



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

# The Informer

Monthly News for Heritage Place Members

4550 North Illinois Street ■ Indianapolis, IN 46208 ■ (317) 283-6662

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

Volume 42, No. 6

Published Monthly

June 2018

## Hoosier Heritage Night

### The Roaring 20's

Wednesday, June 6

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

Ritz-Charles

12156 North Meridian Street, Carmel, IN 46032

Celebrating the lifetime achievements of six 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 six individuals:

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

**Ruth Ann Hankins**, Heritage Place of Indianapolis, 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

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. Blue Members Ticket Rate: \$55. A portion of the ticket purchase is tax-deductible. Donations are also accepted at [www.heritageplaceindy.org](http://www.heritageplaceindy.org). Reserve your seats by contacting Ruth Ann Hankins, [Ruth.Ann.Hankins@heritageplaceindy.org](mailto:Ruth.Ann.Hankins@heritageplaceindy.org) or by calling (317) 283-6662.

## "Last Day of Spring Fling" is June 20, 2018 from 10 am to 2 pm

Come meet vendors, enjoy lunch and entertainment presented by our very own members!

Tickets are \$13 per person and are on sale NOW in the office.

If your business or organization is interested in becoming a vendor or event sponsor, contact Heritage Place at (317) 283-6662, ext. 12.

### 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

**Heritage Place Golf Scramble Thursday, June 28**  
*see page 11 for details*

## "So Long"

*"I'm so glad we had this time together, just to have a laugh or sing a song. Seems we just get started and before you know it, comes the time when we must say, "So long."*

—Carol Burnette

I'm retiring this summer, after a 43-year career in the not-for-profit world. I've spent most of those years, almost 38, at Heritage Place and have loved almost every minute of it.

At Heritage Place, I've been surrounded by thousands of retirees. These retirees have been inspiring role models for me throughout life, including my upcoming retirement. Along the way, I've learned a few things. Here are my top 10.

10- "If you carry the baby high, it's a boy. If you carry the baby low, it's a girl." I gave birth to 3 children and received lots of advice while raising them.

9- "If you carry the baby high, it's a girl. If you carry the baby low, it's a boy." As you can see, there was no consensus on predicting the gender!

8- "When you retire, don't plan any "professional" activities for the 1st 6 months." It takes that long to get used to your retirement routine.

7- "Be open-minded. Meaningful professional opportunities will present themselves to you."

6- "If it sounds like fun, then do it." You've got the time.

5- "If what you're doing is not fun, then stop doing it." Time is valuable.

4- "If you don't use it, you will lose it." This applies to your mind and your body.

3- "Never stop making new friends of all ages. Life is a journey and you can learn from all of them."

2- "Travel while you are healthy and able."

1- "People are not afraid of change. People are afraid of the unknown."

Thank you all for your advice, your encouragement and your words of wisdom. I am a better person because of you. Heritage Place is a better place because of you.



**Ruth Ann Hankins**  
Executive Director

## Class Updates and Cancellations

**University of Indianapolis – Safety in Mobility Study** – June 15, starting 10 a.m. in half-hour segments. Register on the bulletin board.

**Funeral & Cremation Pre-Planning Workshop with Newcomer** – June 19 at noon. Register on the bulletin board.

**Choir** – will begin meeting on Wednesdays at 11 a.m.

**Genealogy Studies** – Class days and times to be Determined

**Circuit Class** – Cancelled until further notice.

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

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

## Farewell From the Interns

Hello everyone! Before I leave for Heritage Place, I wanted to let you know how grateful I am to have been an intern here. Every day was filled with laughter and great fun thanks to all of your warm smiles and welcoming personalities. At first I was a little nervous, but from the moment I stepped in I felt so welcomed by all of the members and it helped me relax and feel at home. It was a such a pleasure to get to know you all and I will never forget the experiences I had at Heritage Place. Whether it was doing line dance for the first time with an amazing groovy group or getting beaten in Scrabble, I enjoyed all of it. If I'm ever in the Indianapolis area I'll definitely come by to visit. Thank you all again so much for making my memories of my internship an amazing one. Stay great my friends!

—Michael Aviah

This has been my favorite internship so far. Thank you to the whole Heritage Place family for making such a warm and welcoming environment to us clueless interns. Everyone has been so kind and wonderful that it will be hard to say goodbye. I have learned a lot from this internship and have had a great time getting to know everyone here. Coming here was a nervous experience as this was the first office-like work I have ever done, but everyone makes it their mission to make you feel included and part of the team which is one of the best parts of having worked here. I'll never forget this internship and all the wonderful stories I have to tell now. Thank you again for giving me a wonderful experience to boast about.

—Krystina Gutierrez

## Front Porch Planning

Which is better? To give through my will a percentage of my assets or to give a specific dollar amount?

It is purely YOUR CHOICE. Either way, including Heritage Place in your will is a special way to say THANK YOU to program instructors, program participants and keeps programs alive! Thank you for your part in keeping our community healthy and thriving!

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



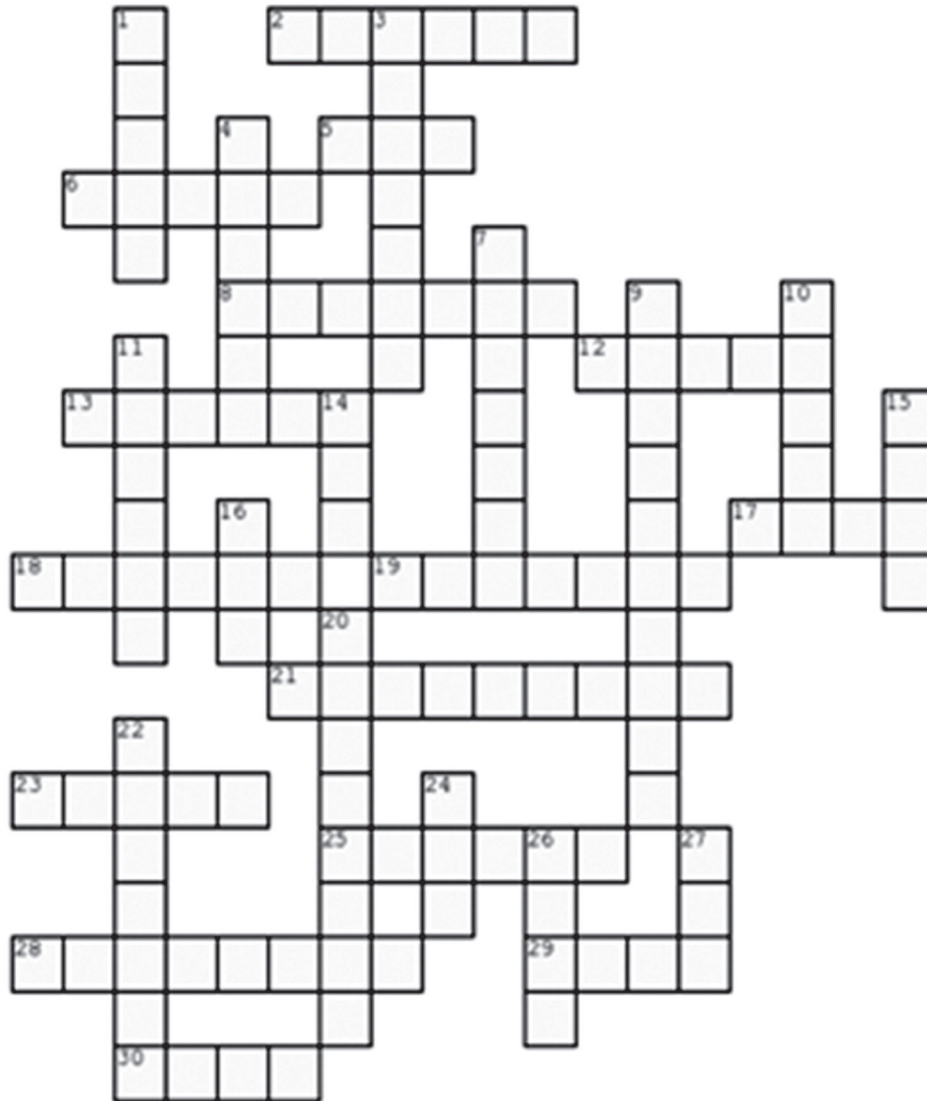
CALL  
**317-283-6662**

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

EMAIL  
**admin@heritageplaceindy.org**

## June Crossword

Complete the crossword below



Created with TheTeachersCorner.net [Crossword Puzzle Generator](#)

### Across

- 2. tool for capturing moments
- 5. writing fluid
- 6. wheat by-product
- 8. hub for home activity
- 12. Italian open pie
- 13. overjoyed
- 17. floating vessel
- 18. Gretel's brother
- 19. baseball position; holds liquid
- 21. a rebel without a cause (2 words)
- 23. endeavored
- 25. river crossing
- 28. real estate board game
- 29. a source of daily information
- 30. creators of milk

### Down

- 1. slogan
- 3. royalty
- 4. picnic essential
- 7. to start over
- 9. author of the Great Gatsby
- 10. potable stereo
- 11. graduates
- 14. man's best friend
- 15. feline
- 16. charge
- 20. America's favorite past time
- 22. ship disaster; 1997 film success
- 24. to make an offer
- 26. Dancer \_\_\_\_ Kelly
- 27. public transportation

# 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 *All-Inclusive Informer* newsletter mailed to your home twice a year.
- Choose how you want to receive *The Informer Monthly*:
  - 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 *All-Inclusive Informer* newsletter mailed to your home twice a year.
- Choose how you want to receive *The Informer Monthly*:
  - 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.
- 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.

**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

## Grocery Shuttle

Need a ride to go shopping? Sign up to ride the 1st and 3rd Thursdays of the month if you live or know someone who lives in zip code areas 46205, 46208 or 46220. The Heritage Place grocery shuttle offers a discounted fare rate of \$2.00 per round trip, but we need a minimum of six riders per trip. Help keep the grocery shuttle partnership with Heritage Place and CICOA Way2Go moving by scheduling your ride! Shopping locations include Meijer and Walmart on Keystone Avenue. Must be 60 years old and complete an application to qualify. If you need an escort they can sign up, too. It's not just shopping, it's a social event!

## Senior Companions

Senior Companion friendly visiting is focused on socialization, encouragement and support for those who are homebound, unable to venture out on their own, or to provide respite care for caregivers. Senior companions visit individuals in northern Marion County. If you or someone you know could benefit from this service, give us a call.

The Senior Companion Program is also recruiting a new class of volunteers. Females and males who want to make a difference are welcome. Senior companions must meet an income guideline and be 55 years of age or older. Volunteers are paid a stipend and mileage.

## SHIP – State Health Insurance Program

Make the best Medicare choices for yourself. Let a SHIP counselor direct you to your options and answer your questions. Counselors can introduce you to money saving programs available to help qualified Medicare beneficiaries offset healthcare costs. Schedule an appointment with a Heritage Place SHIP counselor to see if you qualify for MEDICARE SAVINGS PROGRAM and EXTRA HELP. Heritage Place is an enrollment center so counselors can answer questions about Medicaid and help you enroll. SHIP counselors are available Monday through Friday for limited hours.

## Home and Yard Work Services

There is still time to add your name to the Home & Yard Services waiting list for a one-time project this spring, summer or fall. Spring really is here so start listing those yard work and home organization projects you can't do yourself or need help with to accomplish. Slots are filling up fast and service is on a first come, first serve basis. Service is 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 provide tools and materials to complete the work and Heritage Place will provide the volunteers.



For More information or to schedule your Grocery Shuttle Ride, Senior Companion, SHIP appointment or Home / Yard Service Work, contact Ann Homrighous, Home Service manager at (317) 283-6662 or [ann.homrighous@heritageplaceindy.org](mailto:ann.homrighous@heritageplaceindy.org).



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)

# 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.



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: Free
Sewing Class	Fridays	1:00 p.m. to 3:00 p.m.	Members & non-members \$20 for four classes
Education			
Computer Club	Fridays	11:00 a.m. to 12:15 p.m.	Members: Free Non-members: \$5
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
Genealogy Studies	Call for class schedule		Members: Free
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	2:00 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: 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
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
Personal Enrichment			
Choir	Wednesdays	11:00 p.m. to 12:00 p.m.	Members: Free Non-members: \$5
Good Grief Talks from the Heartland	Thursdays	June 14 and 28	Members: Free
Fellowship			
Out to Lunch Group	Fridays	June 29	Check the office for restaurant



# June 2018

**Birthstone** – Pearl and Alexandrite

**Flower** – Rose

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

## MONDAY



### Birthdays of 2018 members

Sherri Brown . . . . . 1st  
George H. Rawls, MD .2nd  
June Cargile . . . . . 4th  
Elizabeth Scales . . . . . 6th  
Susan Trammell . . . . . 6th  
Carolyn Shelton . . . . . 7th  
Marjorie Johnson . . . . . 8th  
Dorian Pinner . . . . . 12th

## TUESDAY

Susie Dye . . . . . 16th  
Patrice Prince . . . . . 17th  
Nolan Taylor . . . . . 18th  
Angelique Johnson-  
Hughes . . . . . 19th  
Jesse Clark . . . . . 22nd  
Shirley Ward . . . . . 24th  
Josephine Cabell . . . . 25th

## WEDNESDAY

Sandra Galinger . . . . . 27th  
Wanda Roberts . . . . . 28th  
Cleo Elliott . . . . . 29th  
Dorothy Thorne . . . . . 29th  
Ella Tucker . . . . . 20th  
Debra McElroy . . . . . 30th  
Janice Gardner . . . . . 30th

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

**4**

**10:00** Balance and Stability Class  
**10:30** Healthy Feet – Foot Care with Dr. Litsey  
**11:00** Mind and Body – Senior Yoga Class  
**12:00** **NEW! Bridge Class for Beginners**  
**1:00** SHIP – By Appointment Only  
**2:00** Silver Foxes Still Rock'n It – Beginner  
and Intermediate Line Dance Class

**5**

**10:00** Total Body – Chair Aerobics  
**10:00** SHIP – By Appointment Only  
**11:00** Choir  
**11:30** Spanish Class  
**12:00** Learn and Play Bridge  
**6:00** Hoosier Heritage Night

**6**

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

**11**

**10:00** Balance and Stability Class  
**10:30** Healthy Feet – Foot Care with Dr. Litsey  
**11:00** Mind and Body – Senior Yoga Class  
**12:00** **NEW! Bridge Class for Beginners**  
**12:30** **5 Keys to Retiring Fearlessly**  
**1:00** SHIP – By Appointment Only  
**2:00** Silver Foxes Still Rock'n It – Beginner  
and Intermediate Line Dance Class

**12**

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

**13**

**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

**18**

**10:00** Balance and Stability Class  
**10:30** Healthy Feet – Foot Care  
with Dr. Litsey  
**11:00** Mind and Body – Senior Yoga Class  
**12:00** **NEW! Bridge Class for Beginners**  
**12:00** **Funeral & Cremation  
Preplanning Workshop**  
**1:00** SHIP – By Appointment Only  
**2:00** Silver Foxes Still Rock'n It – Beginner  
and Intermediate Line Dance Class

**19**

**10:00** **Spring Fling**  
**10:00** Genealogy Studies Class  
**10:00** Total Body – Chair Aerobics  
**10:00** SHIP – By Appointment Only  
**11:00** Choir  
**11:00** Blood Pressure Screening –  
American Village  
**11:30** Spanish Class  
**12:00** Learn and Play Bridge

**20**

**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

**25**

**10:00** Balance and Stability Class  
**10:30** Healthy Feet – Foot Care  
with Dr. Litsey  
**11:00** Mind and Body – Senior Yoga Class  
**12:00** **NEW! Bridge Class for Beginners**  
**1:00** **Amazing Water Seminar**  
**1:00** SHIP – By Appointment Only  
**2:00** Silver Foxes Still Rock'n It – Beginner  
and Intermediate Line Dance Class

**26**

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

**27**



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

CALL 317-283-6662

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



"Like" Heritage  
Place Inc. on Facebook

THURSDAY	FRIDAY
	<div>1</div> <p> <b>10:00</b> SilverSneakers Classic (Chair Aerobics)  <b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause  <b>12:00</b> Friday Open Bridge Club  <b>1:00</b> Sewing  <b>1:00</b> SHIP – By Appointment Only </p>
<div>7</div> <p> <b>10:00</b> Grocery Shuttle  <b>10:00</b> <b>NEW! Dining with Diabetes</b>  <b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class  <b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice  <b>1:00</b> Scrabble Club  <b>1:00</b> SHIP – By Appointment Only </p>	<div>8</div> <p> <b>10:00</b> SilverSneakers Classic (Chair Aerobics)  <b>11:00</b> <b>Computer Club</b>  <b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause  <b>12:00</b> Friday Open Bridge Club  <b>1:00</b> Sewing  <b>1:00</b> SHIP – By Appointment Only </p>
<div>14</div> <p> <b>10:00</b> Grocery Shuttle  <b>10:00</b> Good Grief Talks from the Heartland  <b>10:00</b> <b>NEW! Dining with Diabetes</b>  <b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class  <b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice  <b>1:00</b> SHIP – By Appointment Only  <b>1:00</b> Scrabble Club </p>	<div>15</div> <p> <b>10:00</b> <b>University of Indianapolis Safety in Stability Study</b>  <b>Half-hour increments through 1:00</b>  <b>10:00</b> SilverSneakers Classic (Chair Aerobics)  <b>11:00</b> <b>Computer Club</b>  <b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause  <b>12:00</b> Friday Open Bridge Club  <b>1:00</b> Sewing  <b>1:00</b> SHIP – By Appointment Only </p>
<div>21</div> <p> <b>10:00</b> Grocery Shuttle  <b>10:00</b> <b>NEW! Dining with Diabetes</b>  <b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class  <b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice  <b>1:00</b> SHIP – By Appointment Only  <b>1:00</b> Scrabble Club </p>	<div>22</div> <p> <b>10:00</b> SilverSneakers Classic (Chair Aerobics)  <b>11:00</b> <b>Computer Club</b>  <b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause  <b>12:00</b> Friday Open Bridge Club  <b>1:00</b> Sewing  <b>1:00</b> SHIP – By Appointment Only </p>
<div>28</div> <p> <b>9:00</b> Foot Care with Debbie Ryan, RN  <b>10:00</b> Grocery Shuttle  <b>10:00</b> Good Grief Talks from the Heartland  <b>10:00</b> <b>NEW! Dining with Diabetes</b>  <b>11:00</b> Heritage Place Ladies of the Dance Line Dance Class  <b>11:30</b> Heritage Place Golf Scramble  <b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice  <b>1:00</b> Scrabble Club  <b>1:00</b> SHIP – By Appointment Only </p>	<div>29</div> <p> <b>10:00</b> SilverSneakers Classic (Chair Aerobics)  <b>11:00</b> <b>Computer Club</b>  <b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause  <b>11:00</b> Out to Lunch Group  <b>12:00</b> Friday Open Bridge Club  <b>1:00</b> Sewing  <b>1:00</b> SHIP – By Appointment Only </p>

# Monthly Experiences: Seminars, Screenings and Outings

## Computer Club

Every Friday June 1, 8, 15, 22, and 29

11 a.m. - 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!

## NEW! Bridge for Beginners

Every Tuesday starting June 5 - July 31

12:00 p.m. - 2:00 p.m.

Taught by Sonya Wilkins, this 8-week Bridge Class for Beginners will meet on Tuesdays beginning June 5 and ending July 31. This 2-hour class will go from 12 noon to 2 p.m. The registration is \$65 and includes 2 years free membership to the Indianapolis Bridge Unit. Sign up today for this excellent class!!

## 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 or call (317) 283-6662.

## Dining with Diabetes

Thursdays, June 7, 14, 21, and 28

10:00 a.m. - 12:00 p.m.

Do you have diabetes?

Want to make the best choices for your health? Purdue Extension's Dining with Diabetes program can help. If you have questions about food choices, how to prepare healthy meals without cutting taste, and would like to sample recipes, consider joining us for the next session of Dining with Diabetes. Adults with type 2 diabetes or who at risk for diabetes and their family members, caregivers, and support persons are welcome. Find out how diabetes affects your overall health and learn from others while trying some great food too.



## Marion County Council on Aging

Thursday, June 7, 9:30-10:30 a.m.

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

## Monthly Screening – Blood Pressure, Oxygen and More

Monday, June 18 and Wednesday, June 20

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.

## Funeral & Cremation Preplanning Workshop

Tuesday, June 19, 12 p.m. - 2:00 p.m.

Presented by Janet Brewer, Newcomer Cremations, Funerals & Receptions

Janet Brewer from Newcomer will walk through the pre-planning process with you, helping you create a record of your wishes and estimate costs.

And, bring your questions about Veteran Benefits and Medicaid spend downs. We have answers for you!

## Last Day of Spring Fling

Wednesday, June 20

10:00 a.m. - 2:00 p.m.

Come meet vendors, enjoy a nice lunch and entertainment provided by program participants! Location: Heritage Place Community Room. Tickets are \$13 and are on sale NOW in the office.

## Amazing Water Seminar

Tuesday, June 26, 1:00 p.m.

Dr. David Litsey shares his insights about water... things you never knew.



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



## Heritage Place Golf Scramble

Thursday, June 28

Broadmoor Country Club

2155 Kessler Boulevard West Drive

Indianapolis, IN 46228

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. Call Ruth Ann Hankins to schedule your four-some or for more information at (317) 283-6662.

## Diabetes Jeopardy

Thursday, July 12

10:00 a.m. - 12:00 p.m.

This is a fun, interactive program based on the Jeopardy TV show. Questions are answered on portions, diabetes, food labels, recipe makeovers & physical activity. For more information call (317) 283-6662.

## Saving on Everyday Expenses

Stay tuned for dates on an upcoming weekly seminar

Financial management is an important aspect of everyone's life, especially for people who are on fixed incomes. Learn about how you can save on everyday expenses ranging from the cost of your cell phone service to automobile insurance. There are many ways to reduce the cost of necessary expenses simply by knowing where to look, what questions to ask, and how to make informed decisions. GET SMART! Watch for more details on the date and time of this eye-opening and money saving seminar.

Presenter: Ellen Morley Matthews, 902 Associates, LLC.

# June is Healthy Brain Initiative Month

It's a no-brainer that taking care of your brain is important for your health. As age increases, so does the dire need to protect and nourish our minds. One of the most effective ways to keep your brain power stronger than ever is by adapting a healthy lifestyle.

## Tips on how to keep a healthy mind

### 1. Food for Thought

When eating, try to include these brain-buffing foods and give your brain the 6 pack it deserves!

- Whole grains
- Blueberries
- Oily Fish
- Tomatoes
- Eggs
- Broccoli

### 2. Work out your brain with activities like:

Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.

- Learn a new language
- Take a cooking class
- Play games that involve memory
- Do math in your head
- Get Physical Exercise
- Build Social Networks



## Things to Avoid

- Smoking
- Excessive Use Of Alcohol
- Poor Diet
- Insufficient Sleep
- Lack Of Physical Activity
- Little Social Activity And Being Alone Most of the Time

# Enjoy Eating with these 4 Tips To Prevent Food Poisoning!

## Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.



## Don't cross-contaminate.

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



## To the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.



- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of foods and temperatures. <https://www.foodsafety.gov/keep/charts/mintemp.html>
  - 145°F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160°F for ground meats, such as beef and pork
  - 165°F for all poultry, including ground chicken and turkey
  - 165°F for leftovers and casseroles
  - 145°F for fresh ham (raw)
  - 145°F for fin fish or cook until flesh is opaque

## Refrigerate.

- Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40°F and 140°F. Never leave perishable food out for more than 2 hours.
- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.



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)



## 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. This class is now accepting 4-ply worsted yarn donations. Bring all 4-ply yarn to the Heritage Place office. Don't know how to knit or crochet – that is okay. Madara 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 machine, 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 while earning 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 or 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

### 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

**Tuesday: 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. 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, fo-

# Calendar Details

cuses 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: 2:00 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

## Enrichment

### 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. Work 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

## 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.

## Answers to Crossword Puzzle on page 3:

### Across:

2. Camera
5. Ink
6. Straw
8. Kitchen
12. Pizza
13. Elated
17. Boat
18. Hansel
19. Pitcher
21. James Dean
23. Tried
25. Bridge
28. Monopoly
29. News
30. Cows

### Down:

1. Motto
3. Monarch
4. Basket
7. Restart
9. Fitzgerald
10. Radio
11. Alumni
14. Dog
15. Cat
16. Fee
20. Baseball
22. Titanic
24. Bid
26. Gene
27. Bus



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  
Gretchen Meitzler, Program Manager  
Fred McDowell, Goodwill SCSEP

### **Interns**

Jackie Carnaghi  
Mallory Spencer

### **Heritage Place**

4550 North Illinois Street  
Indianapolis, IN 46208  
(317) 283-6662

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

To unsubscribe to this publication, please email your name and address to [admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org).

## **Saving on Everyday Expenses**

**Stay tuned for dates regarding an upcoming weekly seminar**

*Presenter: Ellen Morley Matthews, 902 Associates, LLC.*

Financial management is an important aspect of everyone's life, especially for people who are on fixed incomes. Learn about how you can save on everyday expenses ranging from the cost of your cell phone service to automobile insurance. There are many ways to reduce the cost of necessary expenses simply by knowing where to look, what questions to ask, and how to make informed decisions. **GET SMART!** Watch for more details on the date and time of this eye-opening and money-saving seminar.



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