



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

Volume 42, No. 3

Published Monthly

March 2018

BINGO

2:00 p.m. - 3:30 p.m.

March 13, April 10, May 8

Come socialize and play a game of Bingo for the chance to win prizes.

Enjoy our free refreshments while you play!

Sponsored by Crestwood Village, Westside Village Health Center, and Assurance Health.

Free for all members and non-members.

Planning For Beneficiaries in Your Will

Tuesday, March 27, 10 a.m. – 11 a.m.

Who will you name as the beneficiaries in your will?

When drafting a will, a number of questions arise regarding who you want to inherit a portion of your estate. Common questions that include: How do I include a charitable organization, such as Heritage Place, in my will? Can I exclude certain family members from my will? Can I include friends (who are not related to me) in my will?

This seminar will try to take the mystery out of naming beneficiaries when preparing or updating your will. Topics covered will be: appropriate terminology and drafting techniques, how to donate to a charity like Heritage Place, including and excluding family members, and the importance, value and benefits of preparing or updating your will to ensure that it reflects your personal wishes.

Professionals recommend updating your will every 3-5 years. When was the last time you updated your will? This seminar will be a good starting point. If you have any questions, please contact Ruth Ann Hankins, Executive Director, 317-283-6662 or Ruth.Ann.Hankins@heritageplaceindy.org.

The seminar presenter is Matt Boldt, an attorney with Lewis Wagner, LLP and a member of the Heritage Place Board of Directors.

Inside

Birthdays	8
Membership	4
Home Services	5
Center Services	6
Daily Center Classes and Activities	7
Calendar	8
Monthly Experiences	10
Calendar Details	13

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

March 2018 – “How Old?”

What an interesting question!

Some days I feel 20 years younger. I have lots of energy and seem to accomplish a lot of tasks without wearing out. Recently, a friend said to me, “I want to be like you when I grow up!” The thing is, this friend is older than me. They say 40 is the new 60 and 50 is the new 70. The reality is, aging does bring changes to a person.

A few years ago, a member of one of our classes came into the office to pick up the attendance sheet. She chatted away about what the class was doing that day. Then in referring to the other class members, she said, “I’m the same age as everyone else in our class. But, I exercise regularly and none of them do. So I seem a lot younger.” We were surprised. Her hair, her style of clothes and certainly her active gait, gave us the impression that she was at least 10 years younger than the others in the class. She sure fooled us!

Some days I feel several years older. Those are the days when I have little energy - maybe I’m not feeling well, or maybe I have not slept well, or maybe I’m facing some tough decisions. On those days hair style and clothes usually don’t matter to me. Just getting through the day is what matters.

So, how old would you be if you did not know your age? Do a fun survey. Share your answer with 10 friends and ask them to share with you. The answers could be surprising.



Front Porch Planning

Does Heritage Place offer educational seminars about wills?

– Yes. Watch for the schedule of educational seminars about wills found in our monthly newsletter, *The Informer*.

Class Cancellations and Updates

Circuit Class – Cancelled.

Manicures by Marty – Cancelled until further notice.

Mardi Bridge – Cancelled until further notice.

Topics in Technology - No class March 2, 14, and 16

Change Today for a Healthier Future – Diabetes Prevention Program

Thursday, March 15

Thursday, April 12

11:00 am-12:00 pm

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.

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

Winter 2018 Member Testimonial:

A member since 2007, **Jane Smith** is an active participant of bridge and regularly comes to play at Heritage Place. She describes her experience as “very positive” and stated that she enjoys coming. When asked why, she stated that “The people are friendly, it’s a nice environment, and we have ample space” for all offered activities. Commuting from Carmel, IN, she found Heritage Place to be a very conveniently located organization to play bridge and socialize. According to Jane, since [she] retired, “it’s something enjoyable and it’s a fun place to come to because you just feel good coming. Bridge is something I want to do and

it’s a good place to do it. You get to know the people and enjoy being around them, socializing too.” She continued, the instructor is “very accommodating and he loves the game.” So far, Jane is mostly associated with the bridge classes but has interest in joining other classes offered by Heritage Place like Spanish class, someday in the future. Having learned of Heritage Place through friends, she would recommend coming to others because it’s enjoyable to her and the affordability is “not bad because you benefit so much from it”. Overall, Jane would consider her life changed for the better since joining Heritage Place.



Wednesday, April 25
7:00 a.m. to 8:00 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.



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

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.



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

Home Services

Contact Ann Homrighous, Home Services Manager, at 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.



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

Center Services

Monthly Health Screenings - Blood Pressure

Presented by Eric Satterthwaite,
American Village

Monday, March 19
and Wednesday, March 21

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: 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, March 8

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.



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

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
Arts and Crafts			
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
Education			
Genealogy Studies	Wednesdays	March 21	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
Fitness			
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
Games and Clubs			
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
Music			
Choir	Wednesdays	11:00 a.m. to 12:00 p.m.	Members & Non-Members: Free
Personal Enrichment			
Good Grief Talks from the Heartland	Thursdays	March 8 and 22	Members & Non-Members: Free
Fellowship			
Out to Lunch Group	Fridays	March 23	Check the office for restaurant



March 2018

Birthstone – Aquamarine

Flower – Daffodil

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

MONDAY

TUESDAY

WEDNESDAY



Birthdays of 2018 members

Judith Casey 1st
Velma Simmons 2nd
Kim Okhi 4th
Odessa Beeler 4th
Minnie Jackson 7th
Carol Ross 8th

Sarah McPhail 10th
Barbara Bingham 12th
Shirley Johnson 12th
Sharon Kidwell 16th
Abrenda Weeden 17th
Martha Carlisle 18th

Evelyn King 19th
Roberta Higbie 20th
Hazel Reece 20th
Dorothy Randall 22nd
Arthur Wilson 27th
Carole Wilburn 29th

10:00 Total Body – Chair Aerobics
11:00 Inspirational Studies
12:00 Senior Urban Line Dance –
Golden Line Dancers
12:00 Monday Open Bridge Club
1:00 SHIP – By Appointment Only

5

10:00 Balance and Stability Class
10:30 Healthy Feet – Foot Care with Dr. Litsey
11:00 Mind and Body – Senior Yoga Class
1:00 SHIP – By Appointment Only
2:30 Silver Foxes Still Rock'n It – Beginner
and Intermediate Line Dance Class

6

10:00 Total Body – Chair Aerobics
10:00 SHIP – By Appointment Only
10:00 **Free Tax Preparation –
By Appointment Only**
11:00 Bridge Club
11:30 Spanish Class
12:00 Learn and Play Bridge
2:00 Computer Tutoring

7

10:00 Total Body – Chair Aerobics
11:00 Inspirational Studies
12:00 Senior Urban Line Dance –
Golden Line Dancers
12:00 Monday Open Bridge Club
1:00 SHIP – By Appointment Only

12

10:00 Balance and Stability Class
10:30 Healthy Feet – Foot Care with Dr. Litsey
11:00 Mind and Body – Senior Yoga Class
1:00 SHIP – By Appointment Only
2:00 **Bingo**
2:30 Silver Foxes Still Rock'n It – Beginner
and Intermediate Line Dance Class

13

10:00 Total Body – Chair Aerobics
10:00 SHIP – By Appointment Only
11:30 Spanish Class
12:00 Learn and Play Bridge
2:00 Computer Tutoring – **Cancelled**

14

10:00 Total Body – Chair Aerobics
11:00 Inspirational Studies
11:00 Blood Pressure Screening –
American Village
12:00 Senior Urban Line Dance –
Golden Line Dancers
12:00 Monday Open Bridge Club
1:00 SHIP – By Appointment Only

19

10:00 Balance and Stability Class
10:30 Healthy Feet – Foot Care
with Dr. Litsey
11:00 Mind and Body – Senior Yoga Class
1:00 SHIP – By Appointment Only
2:30 Silver Foxes Still Rock'n It – Beginner
and Intermediate Line Dance Class

20

10:00 Genealogy Studies Class
10:00 Total Body – Chair Aerobics
10:00 SHIP – By Appointment Only
10:00 **Free Tax Preparation –
By Appointment Only**
11:00 Blood Pressure, O2 Screening –
Villages of Avon
11:30 Spanish Class
12:00 Learn and Play Bridge
2:00 Computer Tutoring

21

10:00 Total Body – Chair Aerobics
11:00 Inspirational Studies
11:30 Fraud prevention Seminar
12:00 Senior Urban Line Dance –
Golden Line Dancers
12:00 Monday Open Bridge Club
1:00 SHIP – By Appointment Only

26

10:00 Balance and Stability Class
10:30 Healthy Feet – Foot Care with Dr. Litsey
11:00 Mind and Body – Senior Yoga Class
1:00 SHIP – By Appointment Only
2:30 Silver Foxes Still Rock'n It – Beginner
and Intermediate Line Dance Class

27

10:00 Total Body – Chair Aerobics
10:00 SHIP – By Appointment Only
11:30 **New! Nutrition in the New Year**
11:30 Spanish Class
12:00 Learn and Play Bridge
2:00 Computer Tutoring

28

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

CALL 317-283-6662

EMAIL admin@heritageplaceindy.org



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
<p>9:30 Marion County Council on Aging meeting at CICOA</p> <p>11:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 SHIP – Cancelled</p> <p>1:00 Scrabble Club</p>		<p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>11:00 Afghan Making Class</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Sewing</p> <p>1:00 SHIP – By Appointment Only</p>	
<p>9:00 Foot Care with Debbie Ryan, RN</p> <p>10:00 Good Grief Talks from the Heartland</p> <p>10:00 Free Tax Preparation – By Appointment Only</p> <p>10:00 Grocery Shuttle</p> <p>11:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 SHIP – Cancelled</p> <p>1:00 Scrabble Club</p>		<p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>11:00 NEW! Technology: Using Your Cell Phone</p> <p>11:00 Afghan Making Class</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Computer Class – Topics in Technology</p> <p>1:00 Sewing</p> <p>1:00 SHIP – By Appointment Only</p> <p>Daylight savings begins Sunday, March 11</p>	
<p>11:00 Diabetes Prevention Program</p> <p>11:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 SHIP – Cancelled</p> <p>1:00 Scrabble Club</p>		<p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>11:00 NEW! Technology: Using Your Cell Phone – Cancelled</p> <p>11:00 Afghan Making Class</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Computer Class – Topics in Technology</p> <p>1:00 Sewing</p> <p>1:00 SHIP – By Appointment Only</p>	
<p>10:00 Good Grief Talks from the Heartland</p> <p>10:00 Free Tax Preparation – By Appointment Only</p> <p>10:00 Grocery Shuttle</p> <p>11:00 Diabetes Prevention Program</p> <p>11:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 SHIP – Cancelled</p> <p>1:00 Scrabble Club</p> <p>7:00 And Then There Were None – Civic Theatre</p>		<p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 NEW! Technology: Using Your Cell Phone</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>11:00 Out to Lunch Group</p> <p>11:00 Afghan Making Class</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Computer Class – Topics in Technology</p> <p>1:00 Sewing</p> <p>1:00 SHIP – By Appointment Only</p>	
<p>11:00 Diabetes Prevention Program</p> <p>11:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 SHIP – Cancelled</p> <p>1:00 Scrabble Club</p>		<p>Heritage Place Closed</p>	

Monthly Experiences: Seminars, Screenings and Outings

Marion County Council on the Aging Meeting

Thursday, March 1
9:30 a.m. to 10:30 a.m.

CICOA Aging & In-Home Solutions
4755 Kingsway Drive, 46205



Bring a friend, neighbor or family member and learn from the experts who provide services for older adults throughout Marion County. Great opportunity to network and gather resources before you need them or for immediate solutions.

Cost: Free, open to all adults age 55 or older.

Afghan Making Class

Fridays: March 2, 9, 16, 23
11 a.m. - 1 p.m.

Come join this close-knit group and learn how to make an Afghan blanket. Lead by the sewing and knitting instructor, Madora Lewis, the class will teach the techniques and skills needed to sew a blanket warm enough to get through the cold days. Sew what are you waiting for? Sign up now!

Technology: Continuing Education for Older Adults

Using Your Cell Phone

Wednesday Tutoring: March 21, 28, and April 4, 11, 18
Fridays Classes: March 9, 23, and April 6, 13, 20, 27
No class March 14th or 16th
April 27th will be a lunch
11:00 a.m. to 12:30 p.m.

Limited space available.

This five-week class will help you understand the vocabulary of using your cell phone to its fullest. Discussions will include: android vs. Apple, cell phone apps – read the fine print before downloading, data usage charges, how to back up data, sharing information, email on your phone and which way is the camera facing?

Participants will receive handouts weekly. This class is an overview, not a one-on-one session on how to use your personal cell phone.

Cost: Free for members
\$10.00 for non-members.

Computer Tutoring

Wednesdays: January 31 – April 11

2:00 p.m. and 4:00 p.m.

By appointment only. Sign up in the office.

Come prepared with questions for a one-on-one 45-minute tutorial session geared to what you want to learn.

Topics of interest, but not limited:

How do I do this on my smartphone, laptop or tablet?

I always wanted to learn Excel, Access, or social media platform such as Facebook or Instagram.

You may bring your tablet, smartphone, iPhone, or laptop to this session for your private tutoring session. A laptop will be available for non-personal data.

Cost: \$5.00 per 45-minute session (cash payment in advance).
Heritage Place Members only. Must register and pay in advance.

Monthly Screening –Blood Pressure, Oxygen and More

Compliments of Eric Satterthwaite, American Village
Monday, March 19 and 21

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.

Fraud and Scams Presentation

Monday, March 26

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

Learn to protect your personal information and finances during this informative presentation. Tips are provided to help attendees avoid identity theft and current scams, including email phishing, telemarketing scams, fake charity solicitations, home improvement fraud, and lottery and sweepstakes scams.

Out to Culture

The Civic

The Center for Performing Arts

3 Center Green, Carmel

And Then There Were None

March 22, 2018

7:00 p.m.

by Agatha Christie

Creative Team: Directed by Chuck Goad, Stage Managed by Joanne Johnson



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

Monthly Experiences: Seminars, Screenings and Outings

Ten strangers are summoned to a remote island. All that the guests have in common is a wicked past they're unwilling to reveal and a secret that will seal their fate. For each has been marked for murder. As the weather turns and the group is cut off from the mainland, the bloodbath begins and one by one they are brutally murdered in accordance with the lines of a sinister nursery rhyme.

One of Christie's darkest tales and a masterpiece of dramatic construction, its growing sense of dread and unfaltering tension will keep you guessing to the very end.

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



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

Dance Kaleidoscope Tickets Available

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

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

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 two free tickets per member! Ticket holders can attend one or both performance options. There are only 20 tickets so please sign up by Wednesday, March 28 in the main office.

AARP Driver Safety Class

Tuesday, April 17

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.

New! Nutrition in the New Year Monthly Workshop

Presented by Clearvista Lake Health Campus

Wednesday, March 28

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.



Volunteers Needed

Volunteers are needed to assemble the March Direct Mail campaign.

See details and sign up in 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

Don't Make Do, Say Adieu to the Flu!

5 Ways to Protect Yourself this season from the Flu

Flu activity and respiratory complaints are extremely high in Marion County. It has been recognized for many years that adults 65 years and older are at a greater risk of serious complications from the flu, so practice these steps and protect yourself and others during flu season!

1. Get Your Flu Shot

The best way to prevent the flu is with a flu shot. The CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October if possible.

2. Wash Your Hands Often and use Hand Sanitizer

Practicing good hand hygiene is one of the best ways to protect yourself from getting sick. Sharing is caring, unless it's sharing germs. Heritage Place has hand sanitizer all around, so before you eat a yummy treat, clean the germ party off your hand!

3. Cover your Coughs

If you've been around young children, there's a high chance you've been sick before. Kids spread germs like a wildfire.

Make sure to cover your mouth when you cough so germs don't spread other people.

4. Know the Symptoms of the Flu

Fatigue, Gastrointestinal problems, body aches, chills, persistent coughing, sore throat, and fever are all early symptoms of the flu.

5. If you Experience Any Flu-like Symptoms, Seek Medical Help

The CDC recommends that antiviral drugs be used as early as possible to treat flu in people who are sick with the flu. For older adults, the more the disease develops the more complications can arise. Lower the risk and go see that doctor!



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



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, 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 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 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., March 21

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

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:



CALL
317-283-6662

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

EMAIL
admin@heritageplaceindy.org



HERITAGE PLACE
of Indianapolis, Inc.
4550 N. Illinois St.
Indianapolis, IN 46208

Nonprofit Org.
US POSTAGE

PAID

Indianapolis, IN
Permit No. 9424

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
Krystina Gutierrez, Intern, editor

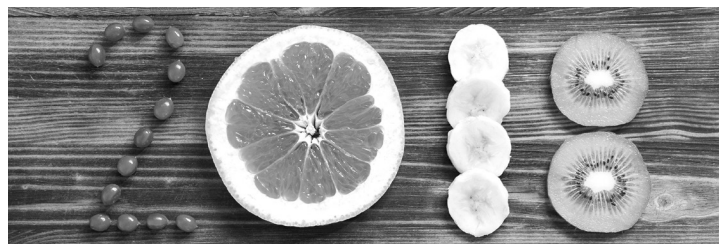
Heritage Place

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

Open 8 a.m. to 5:00 p.m. Monday – Friday

To receive this publication digitally, email us at admin@heritageplaceindy.org.

To unsubscribe to this publication, please email your name and address to admin@heritageplaceindy.org.



New! Nutrition in the New Year Monthly Workshop

Presented by Clearvista Lake Health Campus
Wednesday, March 28
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.**