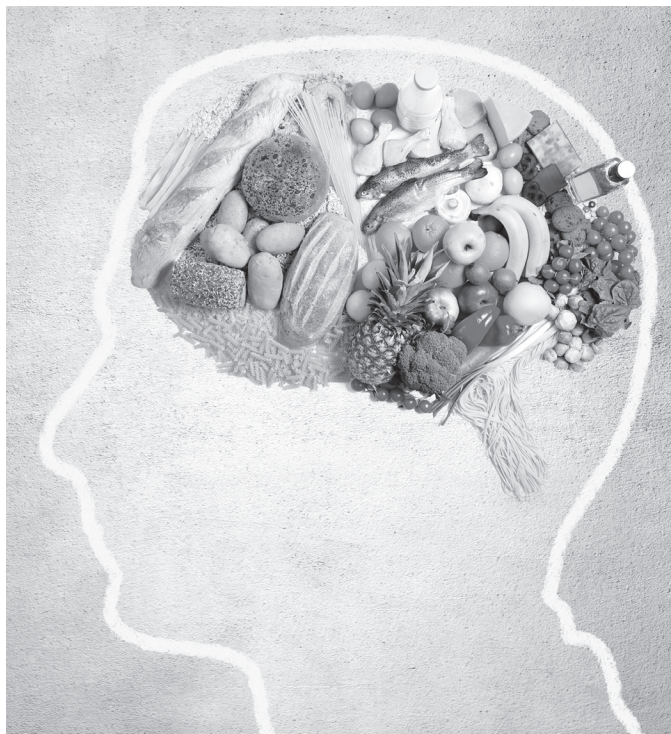
## Risk Factors for older adults developing mental illness:

- Significant ongoing loss in capacities/mobility
- Chronic pain
- Frailty
- Other health problems, for which they require some form of long-term care
- Lack of nutrition

All of these risks can be reduced by a healthy, balanced diet.

## 3 Main Nutrients to Remember for Mental Health:

**Omega 3:** Helpful in treatment of depression and has a mood-stabilizing effect. Can be found in oily fish like salmon, trout,



anchovies, sardines, and mackerel.

**Folic Acid:** Helps lower risk of depression, it's important for healthy skin, hair, nails, eyes, liver and red blood cell production. Can be found in spinach, kale, fruits, nuts, beans, and whole grains.

**Vitamin D:** Reduces the risk of depression, strengthens calcium (teeth and bones), health of muscles, and the immune system. Can be found in sun exposure, fatty fish (salmon and tuna), milk, oranges, and some breakfast cereals.



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## 10 THINGS YOU NEED TO KNOW

- 1. REMOVAL OF SOCIAL SECURITY NUMBER**  
Centers for Medicare & Medicaid Services (CMS) is replacing your current Medicare Card with a NEW CARD.
- 2. NEW BENEFICIARY NUMBER ASSIGNED**  
Your SSN will be replaced with a Medicare Beneficiary Identifier (MBI) of 11 letters & numbers to help protect your identity.
- 3. YOUR NEW CARD WILL BE MAILED TO YOU**  
Medicare will MAIL new cards to beneficiaries between April 2018 and April 2019.
- 4. UPDATE YOUR MAILING ADDRESS**  
To confirm that your mailing address is up-to-date, go to [www.ssa.gov/myaccounts](http://www.ssa.gov/myaccounts), call 1-800-772-1213, or go to your local Social Security office.
- 5. NO IMPACT ON YOUR BENEFITS**  
The new card doesn't change your benefits or coverage.

## NEW MEDICARE CARDS ARE COMING!

As you help people with Medicare, here are some key messages to share about the new Medicare card:

- Medicare will mail new cards between April 2018 – April 2019.
- To help prevent identity theft, new cards won't include Social Security numbers. Instead, each person will get a new unique Medicare Number.
- You don't need to do anything to get a new card, but you should make sure your mailing address is up to date. Visit [ssa.gov/myaccount](http://ssa.gov/myaccount) or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address, if updates are needed.
- Medicare will never call and ask for personal information before sending new cards, so don't share your Medicare Number or other personal information if someone calls and asks for it.
- Medicare will mail more information with the new cards – check [Medicare.gov](http://Medicare.gov) for the latest updates.



CMS Product No. 12003-P  
August 2017

## Calendar Details

### Arts and Crafts

#### Knitting, Loom Knitting and Crocheting for a Cause

**Fridays: 11:00 a.m. to 1:00 p.m.**

Relax with this informal group of women and men as they knit for a cause.

The group also works on individual projects and shares knitting tips and techniques. Don't know how to knit or crochet – that is okay. Madora Lewis, group leader, will get you started.

Materials: Knitting: bring (2) size 10 needles and 4-ply worsted yarn of any

color. For crocheting: bring crochet hook size J and 4-ply worsted yarn. Loom knitting: bring medium size looms, bulky yarn or two schemes of 4-ply worsted yarn of any color.

**Cost:** Free for members \$5.00 non-members

#### Sewing

**Fridays: 1:00 p.m. to 3:00 p.m.**

Learn how to sew and/or improve your skills with Willa Rouse, a professional garment seamstress. In this class you will explore how to make special projects, monogram with a sewing ma-

chine, read patterns, and make small alterations. All levels of sewing experience welcome.

Materials: sewing kit and material required. Bring your own sewing machine or use one of ours.

**Cost:** \$20.00 for four lessons for members \$25.00 for four lessons for non-members

**(Participants must register for a minimum of four lessons and pay in advance, cash only.)**

more on next page

# Calendar Details

## Bridge

### Indianapolis Bridge Unit At Home at Heritage Place

The Indianapolis Bridge Unit is very pleased to have found a "home" at Heritage Place to host their clubs and lessons. We are members of the American Bridge Association and play duplicate bridge and earn points for national competition. The more you play, the more strategies and complex moves you learn. The benefits of playing duplicate bridge are many. It keeps your mind stimulated, is known to delay the on-set of dementia, and it provides weekly opportunities to socialize with old friends and make new friends. All bridge players are welcome. Bring a partner of call ahead.

### Monday Open Bridge

**Mondays: 12:00 p.m. to 3:30 p.m.**

### Learn and Play Bridge

**Wednesdays: 12:00 p.m. to 2:00 p.m.**

Returning beginner students start class at 11:00 a.m.

### Friday Open Bridge

**Fridays: 12:00 p.m. to 3:30 p.m.**

**Cost:** \$3.00 per game for members  
\$8.00 per game for non-members

### Scrabble Club

**Scrabble Club**

**Thursdays: 1:00 p.m. to 4:00 p.m.**

Come and join the scrabble club to enjoy light refreshments and learn how you can become involved.

- Are you the one who completes the "Jumble" in the newspaper?
- Do you watch the National Spelling Bee?
- Do you want to learn new words and make new friends?

Boards and materials provided and you bring your enthusiasm!

**Cost:** \$2.00 for members and non-members

## Education

### Genealogy Studies Group

**Wed., April 18**

**10:00 a.m. to 11:30 a.m.**

Whether your family had saints or sinners, or both, discovering your past can be fascinating and rewarding. Recording your family's history is a valuable project for yourself and generations to come. The Heritage Place Genealogy Studies Group learns research techniques, tips for how to document the facts, and getting it written down. We help each other as we meet monthly.

**Cost:** Free for members \$5.00 non-members

### Good Grief Talks from the Heartland

**Thursdays: Second and Fourth Thursday of the Month**

**10:00 a.m. to 11:00 a.m.**

Grief and Loss support for adults experiencing grief and loss.

We all experience losses throughout our lives. Loss of loved ones through death, loss of relationships through divorce or illness, loss of independence and loss of abilities are just a few.

Any of the losses can be difficult to cope with alone, and we grieve all of these losses in some way. This support time offers us all the opportunity to learn about loss, and to talk with or listen to others with similar experiences. We invite you to join us.

**Cost:** Free for members and non-members

### Inspirational Studies

**Mondays: 11:00 a.m. to 12:30 p.m.**

Join other spiritual-minded people for a friendly, balanced, non-denominational, and well-rounded group study. Participants discuss God inspired biblical scriptures from the King James Bible and their relativity to everyday life and manifestation in real life experiences.

**Cost:** Free for members \$5.00 for non-members

## Spanish (El Club de la Tercera Edad)

**Wednesdays: 11:30 a.m. to 12:30 p.m.**

Keep your brain flexible and expand your horizons in El Club de La Tercera Edad (Seniors' Spanish Class). Learn Spanish vocabulary, grammar and culture through study, practice and experiences. No Spanish? No hay problema! All levels welcome.

**Cost:** \$1.00 per class for members \$5.00 per class for non-members

**Book and Dictionary fees:** Book: \$10.00; Dictionary: \$5.00

## Fitness

### Total Body – Chair Aerobics

**Mondays and Wednesdays:**

**10:00 a.m. to 11:00 a.m.**

This one-hour workout, performed while sitting in a chair or standing, is a must for all older adults seeking a low-impact cardiovascular workout. Set to up-tempo music, this low-impact cardiovascular class will increase your overall stamina, muscle strength, endurance and flexibility.

Individuals may use fitness bands, small hand-held weights and their own body weight to create a total body workout. This class is perfect for adults with limited mobility or confined to a wheelchair.

**Cost:** \$5.00 per month or \$1.00 per class for members \$10.00 per month of \$3.00 per class for non-members

### Mind and Body – Senior Yoga

**Tuesdays: 11:00 a.m. to 12:00 p.m.**

The movements presented in senior yoga are beneficial to all older adult participants including those who are on walkers, in wheel chairs or suffer from chronic illness. Set to soothing instruction and relaxing music, this class is designed to move and strengthen the body through bone strengthening movements and breathing exercises to achieve increased flexibility, coordination and balance, reduce stress, and to help manage chronic illness pain and depression.

# Calendar Details

Mats are recommended for students who can stand, but not mandatory.

**Cost:** \$3.00 per class for members \$8.00 per class for non-members

## Line Dance Classes

### Senior Urban Line Dance – Golden Line Dancers

**Mondays: 12:00 p.m. to 1:00 p.m.**

Line dancing is an easy way to have fun while exercising your body and mind. This advanced senior urban line dance class, for men and women, focuses on more than learning the latest dances - it teaches variations of choreography so participants will intuitively know which dance to do with different songs. This class performs in the community and annually at the Indiana State Fair and Indiana Black Expo - Summer Celebration.

**Cost:** \$3.00 per class for members \$8.00 per class for non-members (Modest cost for performance T-shirts)

### Silver Foxes Rock'n It – Beginner and Intermediate Line Dance Class

**Tuesdays: 2:30 p.m. to 4:00 p.m.**

We are on the move with a new class for intermediate dancers on Tuesdays. Whether you are performing or getting an additional day of exercise, this is an intermediate line dance class for you. This class performs in the community.

**Cost:** \$3.00 for participants not attending the Beginner's Plus class on Friday.

**Cost:** Free for participants attending the Beginner's Plus class on Friday.

### Heritage Place Ladies of the Dance – Line Dance Class

**Thursdays: 11:00 a.m. to 12:00 p.m.**

Learn the latest line dances set to popular music guaranteed to make everyone tap their toes and clap their hands. Enjoy the excitement of performing in the community while wearing beautiful custom-made outfits coordinated from shoes to accessories.

Ladies of the Dance welcomes new dancers. They perform a minimum of one day per month in the community and annually at the Indiana State Fair.

**Cost:** \$3.00 per class for members \$8.00 per class for non-members. (Additional cost for outfits and accessories.)

### Heritage Place Ladies of the Dance - Line Dance Practice

**Thursdays: 12:00 p.m. to 1:00 p.m.**

Join the Ladies of the Dance for a fantastic exercise session during their fun-filled informal weekly practice as they review dances learned in line dance class and prepare for community performances and the Indiana Black Expo Summer Celebration.

**Cost:** Free for members and non-members

## Music

### Choir

**Cancelled for April**

**Wednesdays: 11:00 a.m. to 12:00 p.m.**

Open to all members, this class will work on developing individual music skills through community singing. Music theory, rhythm, aural skills, voice technique and interpretation are just a few of the topics to be developed, working within a varied range of styles, from folk melodies to musical theater, from classical to sacred music. No previous singing or music experience is required.

**Cost:** Free for members and non-members.

## Out and About

### Out To Lunch Group

**Fourth Friday of each month**

Try out different restaurants, get to know people, have lively discussions and just plain have fun. Everyone is welcome. Restaurant and departure time from Heritage Place announced monthly. Sign up in the office.

### Out to Culture Group

If you want to learn more about the various cultural places in the Indianapolis area, the Out to Culture Group is for you. Please sign up in the office.

**To register, or for more information, contact Heritage Place:**



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## OCCUPANT OR

***The Informer*** is the monthly publication of the Heritage Place Senior Center.

### **Mission Statement**

Heritage Place of Indianapolis, Inc. provides older adults with comprehensive and coordinated human services to encourage and promote healthy lifestyles, independence, well-being and quality of life.

### **Staff**

Ruth Ann Hankins, Executive Director  
Ann Homrighous, Home Services Manager  
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**Wednesday, April 25**  
**11:30 a.m. to 12:30 p.m.**

What better way to keep your health-focused resolution? Add this workshop to your calendar, the last Wednesday of the month, and stay on track all year long.

Each month a new nutrition topic will be presented.

**Cost:** Members only. Registration required; call or visit the office.



**When you give to United Way,  
you're supporting us.**