



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](http://www.heritageplaceindy.org) ■ [admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)

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## Hoosier Heritage Night

### The Roaring 20's

Wednesday, June 6

6:00 p.m. to 7:00 p.m.

Ritz-Charles

12156 N. Meridian Street; Carmel, IN 46032

Celebrating the lifetime achievements of seven accomplished individuals. Proceeds from the Hoosier Heritage Night benefit the mission and programs of Heritage Place. Join us to celebrate the lifetime achievements of the following seven individuals:

**Karen Burns**, Indianapolis Zoological Society, Inc.

**Ruth Ann Hankins**, Heritage Place of Indy, Inc.

**Joyce Irwin**, Community Health Network Foundation

**Danny O'Malia**, Indy's Trusted Servant

**Patricia Ann Payne**, Indianapolis Public Schools

**Joyce Rogers**, Indiana University Foundation

**Justice Robert Rucker**, Indiana Court of Appeals

Proceeds from the evening support Heritage Place programs and home services for adults 55 plus living independently in Marion County.

**Tickets:** \$100 individual and Corporate or Patron Table \$1,500. A portion of ticket purchase is tax-deductible. Donations are also accepted at [www.heritageplaceindy.org](http://www.heritageplaceindy.org). Reserve your seat by contacting Ruth Ann Hankins, [Ruth.Ann.Hankins@heritageplaceindy.org](mailto:Ruth.Ann.Hankins@heritageplaceindy.org) or by calling (317) 283-6662.

## Avoiding Healthcare as the #1 Reason for Bankruptcy

Monday, May 21

11:15 a.m. to 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**.

## Women and Money

Tuesday, May 15

12:30 p.m. to 1:30 p.m.

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.

### Inside

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## "Tight Places"

*"When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up, for that is just the place and time that the tide will turn."*

—Harriet Beecher Stowe

I like movies. They are an escape from reality. In one short 2-hour time period, the bad guys commit the crime, the good guys investigate, the bad guys are captured and the world is at peace again. I really appreciate watching the bad things happen to someone else and not to me. It all happens in a neat, tidy and short time period.

Some people like the movies with lots of things blowing up and burning. The bigger the blast and the greater the fire the better. So not reality!! But so fun to watch!!

Some people like fast car chases. If you have not watched one of these movies, take the time to watch just one. It's really an experience you won't forget. The bad guys speed off at 120 miles per hour through city streets. The police follow in hot pursuit. Pedestrians scatter. Other cars pull to the curb. Light poles get pushed down. Fire hydrants are knocked over and water surges 50 feet into the air. So exciting!!

Some people like happy-ending stories. The couple has issues. The family has dysfunction. The friends argue excessively. There is crying and disappointment and sadness. Then, in the last 10 minutes all issues are resolved and everyone is happy again.

So what kind of movies do you like? Truthfully, I like a variety – comedy, adventure, love, and sometimes fast cars. I even like some historical fiction movies.

We all have to deal with "tight places" in our lives. And the issues don't resolve themselves in a neat and tidy 2-hours. So give yourself a break. Watch a favorite movie and relax. Enjoy watching the non-reality situations. Laugh at the characters. Escape from your troubles, even for a short time.

**Ruth Ann Hankins**  
Executive Director



## Class Cancellations and Updates

**Choir** – Cancelled for May

**Circuit Class** – Cancelled.

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

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

## Don't Forget to Register to Vote

The Indiana Senate Primary Election is coming up May 8, 2018 and the General Election November 6, 2018.

### Voter Eligibility in Indiana:

- You are a U.S. citizen.
- You are a resident of Indiana.
- You are at least 18 years old (or will be on or before the date of the election).
- You have resided in the precinct for at least 0 days prior to the election date.
- You are not incarcerated due to a felony conviction.

### There are three ways you can register to vote!

**Online:** visit the state's online Voters Registration page at <https://indianavoters.in.gov/>

- Verify your voter eligibility.
- Provide information such as your IN driver's license or state identification card number.
- Verify all the information you have entered and confirm the application.

### In person or by mail:

- Complete the Indiana Voter Registration Application (Form VRG-7) or County Voter Registration Application (Form VRG-11).
- Deliver or mail it to your county voter registration office or the Indiana Election Division Contact information and addresses are listed on application.

**Alternatively,** you can register at your local BMV license branch.

Once registered, you will receive your voter registration acknowledgement card by mail.

## Front Porch Planning

What is the difference between my annual donation to Heritage Place and a planned gift to Heritage Place?

Your annual gift to Heritage Place is used for this year's programs for nearly 1,700 older adults. A planned gift to Heritage Place through your will or life insurance policy and is for future programs.

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



CALL  
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**admin@heritageplaceindy.org**

# Celebrate Good Times, C'mon!

## May is Older Americans Month

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older Americans Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Celebrate your age and wisdom and be older but bolder!

### Free Resources

#### Health Eating

<https://www.choosemyplate.gov/older-adults>

#### Activities

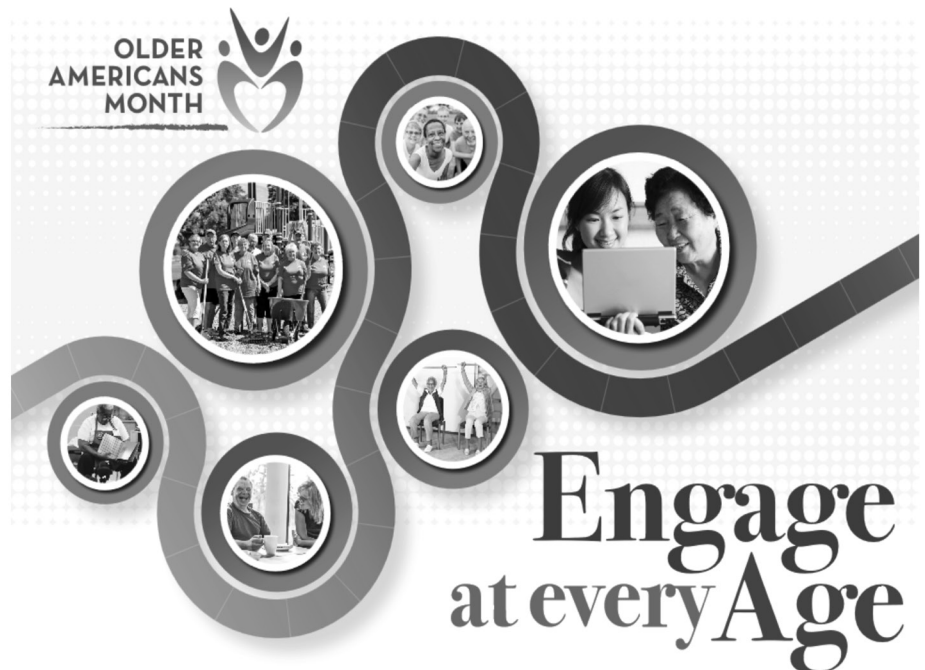
<https://www.nia.nih.gov/health/participating-activities-you-enjoy>

#### Volunteering

<https://www.nationalservice.gov/programs/senior-corps>

### Tips on how to Engage with Age

- Go out with friends on short day-trips, or out to lunch.
- Volunteer at a local organization that could use your help!
- Find one exercise that fits your lifestyle and you can do consistently for 30 minutes a day.
- Engage in mentally stimulating activities like learning a new language, or how to use new technology
- Find local events to attend
- Try and learn how to cook one healthy meal a week, and share it with your friends!
- Talk to younger people about your life and experiences, and hear about theirs!



[oam.acl.gov](http://oam.acl.gov)  



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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

Sign up to ride the 1st and 3rd Thursdays of the month if you live in zip code areas 46205, 46208 or 46220. 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 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 Avenue. 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.

## 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

Baffled by the Medicare maze? Let a SHIP counselor direct you to your options and answer our questions. There are money saving programs available to help qualified 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 answer questions about Medicaid and other health insurance. Call (317) 283-6662 to schedule an appointment. SHIP counselors are available Monday through Friday for limited hours.

## Home and Yard Work Services

Service slots are filling up fast! Service is on a first come, first serve basis so start thinking about those yard work and home organization projects you can't do yourself or need help with to accomplish. Sign up now to be placed on the waiting list for a one-time project. Service is provided by volunteer groups as they are available during spring, summer and fall. Volunteers are not scheduled on a regular or ongoing basis. A needs assessment will be completed prior to service. You provide tools and materials to complete the work and Heritage Place will provide the volunteers.



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# Center Services

## Monthly Health Screenings - Blood Pressure

Presented by Eric Satterthwaite,  
American Village

Wednesday, May 16 and Monday,  
May 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: May 1, 8, 15, 22, and 29  
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, May 24  
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	May 16	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	May 10 and 24	Members & Non-Members: Free
<b>Fellowship</b>			
Out to Lunch Group	Fridays	May 25	Check the office for restaurant



# May 2018

Birthstone – Emerald

Flower – Lily of the Valley

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

MONDAY	TUESDAY	WEDNESDAY
	<p><b>1</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>2</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 (<b>Last Class</b>)</p>
<p><b>7</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>8</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> <b>Bingo</b>  <b>2:30</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>	<p><b>9</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</p>
<p><b>14</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>15</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>Women and Money</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>16</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>11:30</b> Spanish Class  <b>12:00</b> Learn and Play Bridge</p>
<p><b>21</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>11:15</b> <b>Avoiding Healthcare as the #1 Reason for Bankruptcy</b>  <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>22</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>23</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</p>
<p><b>28</b></p> <p><b>Heritage Place Closed</b></p>	<p><b>29</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>30</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>11:30</b> <b>Nutrition in the New Year</b>  <b>12:00</b> Learn and Play Bridge</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>1:00</b> Scrabble Club</p> <p><b>1:00</b> SHIP – By Appointment Only</p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00 Technology: Using Your Cell Phone (Last Class)</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 (Last Class)</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> 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 – By Appointment Only</p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00 Computer Club</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</b> Sewing</p> <p><b>1:00</b> SHIP – By Appointment Only</p>	
<p><b>10:00</b> Grocery Shuttle</p> <p><b>10:00 Home Equity Conversion Mortgage</b></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 – By Appointment Only</p> <p><b>1:00</b> Scrabble Club</p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00 Computer Club</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</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> Good Grief Talks from the Heartland</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 – By Appointment Only</p> <p><b>1:00</b> Scrabble Club</p>		<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00 Computer Club</b></p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>11:00</b> Out to Lunch Group</p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00</b> Sewing</p> <p><b>1:00</b> SHIP – By Appointment Only</p>	
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# Monthly Experiences: Seminars, Screenings and Outings

## Technology: Continuing Education for Older Adults – LAST CHANCE

### Using Your Cell Phone

**Last Wednesday Tutoring: May 2**

**Last Class Friday, May 4**

**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.

### LAST Computer Tutoring

**Wednesday, May 2**

**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.

### Computer Club

**Every Friday from May 11 to June 29**

**11 a.m. to 12:15 p.m.**

Share your technology struggles and we'll share our tech knowledge. Make computer problems a thing of the past and dominate our new tech era.

Be sure to sign up in the front office! **There are only 12 slots available** so be sure to get 'em while they're hot!

## Marion County Council on Aging

**Thursday, May 3, 9:30 a.m. to 10:30 a.m.**

Please join us for a discussion on volunteer recognition here at Heritage Place.

**Venue:** CICOA Aging & In-Home Solutions Conference Rooms B & C

4755 Kingsway Dr., Ste. 200

Indianapolis, IN 46205-1572

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



## Bingo

**Tuesday, May 8**

**2:00 p.m. to 3:30 p.m.**

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.

## Women and Money

**Tuesday, May 15**

**12:30 p.m. to 1:30 p.m.**

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.

## Monthly Screening – Blood Pressure, Oxygen and More

**Wednesday, May 16 and Monday, May 21**

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

Compliments of Eric Satterthwaite, American Village and Village of Avon

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

## Home Equity Conversion Mortgage

**Thursday, May 17**

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

Presented by Marci Williams Stevenson, Training and Community Education Manager with Finance of America Reverse

This exciting and informative class will cover utilizing your home as a smart retirement solution. The class will cover the basics of the HECM Product and generally how to use your home as a sound retirement strategy. There will be a draw-



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# Monthly Experiences: Seminars, Screenings and Outings

ing for a \$100 Visa Gift Card and light refreshments will be served. Please sign up in advance.

## Avoiding Healthcare as the #1 Reason for Bankruptcy

**Monday, May 21**

**11:15 a.m. to 12:00 p.m.**

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.

Presenter: Dave McCarty, Certified Healthcare Consultant  
Please sign up in the front office by May 18.

## New! Nutrition in the New Year Monthly Workshop

**Wednesday, May 30**

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

Presented by Clearvista Lake Health Campus

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 May is all about healthy picnic recipes to launch the warm weather. Be sure to come and receive a free cookbook covering our monthly topics.

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

## Dance Kaleidoscope

**Thursday, May 31**

**12 p.m. and 7 p.m.**

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 7 p.m.

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.

## Hoosier Heritage Night

**Wednesday, June 6**

**6:00 p.m. to 7:00 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.

## Affordable Funeral Home Seminar

**Tuesday, June 19**

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

Presented by Janet Brewer, Newcomer Cremations, Funerals & Receptions

When difficult times come, it helps to have a preset plan. Learn ways to make this hard time easier so when the time comes, the focus can be on family and friends. Families deserve personal service, merchandise of the highest quality, and a price that is affordable. Bring your questions and we have your answers.

## Spring Fling

**Pushed Back to June 20**

**10:00 a.m. to 2:00 p.m.**

Purchase tickets in the office starting Friday, June 1.



## Heritage Place Golf Scramble

**Thursday, June 28**

**11:30 a.m. Registration and Lunch**

**12:30 p.m. Shotgun Start**

**6:00 p.m. Raffle and Dinner**

Unite with friends, coworkers, neighbors or family for 18 holes of scramble-style play for men, women and mixed teams.

Broadmoor Country Club  
2155 Kessler Boulevard West Drive  
Indianapolis, IN 46228



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## Indiana General Assembly in Favor of Indiana Older Adults

2018 Indiana General Assembly may have started off rocky, but it ended with a bang for older residents across Indiana. The following six bills were passed to help our older community:

- HEA 1317: “creates greater transparency and due diligence in the designation of Area Agency on Aging service regions, clarifies eligible uses of the CHOICE program, and ensures the Indiana CHOICE Board has adequate notice and time to provide input on changes to the CHOICE program. Administered by Indiana’s Area Agency on Agencies (AAAs), CHOICE provides resources for qualified older adults and people with disabilities that help them live and age in their own homes with safety and dignity.”
- HEA 1119: creates updates to Indiana’s POST law that ensures the honoring of preferred treatments. Some updates include the recognition of out-of-state POST forms and expanding signature authority to specific advanced care practitioners. To reduce family conflict and ensure personal wishes are honored the bill also codifies the order of priority in decision making, ensuring the ill individuals receive care as quickly as possible.
- HEA 190: ensures the use of all resources in nursing facilities are being utilized with appropriate and efficient levels of occupancy.
- HEA 1220: clarifies home health services as being available for more than the personal residence.
- HEA 421: “allows the state to reimburse for Medicaid home and community-based services back to the participant’s application date (as opposed to approval date), similar to other Medicaid services.”
- HEA 431: immunity for suspected abuse or neglect reporting for Adult Protective Service workers who during their investigation find and report animal cruelty, neglect and endangerment, to animal welfare authorities.

For further detail on house bills, visit the Indiana General Assembly website.

Indiana Association of Area Agencies on Aging

“Legislative Session Ends Positively for IAAAA Issues.” IAAAA, Indiana Association of Area Agencies on Aging, 2018, [www.iaaaa.org/legislative-session-ends-positively-for-iaaaa-issues/](http://www.iaaaa.org/legislative-session-ends-positively-for-iaaaa-issues/).



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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., May 16**

**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.



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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  
Krystina Gutierrez and Michael Aviah, Interns, editors

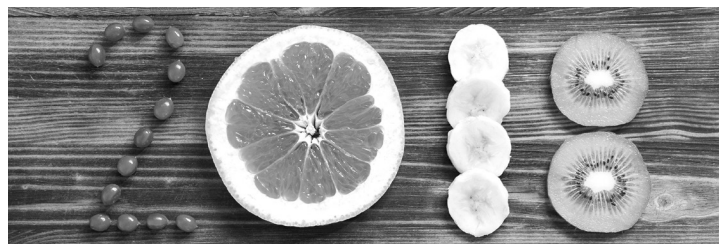
### Heritage Place

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## New! Nutrition in the New Year Monthly Workshop

**Presented by Clearvista Lake Health Campus**  
**Wednesday, May 30**  
**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.**