



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 ■ admin@heritageplaceindy.org

Volume 42, No. 10

Published Monthly

October 2018

Meet Fitness Instructor Joanie Belle!

Approximately six years ago, Joanie was invited by her Cousin Debbie to exercise in Colela Bouye's morning Chair Aerobics class. Her first thought was, "Oh, it's so far away... do I really want to get up so early?" But once she dragged herself out of bed and got here, she loved it. Her cousin has since moved to Las Vegas, but Joanie stayed and has been with us ever since.

Prior to her retirement, Joanie worked in the Finance Field for 34 years as a Senior Loan Officer and Manager for Naval Avionics Family Horizons Credit Union. She took a short break from work when her Father grew ill and shared care responsibilities with her four sisters. Not long after his passing, she returned to work and worked another 8 years for IPL's credit union. Did you know that she is a Notary Public and would be willing to notarize your documents for a very small fee.

Fitness has always been a part of Joanie's life. Joanie was a certified Jazzercise instructor for 20 years

and her husband invested his time in body building. They would rise at 4 am to work out at the local gym. When Joanie retired, she wasn't sure she was going to like staying home. She was used to getting up every day and working out then



JOANIE continued on page 4 ➡

Meet Maria Mabe!

Maria Mabe has been an active board member of Heritage Place since 2016. She participated in an internship, sponsored by United Way at Heritage Place. Through this "Leadership United Program", Maria learned that Heritage Place provided Older Adults with meaningful social, physical, mental and spiritual activities to age gracefully. This was a mission that Maria believed in and decided to stay involved in the work.

By day, Maria is a Speech Language Pathologist and provides coverage to a local nursing facility in Indianapolis. By night, she makes her home in Westfield, Indiana with her husband Greg. They have numerous nieces and nephews. Maria enjoys traveling, biking, and is an avid Pacers and Colts fan.

Maria Mabe stepped up in the role of 2018 Chairperson for The Heritage Place Trivia Bowl, an event that incorporates FUN in Fundraising.

The 10th Annual Trivia Bowl will be held on Thursday Nov 1 from 6 to 9 pm at St. Paul's Episcopal Church in Indianapolis. Proceeds from the Trivia Bowl provide Heritage Place with the tools to continue with programs. If you wish to pull a team together or simply volunteer your time, call on Maria through the main Heritage Place phone number and jump on board for this enjoyable evening.



Inside

Birthdays	9
Calendar	8
Center Services	13
Class Descriptions	10
Home Services	3
Membership	15
Monthly Experiences	7

Pardon Our Dust!

You may have noticed in the last few days some construction at the Common Ground Church, the home of Heritage Place of Indianapolis. Thanks, in part, to a unique collaboration between Heritage Place and Common Ground with additional funding from United Way of Central Indiana, you will be seeing more changes...including new paint, new carpeting, a new roof and a repaired elevator! All of this is so very welcome and will enhance the "Heritage Place Experience" but it will likely cause confusion and some disruption of services. During October we expect the painting and carpeting to be complete. We will keep you posted on all changes and closures, so feel free to call us at 317-283-6662 for updates or any questions you might have.



As with any renovation, Heritage Place has an opportunity to organize our offices and in doing so, we have found some wonderful historical documents! All these pictures, memos and letters tell the important story of Heritage Place and how we have evolved. We will be preserving these items and, once the dust settles and our renovations are complete, we will create a manner to properly display these items for everyone to study and enjoy.

So, initially the next month or so will be messy, confusing and even chaotic for everyone. We understand, but eventually it will be great!

On November 1, plan on joining friends of Heritage Place for the annual Trivia Bowl! This year the event will be at St Paul's Episcopal church, 6050 N. Meridian Street in Indianapolis, with festivities starting at 6:00 PM. This is truly a fun evening as teams and individuals compete to win the coveted trophy. So, call your friends, neighbors and family; create a team and register! For details, call us at Heritage Place (317-283-6662) and we can provide all the details.

Thank you and have a wonderful autumn.

Ed Alexander
Executive Director



Front Porch Planning

What is the best way to ensure that my assets will be divided according to my wishes?

Writing a will is the best way to make sure your assets are divided according to your wishes. If Heritage Place is an organization you would like as a beneficiary, you must write us into your will.

Save the Dates!

Investment Fraud Bingo!

Wednesday, October 10, at 2 pm

Hosted by the Secretary of State's office
PRIZES will be AWARDED

Register in the Heritage Place office.

Heritage Place Trivia Bowl!

Thursday, November 1, at 6 pm

St. Paul's Episcopal Church
6050 North Meridian St.,
Indianapolis 46208



Register your team NOW!

For more information, contact
Edward Alexander at (317) 283-6662 or
e-mail Edward.Alexander@
heritageplaceindy.org

Holiday Celebration Luncheon

**Wednesday, December 5
10 am to 1 pm**

Tickets: \$13 per person
(Ticket sales begin October 15th)



2018 Holiday Closure Dates

Thanksgiving

Thursday-Friday, November 22-23

Christmas/New Year's

Monday, December 24-
Monday, January 1, 2019.

2019 Holiday Closure Dates

MLK Birthday

Monday, January 21, 2019

Presidents Day

Monday, February 18,

Good Friday

Friday, April 19

Memorial Day

Monday, May 27

Independence Day

Thursday-Friday, July 4-5

Labor Day

Monday, September 2

Thanksgiving

Thursday-Friday, November 28-29

Christmas/New Year's

Tuesday, December 24-
Wednesday, January 1, 2020

Home Services

Home and Yard Services

Volunteer Groups

On Saturday, August 25 members of ASMC (American Society of Military Comptrollers) Indy Chapter and AGA (Association of Government Accountants) travelled to Heritage Place for their 10th Annual Day of Caring event. As Mother Nature would have her way, the day began with torrential downpours including lightning and thunder. Needless to say it put a damper on doing outdoor projects for our scheduled clients. In an Aha moment, thanks to Sandy Arnold, project coordinator for the group, the day was not wasted. She suggested to her volunteers they assemble "Love Bags" with the supplies they brought to sustain themselves for the day and deliver them with a friendly visit. The volunteers were also sent in tow with supply bags, compliments of the Marion County Council on Aging, and visited clients in spite of the weather. We also had to cancel the scheduled Butler BITS home and yard projects so Sandy's group visited those scheduled clients too! Needless to say, I received an overwhelming thank you from all of those who were visited and blessed with "Love Bags." The moral of this story, especially in Indiana, is don't let the weather put a damper on your plans!



to show their commitment. Volunteers from IUPUI consist of students, staff and their family members and faculty. Heritage Place is proud to be a part of this campus tradition.

October 27 brings out Good Neighbor Weekend. This is an annual event with volunteers from Northview Church out of Carmel. Their goal is to help us do more through yard work projects. This weekend Northview Church cancels its services and goes out into the community to serve their neighbors.

SHIP

Medicare Open Enrollment

The annual period of time from October 15 through December 7 is when current Medicare beneficiaries can re-evaluate their Medicare coverage and compare Medicare Advantage plans (Part C) and drug plans (Part D) that better fit your needs. At this time you can switch to, drop or add a Medicare Advantage or Part D plan. It is important to review your coverage each year as insurance companies can make

SHIP continued on page 4 ➔



SHarP Garden received a late summer makeover when volunteers from Salesforce converged on the garden to trim, shape, and edge and clean up the paths before fall and winter set in. How did Salesforce find Heritage Place? Luckily they found our volunteer opportunity post on VolunteerMatch! We welcome our new partnership with Salesforce and glad we could provide an opportunity for some of their staff to get outdoors instead of being cooped up in an office all day!

Everyone join in to do the anti-rain dance for Saturday, October 20 when volunteers with IUPUI United Way Day of Caring come out to serve our clients through yard work projects. This is IUPUI's way of connecting with community





Medicare will never call or visit unsolicited. They send information via U.S. mail.

FOR MORE INFORMATION, PLEASE CALL 800.986.3505 OR VISIT WWW.IAAAA.ORG/SMF

HELP
PREVENT
MEDICARE
FRAUD.

Clever Riddles and Anecdotes

1. Forward I am heavy, but backward I am not. What am I?

2. He has married many women but has never been married. Who is he? _____
3. How are a jeweler and jailer alike? _____

4. How many bricks does it take to complete a building made of brick? _____
5. How many of each animal did Moses take on the ark?

6. How much dirt is in a hole 4 feet deep and 2 feet wide?

7. What goes up and down without moving?

8. What grows up while growing down?

9. What has a foot on each side and one in the middle?

10. The more it dries, the wetter it gets. What is it?

Answers to Riddles on page 6

SHIP continued from page 3

changes to Medicare plans that impact how much you pay out-of-pocket, including monthly premiums, deductibles, drug costs, and provider or pharmacy networks. Sometimes they change their networks like doctors, hospitals, or pharmacies. This is a perfect opportunity to schedule an appointment with a Heritage Place SHIP counselor to explore your options for 2019. You can schedule an appointment by calling (317) 283-6662.

JOANIE continued from page 1

going to work. So when she joined Heritage Place, she was inspired by Colela's classes. She enjoyed the Chair Aerobics so much that one year ago, Joanie started teaching her own Chair Aerobics class. She is a certified Silver Sneakers, CPR, Stability & Balance instructor and recently added Silver & Fit to her certifications. She now teaches Balance & Stability on Tuesdays, started leading a Walking Group on Thursday mornings and Chair Aerobics on Fridays.

Now that she is retired, Joanie loves having time to do the things she wants to do. In July she celebrated her 49th year of marriage with their family and one daughter. She and her husband enjoy walking their dog Lanny (who is a Lhasa Apso) and have traveled the world and all 50 US states. Of all the places they have traveled (Brazil, Canada, Hawaii) her favorite place was Italy. She said it wasn't the architecture or history that stole her heart, it was the linguini and daily fresh bread - all the great places to eat!

Joanie will tell you, of all the ways she can spend her time in retirement, one of the best ways is participating in programs at Heritage Place. Her own classes are unique. She paces the work outs to match student needs and offers exercises that she knows they can do. She will tell you that Heritage Place is a nice place where you can grow fit, connect with others and make lasting friendships.



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

Top Twelve Great foods to reduce Arthritis symptoms

Fuel Up on Fish

Because certain types of fish are packed with inflammation-fighting omega-3 fatty acids, experts recommend at least 3 to 4 ounces of fish, twice a week. Omega-3-rich fish include salmon, tuna, mackerel and herring.

Great for: rheumatoid arthritis

Step Up to Soy

Not a fan of fish but still want the inflammation-busting benefits of omega-3 fatty acids? Try heart-healthy soybeans (tofu or edamame). Soybeans are also low in fat, high in protein and fiber and an all-around good-for-you food.

Great for: rheumatoid arthritis

Opt for Oils

Extra virgin olive oil is loaded with heart-healthy fats, as well as oleocanthal, which has properties similar to non-steroidal, anti-inflammatory drugs. But it's not the only oil with health benefits. Avocado and safflower oils have shown cholesterol-lowering properties, while walnut oil has 10 times the omega-3s that olive oil has.

Great for: rheumatoid arthritis, osteoarthritis

Check Out Cherries

Studies have shown cherries help reduce the frequency of gout attacks. Research has shown that the anthocyanins found in cherries have an anti-inflammatory effect. Anthocyanins can also be found in other red and purple fruits like strawberries, raspberries, blueberries and blackberries.

Great for: gout

Don't Ditch the Dairy

Low-fat dairy products, like milk, yogurt and cheese are packed with calcium and vitamin D, both found to increase bone strength. Vitamin D is essential for calcium absorption, and it has been shown to boost the immune system. If dairy doesn't agree with you, aim for other calcium and vitamin D-rich foods like leafy green vegetables.

Great for: osteoporosis, osteoarthritis

Bet on Broccoli

Rich in vitamins K and C, broccoli also contains a compound called sulforaphane, which researchers have found could help prevent or slow the progression of osteoarthritis (OA). Broccoli is also rich in calcium, which is known for its bone-building benefits.

Great for: osteoarthritis

Go Green (Tea)

Green tea is packed with polyphenols, antioxidants be-

lieved to reduce inflammation and slow cartilage destruction. Studies also show that another antioxidant in green tea called epigallocatechin-3-gallate (EGCG) blocks the production of molecules that cause joint damage in people with rheumatoid arthritis (RA).

Great for: osteoarthritis, rheumatoid arthritis

Sink Into Some Citrus

Citrus fruits – like oranges, grapefruits and limes – are rich in vitamin C. Research shows that getting the right amount of vitamin aids in preventing inflammatory arthritis and maintaining healthy joints with osteoarthritis (OA).

Great for: rheumatoid arthritis, osteoarthritis

Go With the Grain

Whole grains lower levels of C-reactive protein (CRP) in the blood. CRP is a marker of inflammation associated with heart disease, diabetes and rheumatoid arthritis. Foods like oatmeal, brown rice and whole-grain cereals are excellent sources of whole grains.

Great for: rheumatoid arthritis

Break Out the Beans

Beans are packed with fiber, a nutrient that helps lower CRP. Beans are also an excellent – and inexpensive – source of protein, which is important for muscle health. Some beans are rich in folic acid, magnesium, iron, zinc and potassium, all known for their heart and immune system benefits. Look for red beans, kidney beans and pinto beans.

Great for: rheumatoid arthritis

Grab the Garlic

Studies have shown that people who regularly ate foods from the allium family – such as garlic, onions and leeks – showed fewer signs of early osteoarthritis (OA). Researchers believe the compound diallyl disulphide found in garlic may limit cartilage-damaging enzymes in human cells.

Great for: osteoarthritis

Nosh on Nuts

Nuts are rich in protein, calcium, magnesium, zinc, vitamin E and immune-boosting alpha linolenic acid (ALA), as well as filling protein and fiber. They are heart-healthy and beneficial for weight loss. Try walnuts, pine nuts, pistachios and almonds.

Great for: osteoarthritis, rheumatoid arthritis



Indiana's Intestate Statute Applies to Those Who Pass Away Without a Will and States as Follows:

Heritage Place hosts the Marion County Council on Aging monthly meetings. This month, one of the attendees asked what she could do to convince her aging father to protect and direct his assets in the most beneficial way. The monthly speaker shared the following information so that we can understand what happens with our assets when we depart, without a will.

I. MARRIED PERSON

A. With at least one child or issue of at least one deceased child:

Spouse — 1/2

Child or issue of deceased child — 1/2

B. With no surviving issue, but with parent or parents

Spouse— 3/4

Parent or Parents — 1/4

C. With no surviving issue or parents:

Spouse - ALL

D. With second or other subsequent childless spouse, when one child, children or issue of deceased child or children survive:

Spouse — 1/2 of Personal Property; an amount equal to 1/4 of the fair market value of all real estate of the deceased. The rest to child, children or issue of deceased child or children.

II. UNMARRIED PERSON:

A. With one child, children or issue of deceased child or children:

Child, children or issue of deceased child or children

B. Without surviving Issue:

Parents, brothers, sisters and issue of deceased brothers and sisters (each parent's share no less than 1/4)

If no parents, brothers or sisters:

Issue of deceased brothers and sisters

If no issue of deceased brothers and sisters:

Grandparents

If no grandparents:

Brothers and sisters of parents and Issue of deceased brothers and sisters of parents

If none of the above:

State of Indiana

Answers to Riddles from page 4

1. A ton
2. A priest
3. The jeweler sells watches and the jailer watches cells
4. Only one – the “last” one
5. None, Moses didn't build an ark (Noah did)
6. There's no dirt in the hole
7. Stairs
8. A Goose
9. A yardstick
10. A towel

New and Ongoing Classes, Workshops, Activities!



French Language classes continue

Wednesdays

9:00 am to 10:00 am

Presented by Kaaren Rodman

Cost: To be determined

Neighborhood Christian Legal Clinic – Wills, Estates and the Law

Thursday, October 4

11:30 am – 12:30 pm

Learn about what it takes to write a will, what to include in a will, how to protect your assets and how to gift your assets, what taxes and laws to follow. Bring your questions!

Cost: Free for Members!

Alzheimer's Weight Loss by Dr. Hale

Monday, October 8, 2018

1:00 pm to 2:00 pm

Learn about your health and how Alzheimer's can be a contributing factor in weight gain, loss and other health matters.

Senior Care from Marion County Public Health Department

Wednesday, October 10 (Last class in series)

1:00 pm to 2:00 pm

By Emily Littleton and Shanna McCarroll

The Senior Care Program aims to assist older adults in Marion County with living safely and independently in their own homes and communities. Topics covered will include Fall risks, Respiratory Risks, Home Safety and the truth about Bed Bugs. Gain new insights! Bring a Friend.

Cost: Free for Members

Investment Fraud Bingo

Wednesday, October 10, at 2:00 pm

Secretary of State's office will share ways that investment groups are disguising their schemes. Join us for Bingo fun and learn about ways to protect yourself from Investment Fraud!

'Medicare Advantage Options, Sandy Harris Consulting' – Enrollment for 2019

Thursdays, October 25th, November 1st and 15th, 2018

10:00 am to 12:00 noon





October 2018

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

MONDAY	TUESDAY	WEDNESDAY
1 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	2 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:30 Blood Pressure Screening – American Village, ASC 12:00 Diabetes Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	3 9:00 French Language Class 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge
8 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 Alzheimer's & Weight Loss 1:00 SHIP – By Appointment Only	9 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 Diabetes Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	10 9:00 French Language Class 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge 1:00 M.C. Public Health Dept – discusses Mental Health 2:00 Secretary of State's Investment Fraud BINGO
15 10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Blood Pressure Screening – Village of Avon 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:00 SHIP – By Appointment Only Holiday Celebration tickets go on sale today!	16 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:30 Blood Pressure Screening – American Village, ASC 11:00 Mind and Body – Senior Yoga Class 12:00 Diabetes Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	17 9:00 French Language Class 10:00 Genealogy Studies Class 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge
22 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	23 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 Diabetes Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	24 9:00 French Language Class 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 11:30 Nutrition in the New Year 12:00 Learn and Play Bridge
29 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	30 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:30 Blood Pressure Screening – American Village, ASC 12:00 Diabetes Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	31 9:00 French Language Class 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 11:30 Nutrition in the New Year 12:00 Learn and Play Bridge

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>4</p> <p>10:00 Grocery Shuttle 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 11:00 SCP In-Service 11:00 Calligraphy by Ellen Simon 11:30 Will, Estates and the Law by Neighborhood Legal Clinic 1:00 Scrabble Club 1:00 SHIP – By Appointment Only</p>	<p>5</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Facetime and Skype</p>
<p>11</p> <p>10:00 Good Grief Talks from the Heartland 11:00 Calligraphy by Ellen Simon 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 SHIP – By Appointment Only</p>	<p>12</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Facetime and Skype</p>
<p>18</p> <p>9:00 Foot Care with Debbie Ryan 10:00 Grocery Shuttle 11:00 Calligraphy by Ellen Simon 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club</p>	<p>19</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Learn to Use Your Phone</p>
<p>25</p> <p>10:00 Good Grief Talks from the Heartland 11:00 Calligraphy by Ellen Simon 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club</p>	<p>26</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Out to Lunch Group 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing</p>



Birthdays
of 2018 members

Laquita Northington.10/1
Jacquelyn Byrd.10/2
Jeannette Rowe.10/13
Constance Palmer10/15
Shirley Hudson.10/23
Ola Neal10/24
Carolyn Meeker10/25
Elaine Baker.10/30
Marva Holman10/31

Holiday Celebration Luncheon

Wednesday, December 5
10 am to 1 pm
Tickets: \$13 per person



(Ticket sales begin October 15th)

Traditional Weekly Classes

Every week, members come to Heritage Place for their favorite classes. Center based activities promote the physical, social and emotional wellbeing of adults who are 55 years of age and older. In our 2017-2018 program year, nearly 1700 older adults received services to maintain their home and/or a healthy lifestyle.

Arts & Crafts

Beginning Calligraphy!

Six weeks of Instruction starts Thursday, September 27 through November 1

Thursdays 10:00 am to 11:00 am

Presented by Ellen Simon, instructor for more than 32 years!

Pre-Registration is REQUIRED

Cost: \$45 plus \$7 supplies for Members

\$50 plus \$7 supplies for Non-Members

Knitting, Loom Knitting and Crochet for a Cause

Fridays, 11:00 am to 1:00 pm

Group Leader: Madora Lewis

Learn how to knit and crochet, all for a good cause. Whether you want to work on individual projects, support organizations like Riley Children's Hospital or individuals who are homeless, this class will provide all the opportunities to create and contribute.

Cost: FREE for Members

\$5.00 for Non-members (additional fees for materials as needed)

Sewing

Fridays, 1:00 pm to 3:00 pm

Group Leader: Willa Rouse

Learn from a professional garment seamstress. For the beginner, you can learn to read patterns, make small alterations, sew on monograms by machine; for the more experienced, bring your ideas and work on projects. Bring your own sewing machine or use one of ours!

Cost: \$5.00 per lesson for Members,

\$6.00 per lesson for Non-members (participants must register for a minimum of four lessons and pay in advance, cash only)

Center-based Fitness Programs

We now offer both Silver Sneakers and Silver & Fit Chair Aerobics, Balance & Stability and Yoga Classes!

You've heard the saying "exercise is the best medicine," right?

Did you know that exercise can reduce your risk of conditions like heart disease, type 2

diabetes, obesity, dementia, osteoarthritis, cancer and even premature death! Research has shown that being sedentary is a major cause of many chronic diseases. A 2016 study in the journal Brain, Behavior, and Immunity found that just 20 minutes of moderate exercise activates your sympathetic nervous system, which releases hormones into your bloodstream that give your immune system a boost. Exercise has also been shown to lower blood glucose levels, combat stress, and even reduce pain associated with arthritis. So why not join a fitness class now?!



Total Body Silver Sneakers and Silver & Fit Chair Aerobics

Mondays, Wednesdays and Fridays

10:00 am to 11:00 am

This very popular one-hour workout offers a solid low-impact cardiovascular workout, set to up-tempo music. You can expect to increase your stamina, muscle strength, endurance and flexibility. Fitness bands, small hand-held weights or any extra equipment may be used. This is a perfect class for any adults with limited mobility or confined to a wheelchair.

Mind and Body Senior Yoga

Tuesdays: 11 a.m. to 12 noon

Instructor: Sarah Nemecek

This class gradually develops students' flexibility and strength through the practice of gentle yoga postures, both seated and standing. Some postures involve movement designed to limber up our joints and exercise our muscles. We hold still in other positions to gently stretch a particular set of muscles. Along with our yoga postures, we practice breathing and relaxation techniques, learning how to calm our minds both during and after our active practice.

We recommend that students bring a yoga mat to stand on for stability. Standing postures can be performed while holding on to a chair for support or free standing. Students who are unable to stand can participate in postures with adaptations.

Cost: \$3.00 for Members or free for Silver Sneakers / Silver & Fit members
\$5.00 for Non-Members

Silver Sneakers and Silver & Fit Balance & Stability

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

Instructor: Joan Belle

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power

around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Cost: \$3.00 per class or free for SilverSneakers' members.

Line Dance Groups

Senior Urban Line Dance – Golden Line Dancers

Mondays: 12 noon to 1 p.m.

Lead by Shirley Ward

This advanced senior urban line dance group is for both men and women. Learn the latest dances and participate in community performances at the Indiana State Fair, Black Expo, etc.

Cost: \$3.00 per class for Members

\$5.00 per class for Non-members (modest fee for performance T-Shirts)



Silver Foxes Rock'n It – Beginner and Intermediate Line Dancers

Tuesdays: 2 p.m. to 4 p.m.

Whether you are performing or seeking an additional day of exercise, this intermediate line dance class offers something for everyone. Additional opportunity is available to perform in the community.

Cost: \$3.00 for Members

\$5.00 for Non-members

Ladies of the Dance – Line Dancers Class, Team Rucker

Thursdays: 11 a.m. to noon

Learn the latest line dances set to popular music. Review and Prepare for community performances at the Indiana State Fair and other venues.

Cost: \$3.00 for Members,

\$5.00 for Non-members, (additional cost for Costumes and Accessories)

Ladies of the Dance – Line Dancers Class, Team Davis

Thursdays: 12 noon to 1 p.m.

Learn and review the latest line dances and enjoy the excitement of performing a minimum of one day per month in the community and annually at the Indiana State Fair, Indiana Black Expo and rehab centers!

Cost: Free for Members

\$5.00 for Non-members

Computer Training

Computer Topics in Technology

Fridays, September 7 through October 19

11:00 am to 12:30 pm

Explore and utilize technology with IUPUI instructor Sally Catilin. Topics covered include current events, scams and web security, use of the iPad, Laptops, Cell phones, how to use social media (Facebook, Instagram, Twitter, Pinterest), Job Search Tools, Google Docs or Dropbox, G-mail, video games, etc.

Cost: \$5.00 for Members

\$10.00 for Non-members

Continuing Topics in Technology: Learn to Use Your Phone

Fridays, September 7 through October 19

1:00 pm to 2:00 pm

Bring your phone and your questions!

Cost: \$5.00 for Members

\$10.00 for Non-members

Social Activities

Bridge

The Indianapolis Bridge Unit is At Home at Heritage Place! Members of the American Bridge Association play duplicate bridge and earn points for national competitions. The more you play, the more you learn strategy and complex moves. The benefits of playing are to delay the on-set of dementia, socialize with old friends, make new friends but most of all, it's a great way to have fun. All bridge levels are welcome! Bring a friend!

Cost: \$3 per game for Members

\$5 per game for Non-Members

Mondays offer Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie,

Lila Okolo, Yolanda Wallace

continued from previous page

Wednesdays are Learn and Play Bridge

12 noon to 3:30 pm

Group Leader: Charles Williams

Fridays offer Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda Wallace

Genealogy Studies Group

Third Wednesday of each month

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

Instructor: Rick France

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 for non-members

Good Grief Talks from the Heartland

Thursdays: 2nd and 4th of every month; 10 a.m. to 11 a.m.

Any loss can be difficult and there is no need to be alone during tough times of grief or loss. Support is offered for adults who want extra help coping with loss of any kind. Stop in for a confidential conversation.

Cost: Free for Members

Inspirational Studies

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

Group Leader: Pastor S.J. Murray, Light of the World Christian Church

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

Scrabble

Thursdays, 1:00 pm to 4:00 pm

Club Leader: Carlotta Lanier

Do you enjoy crossword puzzles, word searches, do you watch the National Spelling Bee?

If you are a word-smith and want to learn new words and make new friends, this is your club!

Bring your favorite snack! All boards, score sheets, pens and reference materials are provided.

Cost: Free for Members

\$5 for Non-Members

Spanish (El Club de la Tercera Edad)

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

Instructor: Dorian Pinner

It's never too late! Learn Spanish vocabulary, grammar and culture through study practice and experiences. All levels welcome!

Cost: \$1.00 per class for Members

\$5.00 per class for Non-Members

Book & Dictionary Fees: \$10.00 for book, \$5.00 for dictionary

Out to Lunch Group

Fourth Friday of each month including:

October 26 (No outings in November or December)

Group Coordinator: Hallie Head

Join this lively group of older adults as they select a different restaurant each month to enjoy great conversations, meeting new people and having fun! Register at Heritage Place office.

Tickets and Cultural Opportunities

Blue Members can enjoy free tickets for Dance Kaleidoscope, Civic Theater and Indiana Pacers!

Dance Kaleidoscope Performances include:

October 25 – Music of the Night

December 12 – Home for the Holidays

February 27 – Funny Bones

The Civic Theater Performances include:

October 11 @ 7:00 pm – Anything Goes

December 6 @ 7:00 pm – Mary Poppins

February 7 @ 7:00 pm – To Kill a Mocking Bird

March 21 @ 7:00 pm – The Importance of Being Earnest

April 25 @ 7:00 pm – Disney Newsies –

The Broadway Musical

June 24, 25, 26, @ 1:00 pm – Jr. Civic's SHREK

July 24 @ 7:00 pm – A Chorus Line

REGISTER AT THE HERITAGE PLACE OFFICE



**Inspirational Studies Group
working on a project.**

Center Services Daily, Weekly & Monthly



Blood Pressure and O2 Screenings

Third Monday
of the month
11 am to noon

Presented by
Village of Avon

Cost: Free for members

See calendar for dates
11:30 am to 12:30 pm

Presented by American
Village, ASC

Cost: Free for members

Book Lending Library

Available Monday through Friday, 9 am to 4 pm

A variety of books and magazines are donated throughout the year by neighbors, members and the Indiana State Library. Keep them, return them or add to our collection!

We accept gently used books or magazines daily.

Bread, Sweets, Treats

Tuesdays & Thursdays

Delivered by 2nd Helpings after 2 pm

Second Helpings, as an ongoing partner, provided between July 2017 to June 2018, more than 2,840 pounds of food, an estimated value of \$5,310.80. Thank you Second Helpings for feeding our neighbors in need!

Cost: Free while items last



MCCOA – Marion County Council on Aging

9:30 am to 11 am

Bring a fellow member, friend or neighbor who wants to meet and learn from experts who provide services to older adults. Network and gather resource information for immediate solutions.



Corporate Partner Kiosk

Available Monday through Friday, 9 am to 4 pm

Partners provide valuable information and include Elder Moves, Hooverwood, Justus Companies (Crestwood Village), Keller Williams, MHS and Newcomer Funeral Home.

Foot Care with J. David Litsey, D.P.M.

By appointment only,

Tuesdays 10:30 am to 3 pm

Treatment includes management of calluses, corns and toenails.

Cost: \$15.00 members

\$20.00 for non-members



Foot Care with Debbie Ryan, RN

By appointment only.

9 a.m. to 4 p.m.

Cost: \$20.00 for members

\$25.00 for non-members



Need a Notary?

By appointment only. Call (317) 283-6662. 24-hour cancellation required.

Bring two pieces of I.D. and one with a photo showing your current address.

Cost: \$5.00 for members

\$8.00 for non-members

SHIP

Monday through Thursday, 1 p.m. to 3 p.m.

and Fridays, 2 p.m. to 4 p.m.

SHIP counselors are available to help guide individuals 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



Hallie Head



Gary Anteplett



Wilma Kidd



For more information:

CALL
317-283-6662

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

EMAIL
admin@heritageplaceindy.org



WHAT: Heritage Place Trivia Bowl is a fun and spirited way to spend an evening with friends or co-workers and to help support the mission of Heritage Place – creating opportunities for independence for hundreds of older adults.

WHERE: ST. PAUL'S EPISCOPAL CHURCH
6050 N. Meridian St., Indianapolis, IN 46208

WHEN: THURSDAY, NOVEMBER 1, 2018 • 6:00 P.M.

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE!

REGISTER YOUR TEAM TODAY!

Corporate Teams and Friends Teams options are available and include pizza and snacks. Drinks available to purchase.

For Questions Contact:

EDWARD ALEXANDER, Executive Director, 317-283-6662

Edward.Alexander@heritageplaceindy.org

Or

MARIA MABE, Trivia Planning Committee Chair

mariarosemabe@gmail.com



Heritage Place of Indianapolis, Inc. • 4550 North Illinois Street • Indianapolis, IN 46208

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 *The Informer Special Edition* newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of *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



Dancers at Spring Fling.

Blue Membership

- Access to all social activities, fitness, education and health classes and seminars at the Heritage Place member rate, or free
- Receive *The Informer Special Edition* newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of *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
- 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



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

Edward Alexander, Executive Director
Ann Homrighous, Home Services Manager
Gretchen Meitzler, Program Manager
Fred McDowell, Goodwill SCSEP

Heritage Place

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

Open 9 a.m. to 4:00 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.

Trivia Bowl

Join TRIVIA buffs from around Indianapolis for the 2018 Trivia Bowl, benefiting Heritage Place of Indianapolis, November 1, 2018. Visit us at www.heritageplaceindy.org to register your team today by calling (317) 283-6662!



“The life of faith is not a life of mounting up with wings, but a life of walking and not fainting. When you are in the dark, listen, and God will give you a very precious message.”

– Oswald Chambers



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