



The Informer

Special Edition

Fall 2018 Published Biannually, Volume 14

4550 N. Illinois St. • Indianapolis, IN 46208



Celebrating Community



Technology

Creating opportunities for adults 55 and older by offering a unique combination of center-based activities and in-home services.



Healthy Lifestyles



Taking Initiative



Friends & Fellowship



Independence

Heritage Place is an Inspiring Place

The last few weeks that I have been in the position of Executive Director at Heritage Place, I have found myself very inspired. The staff, the program instructors, volunteers and the membership are remarkable men and women doing remarkable things and living remarkable lives!

In a hallway conversation I had recently with a Heritage Place member, I was asked "What's your inspiration?" Great question. I quickly responded, "My dad." You see, my father was, and continues to be, my inspiration in nearly everything I do. He lived 100 years and 12 days, remarkable and certainly inspirational! My dad would be so very happy that I made this career move to Heritage Place. Why is this? Easy. Heritage Place fosters the idea of lifelong learning in an open and creative environment; a community coming together and making your future the best it can be. This, in my eyes, is inspirational!

Technically, our organization provides services to persons 55 years and over. That's great, now consider that the fastest growing segment of our society are persons considered "baby boomers" (those born between 1946-1964), well let's face it, this generation, and those before it, have a lot to share with those of future generations. Fascinating stories to tell and experiences to learn from! This is the kind of thing we see at Heritage Place all the time. Inspirational!

Back to my inspirational father for a moment. He was really keen on volunteering.



He delivered Meals on Wheels until he was 96 years old. Most often to people who were 20 or 25 years younger than he was. He also was involved in his local community center; he did everything...he taught classes in chair caning, pottery, wildflower identification, photography, all kinds of topics. In essence, He had a little "Heritage Place" running in his North Carolina community! So, you see why Heritage Place of Indianapolis is inspiring to me?!

Take the time, regardless of your age, and come be inspired at Heritage Place. Stop by and say hello! I welcome an opportunity to talk with each one of you. We've got some great plans for Heritage Place, and we'd love for you to join us.

Best Wishes,
Ed Alexander, Executive Director

Front Porch Planning

I love the programs at Heritage Place. What is the best way for me to help Heritage Place provide programs for future generations of older adults?

Including Heritage Place as a beneficiary in your will or life insurance policy is a great way to help us provide vital programs and services for future generations of older adults.



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

Labor Day

Monday, September 3

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

Meet Christina Fugate!

On the run and in demand is Christina Fugate, Heritage Place Board President!

Without running shoes, Christina Fugate races through the day to prepare her two children for school then on to a Heritage Place for a meeting before racing to work at Ice Miller. A Butler graduate of Finance, then Law graduate from IU McKinney, Christina is at the helm of our community and represents everything that Heritage Place does for our seniors: A place to be welcomed and remain active.

Finding room for Heritage Place was easy for Christina. A colleague introduced her to Heritage Place when the law firm vacated a board seat but wanted to remain involved in the work. Since Christina



lived in the area for more than 6 years, attended Butler University for her undergraduate work, and has aging parents of her own, she was and still is sensitive to the issues of Heritage Place members. The board role was a natural fit for the aspiring young business woman.

In addition to tennis, her many favorite extracurricular activities involve raising her children, Dylan who is 6 and Emily who is 2 years old with her husband of 10 years. Dylan loves IndyCar and Emily loves everything Disney but particularly Princess Sophia, Elsa and Anna. She and her husband met in law school and started “running” in marathon races together. They have participated in both half and full marathons which include ten mini’s in Indianapolis

and other locations like Nashville, Portland, and Green Bay. Her best time was 1 hour and 38 minutes in a half marathon and an honorable finish of 3 hours 49 minutes in a full marathon. Today she can be seen “jogging” before people wake in the morning and now works on racing her kids in a double stroller and teaching them to ride a bike.

Christina will tell you that keeping fit, fighting isolation and staying on top of new technologies are the greatest issues facing seniors and will remain the primary focus of Heritage Place. She strongly encourages people to consider how they can be a part of the mission, to stop by for a visit, meet the staff or attend a Heritage Place sponsored event. Seeing is believing and getting involved will make all of us better community minded citizens, ready for the next race of the day.

Meet Member and Class Leader Ginger Marie Evans!

It was 10 years ago that Ginger was invited to a luncheon with her Mother, Ruth Sebree at Heritage Place. She enjoyed the lunch and was invited back but never really gave it another thought ... until Ladies of the Dance.

One year ago, Ginger was at the Indiana State Fair when Ladies of the Dance were performing. Ginger got up on stage for the audience participation dance and was taken with and the Ladies’ uplifting spirit. The dancers were fun and welcoming and this grabbed



Ginger’s attention. Ginger spoke with one of them who told her the Ladies practice at Heritage Place; that’s what sold Ginger on becoming a member.

From that point forward, Ginger started to participate with the Ladies of the Dance every Thursday afternoon. Ginger will tell you, “They are so very loving, offer great comradery, and are a real family that supports each other outside of the luncheons and weekly

club meetings. Each woman is unique. One of the oldest members of the dance group, Odessa, is like the “mother of the group” and Katie is like the “driver” who really encourage me to dance and be all that I can be.” Ginger loves them all and has performed with the Heritage Place Ladies of the Dance at Black Expo, the State Fair and is getting ready to perform at nursing homes in the next few months.

Ginger is married to Austin Evans and has been for more than 18 years! She credits him with tremendous support and encouragement to do all the things she loves. Ginger has two daughters and four grandsons, all of whom she adores. While they keep her busy with trains, swimming and basketball games, she also has interests of her own.

Did you know that Ginger can play the viola? Did you know she is the founder of Women of Wisdom (W.O.W.)! W.O.W. is a trademarked

grassroots women’s group that started when she overheard a fellow church member comment about seniors being the forgotten members of the church. That’s all it took for her to figure out a way to recognize and honor the ongoing value of seasoned women. Ginger will tell you, “It’s never too late to appreciate someone, to follow a dream or to find a dream still waiting.”

Ginger shares her passion for others in our Summer Inspirational Studies as group leader. As a new program for Heritage Place, she finds that attendees open up and share, have heart to heart conversations and exchange gifts with each other. Beyond the summer, this program is likely to continue into the fall.

There is never a lack for “inspirational moments” with Ginger. Ask her about the “sparrow” story and stop in to learn more about how “all was well with her soul.” If you need a warm group of people to share and exchange life stories with, this is your class at Heritage Place.

Heritage Place History

Fruit Farms As Far As The Eye Could See: The Blue Family and the Settlement of Butler Tarkington

Submitted by Ed Fujawa

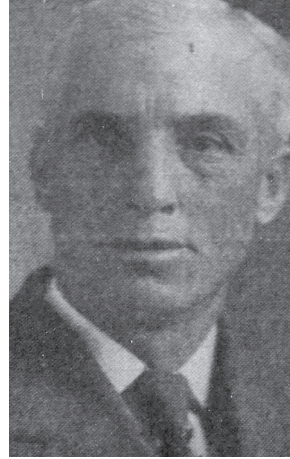
With the urban sprawl endemic within Marion County, and the largely developed neighborhoods like Butler Tarkington covering the Northside, it can be difficult to imagine Midtown as sparsely populated and largely agricultural. Well before the city's boundaries crept into the area which is now Butler Tarkington, our neighborhood was originally settled by several families arriving in the late 1820's into the 1830's. One of the most prominent families was that of William Blue who arrived in the early 1830's, and whose descendants in the latter part of the 19th century and early 20th century, operated some of the largest fruit farms in central Indiana.

The Blue family initially settled in the present-day Butler Tarkington area in 1832, settling on the land which would become Fairview Park, and eventually Butler University. William Blue was born in 1784 in Virginia. He and his wife raised several children in the Butler Tarkington area, and expanded their property ownership outside the original homestead. William's land was eventually divided amongst his sons, and by 1855 William (who died that same year) and sons Benjamin, Peter, and Gerard owned most of Butler Tarkington south of 46th to 38th St., in addition to the area which is now Butler University's western campus and playing fields west of the Central Canal. Benjamin continued to live around and farm the original property, until he sold a majority of the land in 1878. He passed away in 1882. While Gerard owned land in the neighborhood for many years, including parts of Crown Hill Cemetery, he resided closer to downtown, near Illinois and 10th St.

Peter Blue would marry Elizabeth Seerley in January 1847. Together they had several children, and would maintain their burgeoning farms from a homestead at 4550 North Illinois Street, the southwest corner of the intersection of 46th and Illinois. After Peter's death in 1878, Elizabeth would continue to live on the property with their children



George Blue



Albert Blue

and operated the fruit farms. One son Charles, became a mechanic and moved downtown, and doesn't appear to have been active in the farming endeavors. The remaining children, three sons Cortez, George, and Albert, and two daughters Romenta and Rachael, did not marry and remained on the 4550 North Illinois property until their deaths. Elizabeth Blue passed away in 1908, some 30 years after her husband.

The three Blue brothers, Cortez, George T., and Albert, formalized their family's farming business into the Blue Brothers Fruit Farm, sometimes also called the Fairview Fruit Farms. By the late 1800's, the Blue Brothers farm encompassed the area from south of 46th Street to about 44th Street, and was bound on the west by Fairview Park, and Illinois Street to the east. Another branch of the farm was directly south of the Butler campus, from 44th Street down to 43rd Street.

Generally, the Blue Brothers were known for their extensive berry fields, although the property also included apple, pear, and other fruit trees. Ads in the Indianapolis Star seeking manual labor for harvest time were common in the 1890's and early 1900's, and would seek help with fruit harvests, as well as with picking turnip, cabbage, and other vegetables. Plants, seeds, and some chickens were also sold out of the farm. In 1904, the Marion County Juvenile Court Employment Agency Committee arranged for

"newsboys" to head into the country to work at the Blue Brothers farm during the summer, presumably to keep them out of trouble.

Adjacent to the Blue Brothers, to their south, was another large fruit farm, owned by a cousin, George W. Blue, a son of Benjamin Blue. He was born in 1842, and his property was centered around a homestead at the present day northwest corner of 43rd and Illinois Street.

While heralded by the Indianapolis Star as some of the largest berry and fruit farms in the state, the Blue family fruit growers were

not immune to market issues. A September 19, 1911 report in the Indianapolis Star noted friction between farmers and stand holders at the city market downtown. The Blue Brothers, and their cousin, George W., appear to have abandoned the market, and opted to create a large farm stand at the 46th and Illinois intersection as opposed to dealing with the politics of selling downtown. Other troubles were associated with the constant threat of frost, with various brothers often being quoted in local publications about the effects of adverse weather or cold snaps on their crops.

Ultimately, the Blue families chose to concede to the ever encroaching neighborhood development, which was steadily creeping north from downtown since the late 1800's. On June 18, 1916, the Indianapolis Star reported that George W. Blue farm was platted for residential use and sold. No sale price is given, and at the time George W. owned approximately 40 acres. The Star article noted the positives of the soon to be neighborhood, referencing the property situated on high ground, "higher than the dome of the State House" and was close to multiple street car lines and Meridian Street. George W.'s property platted into the Beverly Heights addition, a name which is still used today as part of the legal descriptions for the homes on his former farmland.

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Perhaps inspired by their relative's sale, the Blue Brothers and their two sisters, Rachael and Romenta, who also resided at the 46th and Illinois home, agreed in September 1916 to the reputed "most expensive land sale in Marion County history." The Blue family sold their land to a realty company for \$213,330. Maps of the area showed that prior to the sale, the Blue Brothers farm was approximately 112 acres around Fairview Park. The newly platted neighborhood was advertised by the Indianapolis Star as being the "highest edition south of the White River," and that the area was "head and shoulders above everything-in altitude and character." The emphasis on the height of the Blue family lands in the advertisements for the land sale, was likely the result of the general unhealthy nature of downtown's low, and swampy areas early in its history. In the aftermath of the 1913 floods which devastated the city, the new

residential area would reduce concerns about floods from the nearby river.

The Blue Brother's development was appropriately named Blue Ridge, a name which lives on as part of the legal description for many of the homes in the area, as well as Blue Ridge Boulevard, which tracks through the middle of the original Blue Brothers farm from Illinois to Sunset. In addition to the Blue Ridge division of development, the Blue Brother's farm was also sub-divided into the Forest Ridge, and Hampton Ridge divisions. The section directly south of Butler was called the Fairview Extension. These designations are also still used for the legal descriptions of homes built in these areas.

The Blue Brother's homestead at 46th and Illinois, continued to operate for many years after the sale of their land while the surviving brothers and sisters continued to live at the property. Charles, who lived downtown, died in 1932. Albert and Romenta died in 1936

at the 4550 North Illinois home. Cortez died in 1943, and George T. Blue died in 1944. Their cousin, George W. Blue died in 1925, while visiting his daughter in California.

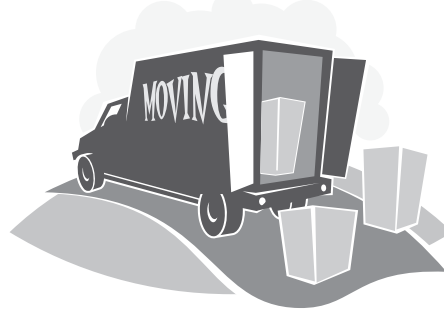
The Blue Brothers' family home was razed and the land sold for development not long after George T. Blue died in 1944. While the Blue Brothers house did not survive, their cousin George W. Blue's house still stands today and can be found at 4320 North Illinois. The wide scale farming operations run by the Blue families are long gone from the neighborhood, although it may be possible that descendants of some of their fruit trees or berry patches still exist somewhere in the neighborhood. As for the members of the Blue families themselves, the Blue Brothers and most of their immediate and extended family rest in Crown Hill Cemetery. Today, Heritage Place and Common Ground Church occupy this plat and carry on the tradition of "bearing much fruit" in the community.

Corporate Partner Keller Williams on MOVING!

Moving.

The word MOVING delivers all sorts of thoughts and emotions. Trepidation? Fear? Anxiety? Overwhelmed? Despair? Sadness? All are very valid emotions. Moving is definitely one of life's more challenging moments and is not always the kind of FUN we would choose to have. Whether you need to relocate or downsize, there are ways to help mitigate many of the negative emotions and turn them into positive, exciting ways of looking forward to the next chapter of your life. Let's explore some of those.

Allow time to plan your move, whether months or years. Talk to family or friends who are willing and able to help. Sometimes, just getting started is the most difficult part. Decide where you want to live and how much space you really need. The most difficult part of downsizing is eliminating "stuff" you don't need. Give items to



family or friends, donate to your favorite charity, have a garage sale or contact a company who has haul-away services.

Contact a real estate professional with a Seniors Real Estate Specialist (SRES) designation. They can do a walk-thru and make suggestions on changes or improvements to help maximize your sale price. Perhaps they will suggest a pre-listing inspection, help you assess and prioritize repairs, upgrades etc., and refer you to reputable contractors. You can sell your house "as is" but will need to adjust your asking price accordingly.

Still feeling overwhelmed? Your agent can recommend some companies who specialize in helping you prepare for your move like elder law attorneys to assist with paperwork such as a will, health care directives, or a financial advisor to assist with protecting your assets. As you can see, there are many people who can help you and make your next move as smooth as possible.

kw
KELLERWILLIAMS®

For help or more information with your next move, call **Steve Rupp** at (317) 573-1880, email steve@Welcome2Indy.com, or visit www.Welcome2Indy.com.

Home Services

Home and Yard Services

Thank you to our Home and Yard Services Partners

Thanks to our many community partners who provide volunteer teams to complete home and yard projects for Heritage Place clients.

Butler BITS (Bulldogs in to the Streets)
 Covenant Christian High School
 Defense Finance and Accounting Services (DFAS)
 Finance of America
 IUPUI
 Salesforce
 Marian University STARR Program
 Northview Church Good Neighbor Weekend, Carmel
 Von Lehman
 Week of Hope



VonLehman

Every Friday afternoon, Marian students gather to serve and reflect upon service to the greater Indianapolis community. From homeless shelters, food pantries, inner city after school programs, and older adult programs, over 100 students put in about 1,500 hours of service per year. The program serves as a catalyst for developing leadership skills and to value a life of service. The STARR program enhances students' awareness of social issues and relationship building with those already active in social justice. The great part about the Marian University STARR program is students serve Heritage Place members through home and yard work projects. They have also been known to help with Heritage Place mailings. We are proud to be a community partner and offer a valuable learning experience to students.

Home and Yard Work Highlight!

TeenWorks

TeenWorks, a Summer Teen Employment Program, collaborated with Heritage Place on a SHarP Gardens project, which was a huge success. We couldn't do it all without you!



Butler University Spotlight!

Butler University coordinates Bulldogs into The Streets (BITS), a day of service that connects students, faculty, staff, and alumni with community partners throughout the city of Indianapolis. BITS is a great way for members of the Butler community to learn more about the amazing service that is being done in our city. Heritage Place has partnered with Butler University for a number of years to place volunteer teams to perform yard work projects at client homes.



Home Services

Senior Companion Program

The Senior Companion Program is a Senior Corps Program which is the equivalent of AmeriCorps, but for volunteers age 55+. This is a national service program administered by the Corporation for National and Community Service. Senior Corps programs address critical community needs such as elder care. The Senior Companion Program is a friendly visiting program helping seniors stay independent and remain in their homes, providing a break for caregivers and families, and offering friendship and companionship. Heritage Place is proud to serve as a host station for the local sponsor, Catholic Charities. Heritage Place currently hosts twenty-two senior companions.

Thank you to our Senior Companion Program Partners!

Thanks to the following organizations who have provided quality in-services to our senior companions. A special thanks to Marion County Council on Aging (MCCOA) for providing personal supply bags for our senior companion clients.

CICOA Caregiver Support Options
 MCCOA
 Purdue Extension Nutrition Department
 Senior Medicare Patrol (SMP)
 State Health Insurance Program (SHIP)
 Indiana Legal Services, Senior Law Project
 Assurance Health
 Eskenazi Health
 Thrivent Financial
 Peace Learning Center
 Indianapolis Legal Aid Society
 Indiana Legal Services
 IU Health
 Indianapolis Fire Department
 Indianapolis Metropolitan Police
 Department
 Purdue Extension, Nutrition

Information and Referral

Are you in need of resources and services? The Heritage Place Information and Referral will connect you. We have resources for a broad variety of services in the community so let us know your needs and we will do our best to provide appropriate contacts. If we don't have a listing, we will make every effort to find one for you.

SHIP

What is SHIP? The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare or soon to be eligible for Medicare. SHIP is provided by the Administration on Community Living and the Indiana Department of Insurance. SHIP is part of a federal network of State Health Insurance Assistance programs located in every state. All of SHIP services are free and not affiliated with any insurance company or agency and does not sell insurance. Schedule an appointment with a Heritage Place volunteer counselor who can offer you objective assistance in complete confidence. Counselors can also assist to see if you qualify for the Medicare Savings Program and Extra Help, programs that can help offset healthcare costs. Call (317) 283-6662 to schedule an appointment.



HELP PREVENT MEDICARE FRAUD.

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.IA AAAA.ORG/SMP



For more information:

CALL
317-283-6662

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

EMAIL
admin@heritageplaceindy.org

Crestwood Village Partner Spotlight!

By Sarah Crist, VP of Senior Living Business Development

Moving from your home to a senior living community can be an overwhelming process, but there are many things to consider and research to make this a smoother transition. Let us help!

First consider five lifestyle options.

1. **Independent Living:** For individuals who can still live independently. These communities often provide residents with convenience to dining, entertainment, transportation and more.
2. **Assisted Living:** For individuals that have difficulty with daily activities at home. Residents are free to live independently but also receive regular support.
3. **Memory Care:** For individuals who have been diagnosed with Alzheimer's disease, dementia and other types of memory problems.
4. **Rehabilitation:** This is beneficial, but temporary solution to help if an individual is unable to perform daily tasks during the healing period, which can last for several weeks or months until you're able to return home.
5. **Long-term Care:** Residents receive around-the-clock, 24/7 care, from trained staff. Individuals needing this type of care often have more complex health issues that require skilled training from nurses, physicians, etc.



Then ASK GOOD QUESTIONS! Staff can tell you:

- What daily activities will you or your loved one need help with?
- Will you need specialized care i.e. Alzheimer's, Dementia?
- Are there staff on call 24 hours a day?
- What is the staff to resident ratio?
- How is medication stored and handled?
- What are the procedures for emergencies?
- Are housekeeping and laundry services available?
- What kind of **Security** is available?
- Where are the **common areas**, what **amenities** do they have?
- **Dining venues** – how often are meals provided? Are they provided? Is it self-serve?
- **Size of apartments** – is it big enough for me?
- **Life Enrichment Activities** – what kind of social opportunities are available?
- Is it a **Pet friendly** community?

Important Considerations of Community

- Is it **located** close to my family or nearest companion? Is it easy to get to?
- Physical **Appearance** and Lay out – is it **clean**?

Feeling of Community

- Friendliness of staff
- “At-home” feeling
- Perceived mood of current residents
- Food quality

We hope that you find these check list tips helpful.

For more information, we have a great team that would be happy to answer any questions. Please feel free to call us at **317-271-6475**.

http://www.alfa.org/alfa/Checklist_for_Evaluating_Communities.asp

the
Justus
companies
since 1910

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

First & Third Tuesdays
and Second & Fourth
Thursdays of the month
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

Thursday, September 6, 2018

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.

Thursday, Sept. 6, 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

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4550 North Illinois Street
Indianapolis, IN 46208

EMAIL
admin@heritageplaceindy.org



September 2018

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

MONDAY	TUESDAY	WEDNESDAY
3 Heritage Place Closed Labor Day	4 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 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 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge 1:00 Oakstreet Olympics
10 10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:30 Tile Painting by Rita Tipple 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:00 SHIP – By Appointment Only 1:00 Safe Sleep Seminar	11 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	12 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 Fall Risks for Seniors
17 10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Blood Pressure Screening – Village of Avon 11:30 Tile Painting 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 11:30 Blood Pressure Screening – American Village, ASC 11:00 Mind and Body – Senior Yoga Class 1:00 SHIP – By Appointment Only 1:00 Bingo Lunch by Crestwood Village 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	19 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 1:00 Home Safety and Environmental Risks 2:00 Game Day
24 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	25 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	26 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 1:00 Bed Bugs! What to Know

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 Street
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

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(Ticket sales begin October 15th)



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EMAIL admin@heritageplaceindy.org



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
<p>6</p> <p>9:00 Foot Care with Debbie Ryan 9:00 Medicare Changes & Updates for 2019 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 1:00 Scrabble Club 1:00 SHIP – By Appointment Only</p>		<p>7</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>13</p> <p>10:00 Good Grief Talks from the Heartland 9:00 Medicare Changes & Updates for 2019 11:30 Blood Pressure Screening – American Village, ASC 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>14</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>	
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<p>27</p> <p>10:00 Good Grief Talks from the Heartland 10:00 Calligraphy by Ellen Simon 11:30 Blood Pressure Screening – American Village, ASC 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>28</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 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 1:00 Computer Facetime and Skype</p>	



Birthdays
of 2018 members

Janet Mathis 09/01
Paula Saffire 09/05
Beverly Powell 09/06
Joyce Ferguson. 09/07
Edna May 09/08
Catherine Brown. 09/16
Rosemary Powell 09/18

Emma Washington 09/22
Jacqui Cain 09/23
Lucia Wellington. 09/23
Georgia Armstead. 09/23
Bendetta Holder 09/24
Mary Gillot 09/26
Patricia Parrish. 09/27

New and Ongoing Classes, Workshops, Activities!

Oakstreet Olympics!

Wednesday, September 5th, 2018

1:00 pm to 3:00 pm

Try your hand at Noodle Javelyn, Bean Bag Toss or Nerf Basketball and compete to win prizes!

Brought to you by Oakstreet Health

Cost: Free for Members!



Margaret Francis, Margaret Adeniyi, Susie Dye, Dianne Brown and Sheri Brown share lunch at Music in the Hall, brought to you by Oakstreet Health.

Medicare Changes & Updates for 2019

Thursdays, September 6 and September 13

9:00 am to 10:00 am

Don't miss this learning opportunity to discover all the new changes in Medicare in 2019.

Presented by Sandy Harris with Harris Consulting Enterprises, LLC

Open Enrollment takes place Thursdays, October 25, November 8 and November 15, Between 10 am to noon.

H.O.P.P. Conference

Friday, September 7

8:30 am to 1:00 pm

Primo Banquet Center, 2615 National Avenue, Indianapolis, IN 46227

It takes a village to live well and this conference will discuss all things that influence our lives.

Speakers Patty Spitler and Dr. Liana Apostolova will discuss Alzheimers & Dementia

Cost: \$8 for Pre-register by August 24th or \$15 after August 24th, 2018

To register, contact Judy Whorton at (317) 221-2000

Checks can be mailed to:

Marion County Health Department, 3838 North Rural Street, HEPT Dept., 3rd Fl, Attn: Judy Whorton
Indianapolis, IN 46205

French Language classes begin!

Wednesdays, starting September 12

9:00 am to 10:00 am

Presented by Kaaren Rodman

Cost: To be determined

Senior Care from Marion County Public Health Department

Four week Series

Wednesdays, September 12, 19, 26 and October 10

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

Game Day

Wednesday, September 19

Noon to 2:00 pm

Come play Backgammon, Chinese Checkers, Monopoly, whatever your favorite game. Bring your favorite game and find someone to play with.

Cost: Free for Members

\$5 for Non-Members



For more information:

CALL
317-283-6662

STOP BY THE OFFICE
4550 North Illinois Street
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EMAIL
admin@heritageplaceindy.org

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

Garden Tile Painting

Monday, September 10 and 17

11:30 to 1:00 pm

Instructor: Rita Tipple

Bring out the artist in you with your very own painted ceramic tile design! Rita teaches the painting techniques, then fires the designs in her own kiln.

Cost: \$15 for Members

\$20 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?

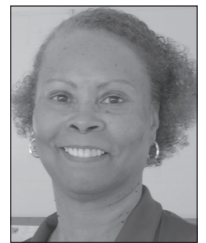
Did you know that exercise can reduce your risk of conditions like heart disease, type 2 diabetes, obesity, dementia, osteoarthritis, cancer and even premature death! Research has shown that being sedentary is a major cause of many chronic diseases. A 2016 study in the journal Brain, Behavior, and Immunity 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,



Instructors Colela Bouye and Joanie Belle

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,



continued from previous page

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



Go to YouTube:
Heritage Place
Ladies of the Dance

Computer Training

Computer Topics in Technology

**Fridays, September 7 through October 5
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: Face Time & Skype

Fridays, September 7 through October 5
1:00 pm to 2:00 pm

Explore and utilize Facetime or Skype with IUPUI instructor Sally Catilin.

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

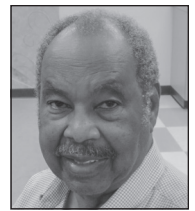
12 noon to 3:30 pm
Group Leaders: Debbie Bouie,
Lila Okolo, Yolanda Wallace



Okolo

Wednesdays are Learn and Play Bridge

12 noon to 3:30 pm
Group Leader: Charles Williams



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

continued on next page



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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:

September 28 and 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 and the Civic Theater!

Dance Kaleidoscope Performances include:

October 25 – Music of the Night

December 12th – Home for the Holidays

February 27th – Funny Bones

The Civic Theater Performances include:

October – Anything Goes

December – Mary Poppins

February – To Kill a Mocking Bird

March – The Importance of Being Earnest

April – Disney Newsies – The Broadway Musical

Community Rewards

The Kroger Co. Family of Stores is committed to bringing hope and help to the local neighborhoods we call home. Our stores are on a mission to go beyond being a part of the community to also helping create a stronger community. We appreciate your participation in our Community Rewards program to help accomplish that mission!

Kroger recently upgraded their Community Rewards system, and as a result, Heritage Place has a new REFERENCE number. (NG516) Please reference NG516 when enrolling in their rewards program, as a partner of Heritage Place of Indianapolis.

If you have any questions, please email CECOMMUNITYREWARDS@KROGER.com or visit our website at <http://www.kroger.com>.



Thank you for being such an important of our community,
Community Rewards AND Heritage Place Staff

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Find 6 LA Pro Sports Teams

Find 3 Indiana Fever Players

Find 5 1980's Bands

Find 2 Indiana Waterfalls

Find 1 Indiana Bacon Festival Town



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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 *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.



For more information:

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Indianapolis, IN 46208**

EMAIL
admin@heritageplaceindy.org

Heritage Place needs your support.

What do your donations do?

- Educational classes and programs, Monday through Friday.
- Yard Work during the summer and fall.
- Fitness classes for a variety of fitness abilities.
- Companions for disabled homebound older adults.

Recent Success: In our 2016-2017 program year, Heritage Place helped 97% of our program participants stay active and healthy, helped 97% live in their residence of choice, and served 1,672 older adults.



Through education & learning, companionship & fellowship and community resources information, Heritage Place will serve approximately 1,700 older adults this year.

We need your financial support to make this possible.

You can make a difference!
Make your donation, TODAY.

On behalf of the hundreds of older adults we serve, thank you for your generous donation to Heritage Place.



Teaching the next generation how to garden. l. to r. Fred McDowell, his wife and granddaughter.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

- ☐ \$1,500
- ☐ \$1,000
- ☐ \$500
- ☐ \$200
- ☐ \$50
- ☐ \$ _____

*Thank you
so much!*

☐ Gift by Check

Payable to Heritage Place of Indianapolis

☐ Gift by Credit Card

- ☐ monthly gift ☐ one-time gift
- ☐ MasterCard ☐ VISA ☐ Discover

Acct# _____

Exp. Date _____ 3-Digit Code _____

Heritage Place of Indianapolis, Inc.,

4550 North Illinois Street
Indianapolis, IN 46208

317-283-6662

admin@heritageplaceindy.org
www.heritageplaceindy.org

*Heritage Place of Indianapolis, Inc. is
a 501©3 not-for-profit organization. All
financial gifts are tax deductible to the
extent allowed by law.*

Invest in tomorrow. Include Heritage Place in your will, today.



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

Nonprofit Org.
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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

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.

MHS - Healthy Indiana Plan

The Healthy Indiana Plan is a health insurance program for qualified adults. It pays for medical costs for members and can include dental, vision and chiropractic. It also rewards members for taking better care of their health. The plan covers Hoosiers ages 19 to 64 who meet specific income levels. For more information call (317) 684-9478.

“It is not what a man does that is of final importance, but what he is in what he does; the atmosphere produced by him, much more than his activities.”

– Oswald Chambers



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