



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

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Let's meet...

Meet Board Member Joanne Sommers!

Never underestimate the value of a colleague or friend. Thanks to Todd Relue, former Board Member of Heritage Place, we found Joanne Sommers.

It all started with Hoosier Heritage Night. Todd invited Joanne to help out with Heritage Place's largest event of the year. It was there that she met Heritage Place staff and community members who support the cause. It was there that she learned more about the mission of helping older adults remain healthy and independent. As Baby Boomers grow in age and will soon be the largest population of seniors, she could not ignore the urge to help more.



JOANNE continued on page 2 ➔

Meet Line Dance Instructor Linda Oglesby!

It is Happy Birthday Month for Linda Oglesby, Heritage Place member AND the Silver Foxes Still Rock'n It Line Dance Instructor! She knows all the dance moves and can help anyone, especially SENIORS, "get their groove on!"

Dancing has always been a part of Linda's life. Her mother loved Ball Room. Her dad had a unique style of his own that everyone enjoyed. Linda was invited to a line dance class and had no idea that line dance steps could be taught in a class. She enjoyed the class so much so that she started dancing with various groups throughout the city, including the weekly Heritage Place Golden Line dancers.



LINDA continued on page 3 ➔

Meet Member Vicki Lauray!

Vicki Lauray has been a member of Heritage Place for nearly one year and decided to join when she became qualified to join.

A native resident of Indianapolis, West Riverside area, Vicki graduated from Northwest High School and immediately enrolled in IUPUI, earning her Telecommunications degree. She wanted to be a screen writer, like Tyler Perry, but instead worked her way into the insurance industry. Once established in the field, a colleague connected her to Heritage Place to showcase her business.

That was more than 10 years ago, when she was an insurance agent for Humana.



VICKI continued on page 4 ➔

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Season's Greetings!

It's hard to believe that here we are, writing the December Informer already! The last five months that I've been your Executive Director have literally flown by.

It's the time of year that we at Heritage Place, thank each of you, our members, friends, donors and family, for your support during the last year. It's also the time of year for you to remember us when considering your year-end giving.

As our name implies, Heritage is important. Not a day goes by when we don't hear someone tell us wonderful stories of their lives, things they have done, about their families and their goals & dreams. It's because of your support that all of this is possible!

So, take a moment and remember Heritage Place during this giving season. Heritage Place of Indianapolis is the perfect place to make an honor or memorial gift to remember someone special, or to make a general gift to help us kick start the New Year. You can do so by visiting us securely on line at www.heritageplaceindy.org or, if you prefer, you can give us a call and we can help you designate your gift.

Thank you all for a wonderful year, for making me feel so very welcome, and the great opportunities that are ahead of us.



Happy Holidays.

Ed Alexander, Executive Director

Front Porch Planning

Can Heritage Place be a beneficiary in my life insurance policy?

Yes. As a 501(c)3 charitable organization, Heritage Place can receive donations through your life insurance policy.



Thanks goes out to United Way for their generous grant that helped Heritage Place with a facility make-over. New paint, carpet, a roof and elevator repairs were the many ways that your contributions have helped United Way help Heritage Place offer this new entryway and the beautiful building that you can take a class or just hang out in!

JOANNE continued from page 1

In addition to her work on behalf of Heritage Place, Joanne volunteers her evenings with Junior League and is also a Guardian Ad Litem through Kid's Voice of Indiana. By day, she works for law firm Plews Shadley Racher & Braun LLP as an Environmental Litigation Attorney. Plews Shadley had a Heritage Place Trivia Bowl team this year and were the four-time defending champions for team "We've Got It Covered" (more on that later). Her husband, who is also an attorney at the Marion County Public Defender Agency, supports her in all that she does for the community. Together, they spend any free hours hiking at many state parks like Turkey Run, or you will find them with family at their favorite lake in Northern Indiana.

Joanne foresees that seniors will have an ever increasing need for independence and socialization. She believes that NOW is the time to get ahead of the problems to ensure a healthy future for all. She wants to make a difference for our seniors and looks forward to all that can be done for the Golden Years ahead.

Save the Dates!

Holiday Celebration Luncheon

Wednesday, December 5

9:30 am to 1 pm

5500 North Meridian Street

Meridian Street United

Methodist Church

Enter through the Visitor Entrance

Tickets: \$13 per person



Heritage Place Open House!

Wednesday, January 23rd

Between 11 am and 2 pm

Come meet instructors, board members and staff to learn about Heritage Place!

Refreshments will be provided.

Hoosier Heritage Night 2019

Thursday, June 13, 2019

Nominations for potential honorees are now being accepted!

Contact Ed Alexander for nomination

criteria at Edward.Alexander@heritageplaceindy.org

Nominations are due by

December 31, 2018.

2018 Holiday Closure Dates

Christmas/New Year's

Monday, December 24 through

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

Nutrition for a Healthy Year

Partners like ClearVista Lake visit with Heritage Place members monthly and share wonderful cuisine and nutrition instruction! Chef Joel Hickman came to visit on Halloween day to share his cooking knowledge and tasty Kale Soup with members. Enjoy this month's recipe!



Winter Day's Kale Soup

Ingredients

- 1 cups large or extra large onion chopped (about 2)
- 1 lb carrots chopped
- 5 stalks celery chopped
- 5 cups kale chopped
- 2 tbsp butter or coconut oil
- 2 tbsp garlic minced
- 9 cups stock vegetable or chicken
- 1 tsp thyme dried
- 3 leaves bay
- 1/4 tsp rosemary dried
- 1 tbsp coarse sea salt
- 1 black pepper ground



Instructions:

Heat butter on medium heat in large pot.
 When butter is melted, add onions and garlic.
 Stir and cook until onions become translucent but before garlic burns (approx. 2 minutes)
 Add carrots and stir in with the onion and garlic.
 Let cook for 5 minutes
 Add celery, kale, salt, pepper, rosemary and thyme.
 Stir and let cook for 5 minutes.
 Add chicken stock and bay leaves.
 Stir and let cook, covered, for 30 minutes.
 ENJOY!

LINDA continued from page 1

After dancing for a while and doing well with all the moves, a beginner's line dance class had ended at Heritage Place and they needed a new instructor. At first, she was very hesitant to apply but her dance instructor encouraged her to apply. When she realized there would be another opportunity to work-out and exercise, there was no doubt, she had to apply.

The beginner's class began and members starting coming. Linda soon learned that teaching students at various levels was a challenge. Several came who had never danced before. Some came to learn a particular dance. Today, Linda teaches all levels of skilled and non-skilled line dancers in her 2 hour weekly class. She emphasizes that being comfortable in your own unique style is what matters. Today, she has approximately 25 students signed up with 12-15 dancers who enjoy performing.

You can find the Silver Foxes dance team at the Indiana State Fair, Black Expo, at The Artsgarden, performing in the Good Life Tour, community churches, corporate events, birthday parties and supporting other line dance groups. With the support of the Silver Foxes, Linda debuted as a Choreographer in the State of Ohio this past summer. Her line dance was immediately posted on YouTube by the Ohio Weekend Line and Ball Room Dance - Hawaiian Jam Fest.

Linda will tell you, "If anyone is thinking about Heritage Place, consider it an opportunity to exercise the mind, body and to keep the social life active. Anyone can advance their skills whether in technology or in the creative arts. There are free theater performances, sporting events and trips to go on. It's a great way to meet people and make new friends." And if you want to join the The Silver Foxes Still Rock'n It, be prepared for "A Little Bit Crazy, A Bit Loud, and a Whole Lot of Love." Feel free to sing HAPPY BIRTHDAY a little bit loud and a little bit crazy when you see Linda this month. OR come offer your wishes at her second and new Line Dance Class on Thursdays at 2:30 pm!



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more information,
contact Heritage Place**

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Happy Holidays!!

May this season be magical for you and those you love and include time with family and friends. Many times while spending time with family the topic of moving comes up. If you have been thinking about making a housing change this is a great time to start making plans.

Believe it or not, our spring market starts the weekend after Super Bowl, which is mid-February, barring any significant inclement weather. The winter market starts mid-November and signals a slow-down, which is the perfect time to start preparing. In order to make the most of your winter prep time, follow these steps:

1) Contact your real estate agent to come out to your house for a walk-thru and to give you an update on market conditions and talk about what the market is showing as a value for your house. At this meeting, your agent should go room by room and give you suggestions on what changes you can make such as de-cluttering, de-personalizing, & staging. Make sure your agent is a licensed Home Stager.

2) We strongly recommend that you contact an ASHI-certified local home inspection company to perform a pre-listing home inspection to provide you with a 'punch list' of repairs that need to be made prior to going on the market. Your agent can give you some great home inspection company names and will review the report with you and focus on the most important issues. Then, when you list your home, you can list it as already having an inspection and that repairs are made.

3) Most of our clients who have lived in their homes for a long time have accumulated quite a bit of 'stuff'. Take this winter downtime to go through your house and start pitching anything you don't want or need unless a family member would like it. You can also donate items to your favor-

ite charity. Many will pick up at your house, but be prepared to wait awhile as they aren't

very fast! Start pre-packing any non-essential items you would like to keep, but don't need every day. You can neatly pack them in boxes in your basement or garage, or better yet a storage unit or POD. If you need professional assistance with all of the above, we can recommend a professional organizer who specializes in helping seniors.

4) Start considering where you would like to move next. There are many options and discussing this with family and your agent is a great way to use this market downtime. If you are thinking about senior living communities, we can recommend an expert who can help streamline this process and make this decision significantly easier.

Preparation is key when considering a move. Make the most of the slower winter months so you are ready to seize the spring market in February!

Your friend in real estate,
Steve Rupp

Steve is a 20-year residential real estate veteran specializing in the north side of Indy. He leads his team at Keller Williams Realty. He is a multi-year Indianapolis Monthly 5-Star real estate agent, multi-year Angie's List Super Service Award winner, holds 11 real estate certifications/designations (more than any other agent in the world) and is in the top 2% of real estate agents city-wide. Visit Steve's website at www.Welcome2Indy.com for tons of real estate resources.

Contact Steve at Steve@Welcome2Indy.com or 317.573.1880.



VICKI continued from page 1

Today, she is an independent agent for multiple insurance companies such as UHC, Anthem, Aetna and Humana and the under 65 healthcare plan, Alieria Healthcare (which she is very excited about).

As a single woman, making it on her own, she cares for her clients and goes to bat for them. Vicki worked with her clients to secure Medicaid for 2 months and 3-way calls were not working. The client was ready to give up and was very frustrated by the phone conversations. Vicki decided to take it one step further and go in person to meet with the Medicaid reps. In person, they learned that there was one simple unchecked box that made all the difference.

You can meet Vicki in person at Heritage Place on Thursday, December 6th from 1:00-3:00 pm, she will be available

to offer open enrollment assistance and answer your Medicare questions.

When she's not driving across town to meet with clients, you will find her at outdoor concerts, cooking fun meals with friends, travelling in the US and was most recently in Miami for the 3rd time! She loves cruises and has been on three. Her most favorite place to visit is the Caribbean and favorite time to go is in the Spring – Yah MON ☺.

What Vicki likes most about Heritage Place are the simple facts that they keep people active physically, mentally and spiritually. It offers a positive, nurturing atmosphere and the line dancers are FUN to WATCH. Between her busy enrollment schedules, she plans to come learn French on Wednesday mornings. Heritage Place will also try to convince her that joining one of the Line Dance classes is good for her health.

Trivia Bowl winner delivers upset to defending champs

Heritage Place enjoyed their 10th Annual Trivia Bowl on November 1st at St. Paul's Episcopal Church. If you are unfamiliar, Trivia Bowl is a fun-filled evening of fifteen teams containing no more than 10 people, who compete in TRIVIA! The team that knows the most answers wins!

Event Chair Maria Mabe organized nearly 50 volunteers, including the ever-graceful and humorous Master of Ceremony, Bryon Foley. Mr. Foley directed the teams to collaborate and answer ten rounds of ten questions in various categories. Categories included anything from "Music," "Animals," to "U.S. Presidents." Questions like "From what country can the Giant Dwarf be found?" to "What is a Cabbage White?" and "Which President was neither Vice President nor voted into office?" were just a few of the many stumpers.

The winner of this year's game was team "We Thought This Was Speed Dating," upsetting the four-time defending champions "We've Got It Covered" of Plews Shadley. Team "We Thought This Was Speed Dating" included members Sue & Greg Holbrook, Tom Mills, Alan Szymczak, Mike Hinton, Craig Wheeler, Michele Byard, Brian Beasley, Tricia Duncan and Dave Ruent. In addition to the beloved trophy, they won various other prizes.

Second place runner up was the four-time defending champions Team Plews Shadley, "We've Got It Covered" and the Third place winners team was "15th Place."

It was an exciting game and fun to be had by all. Surprisingly, the youngest players were four months and six weeks old. Be watching for next year's announcements and pull your quick thinking team together for the 11th Annual Trivia Bowl.



Trivia Bowl Winners – "We Thought This Was Speed Dating" Team



Bryon Foley, MC Extraordinaire



Maria Mabe, Trivia Bowl Chair, calling the raffle winner



Trivia Bowl 2017 Defending Champions



Trivia Bowl participants

Home Services

Retire United Supports Senior Companions

On November 14 volunteers from the United Way Retire United donated and packed kits full of food and personal care items for our Senior Companions and clients. This effort was so appreciated and kits were distributed at the November Senior Companion in-service just in time for the Thanksgiving Holiday. A big shout out and thank you to Retire United of United Way of Central Indiana!

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 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.



Preventing Medicare Fraud!

Senior Medicare Patrol helps seniors and families avoid, detect and prevent Medicare and Medicaid errors and abuse. Billions of Medicare dollars are lost annually due to fraud, errors and improper payments.

The only way it can be stopped is to report it. Call Senior Medicare Patrol at 800.986.3505 to learn how you can help in the fight against fraud and abuse.



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This project was supported, in part by grant number 90SP001601, from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.



Kroger Community Reward Program

All you Kroger shoppers can support Heritage Place with your Kroger Plus Shopper's Card. Heritage Place can benefit every time you shop. There are some restrictions on purchases that apply such as alcohol, tobacco, postage stamps, and gift cards. Kroger will pay up to \$375,000 on a quarterly basis to participating organizations based on their percentage of spending as it relates to the total spending of all participating Kroger Community Reward organizations. Go to www.kroger.com and it's easy to register. Here are step-by-step instructions on how you register.

Step-by-Step Instructions

- Go to Kroger.com
- Sign-in or create an account
- Under My Account, click on "My Account"
- Make sure your plus card is registered; if not, register your plus card number
- On left hand side choose "Community Rewards"
- Click on "Enroll"
- On right-hand side choose "type" or "all"
- You can now search for Heritage Place by name or organization number NG516
- Once you find Heritage Place, click "Enroll"
- You will see a green circle with a check mark message that says "You have successfully enrolled in Community Rewards."
- Within 10 days you should start seeing your organization on the bottom of your receipt tape.



HERITAGE HOLIDAY WORD SEARCH

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| C | X | E | N | R | W | O | B | L | A | K | O | M | G |
| A | Q | L | W | T | G | I | F | T | S | R | V | W | H |
| N | O | V | U | M | E | S | A | M | L | M | O | B | T |
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| D | D | E | C | O | R | A | T | I | O | N | S | D | A |

Bells

Candles

Carols

Claus

Decorations

Elves

Eve

Gifts

Lights

Merry

Reindeer

Rudolph

Santa

Sleigh

Snow

Stocking

Winter

Wonderland

Wrap

Wreath



December 2018

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

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|---|
| 3 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 | 4 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:00 Program Committee Meeting 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class |  5 Holiday Celebration <i>(All other classes are cancelled for today)</i> |
| 10 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 | 11 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:00 Program Committee Meeting 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 |
| 17 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 | 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 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 |
| 24 Heritage Place Closed for the Holidays | 25 Heritage Place Closed for the Holidays | 26 Heritage Place Closed for the Holidays |
| 31 Heritage Place Closed for the Holidays | 1/1/19 Heritage Place Closed for the Holidays | Calligraphy classes will resume February 14th at 11 a.m. The supply fee will require pre-payment and the cost is \$20. Computer classes will resume in January. |

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Indianapolis, IN 46208

CALL 317-283-6662
EMAIL admin@heritageplaceindy.org



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| THURSDAY | | FRIDAY | |
|---|--|--|--|
| <p>9:30 Marion County Council on Aging Meeting at 8440 Woodfield Crossing</p> <p>10:00 Grocery Shuttle</p> <p>10:00 Balance & Stability Classes with Joanie</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 Scrabble Club</p> <p>1:00 SHIP – By Appointment Only</p> <p>2:30 Silver Foxes Still Rock n'It Line Dance Class</p> | | <p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Sewing</p> <p>Last day for Medicare Open Enrollment</p> | |
| <p>10:00 Good Grief Talks from the Heartland</p> <p>10:00 Balance & Stability Classes with Joanie</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 Scrabble Club</p> <p>1:00 SHIP – By Appointment Only</p> <p>2:30 Silver Foxes Still Rock n'It Line Dance Class</p> | | <p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Sewing</p> | |
| <p>9:00 Foot Care with Debbie Ryan</p> <p>10:00 Grocery Shuttle</p> <p>10:00 Balance & Stability Classes with Joanie</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Class</p> <p>12:00 Heritage Place Ladies of the Dance Line Dance Practice</p> <p>1:00 SHIP – By Appointment Only</p> <p>1:00 Scrabble Club</p> <p>2:30 Silver Foxes Still Rock n'It Line Dance Class</p> | | <p>10:00 SilverSneakers Classic (Chair Aerobics)</p> <p>11:00 Knitting, Loom Knitting and Crocheting for a Cause</p> <p>12:00 Friday Open Bridge Club</p> <p>1:00 Sewing</p> | |
| <p>Heritage Place Closed for the Holidays</p> | | <p>Heritage Place Closed for the Holidays</p> | |



Birthdays of 2018 members

Thomas Gibson 12/03
Sarah Allen 12/05
Virginia McGowan . . 12/05
Juliet Matthews Rent . 12/06
Sammye Broline. . . . 12/11
Dorothy Steward . . . 12/11
Vera Williams 12/11
Rukmini Garg 12/12

Natha Houston 12/12
Norman Morford . . . 12/12
Linda Oglesby 12/12
Mary Coleman 12/16
Carlotta Lanier. 12/16
Joyce Smith Patterson 12/16
Charles Williams . . . 12/18
Evern Terrell. 12/19

Vicki Lauray 12/21
Ginger Evans 12/23
Sonya Wilkins 12/25
Margaret Adeniyi. . . 12/26
Charlotte Katzman. . . 12/26
William Watkins . . . 12/28
Mary Harkness. 12/29
Sheila Shorts-Tardy . . 12/30

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!

Classes will resume February 14 at 11 am

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

Pre-Registration is REQUIRED

Cost: \$45 plus \$20 supplies for Members

\$50 plus \$20 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 Silver Sneakers, Silver & Fit and recently added Active & Fit to our program benefits. If your insurance covers your participation under any of these programs, you may be eligible to have your classes paid for! See the Program Manager for more details!

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.



Colela Bouye instructs Monday Chair Aerobics students

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' Silver & Fit 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

Lead by Linda Oglesby

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

Thursdays: 2:30 pm to 4 pm

The Silver Foxes are still Rock'n It and have added a 2nd class! Whether you are a beginner or more advanced in your skills, you can learn and/or participate at both Tuesday AND Thursday classes. Additional opportunity is available to perform in the community at events like State Fair and Black Expo annually. Come to the Heritage Place office to register!

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

Classes resume Friday, January 25, 2019

11 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

Classes resume Friday, January 25, 2019

1 pm to 2 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**

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



Inspirational Studies Group working on a project.

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

Every Fourth Friday of each month, and will resume gathering in January 2019.

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:

December 12 – Home for the Holidays

February 27 – Funny Bones

The Civic Theater Performances include:

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

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

Thursday, December 6, 9:30 am to 11:30 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, Tuesday, Thursday, 1 p.m. to 3 p.m.

Wednesdays, 11:30 am to 1:30 pm

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



To register, or for
more information,
contact Heritage Place

CALL 317-283-6662

EMAIL admin@heritageplaceindy.org

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

www.heritageplaceindy.org

Visit us on Facebook
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2018-19 Membership

Membership Renewal is now underway

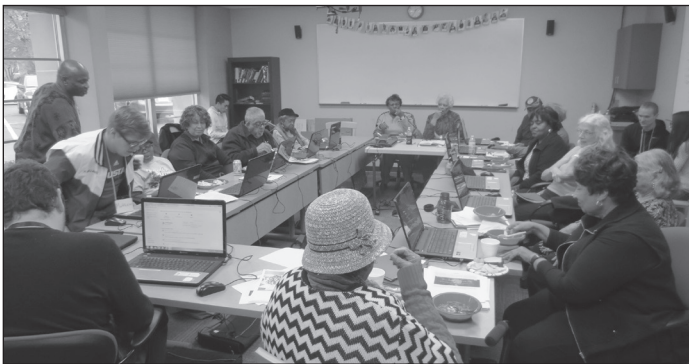
We will hold the current membership rate for anyone who renews before **December 21st, 2018.**

Rates will increase by \$3 in 2019.

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



Computer Class.

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 as they are available
 - 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

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Visit us on Facebook
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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.



Filling Homebound Senior Gift Bags.

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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4550 N. Illinois St.
Indianapolis, IN 46208

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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.

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Heritage Place

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Attention Amazon shoppers! Heritage Place is a registered charitable organization listed on AmazonSmile. What is AmazonSmile? It is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile at smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organization selected by customers.

The AmazonSmile Foundation is a 501(c) (3) private foundation that administers the AmazonSmile program. All donation amounts generated by the AmazonSmile program are remitted to the AmazonSmile Foundation. In turn, the AmazonSmile foundation donates those amounts to the charitable organizations selected by the customer. Amazon pays all expenses of the AmazonSmile foundation; they are not deducted from the donation amounts generated by purchases on AmazonSmile.

When first visiting AmazonSmile, customers are prompted to select a charitable organization so PLEASE select Heritage Place of Indianapolis, Inc. so you can browse and shop. Remember a percentage of your eligible purchases is donated to Heritage Place so keep on shopping and thanks in advance!



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