



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...

Board Member Latrice Baxter!

Latrice learned about Heritage Place from an active board member who suggested she consider the cause. Undergoing several major life transitions, Latrice was evaluating where she could best apply her talents. Much of her life's work involved serving the economically and socially challenged members of the community and she appreciated the proximity of Heritage Place. Her heart to help others overcome social, physical and psychological isolation was growing. The timing irrefutable. After one phone call to Heritage Place leadership, the decision to be involved was imminent as she discovered what a wonderful place and wonderful



LATRICE continued on page 4 ➔

Ann Homrighous, Home Services Manager

At Heritage Place, Ann oversees a senior companion program, coordinates group volunteers to deliver Home & Yard services and provides Information & Referrals to community resources. Ann is no stranger to working with older adults. Ann is a Hoosier native and returned to her roots after living on Cape Cod for 71/2 years. She worked for Elder Services of Cape Cod and the Islands, the Area Agency on Aging serving Cape Cod, Martha's Vineyard and Nantucket Islands.



Ann has worked in home care, residential care, hospitals and community-based settings. Experience and specialties include volunteer

ANN continued on page 4 ➔

Volunteer Sandra Harris!

A true champion of Heritage Place, Sandy Harris has a 10-year history providing Medicare educational seminars for seniors. Every month, she participates in planning committees for major fundraisers and volunteers on the Communications Committee. After 5 years working within Heritage Place teams, she was asked to become a board member and served for 2 years. Today, she is the Chair of the Communications Advisory Committee for several fundraisers throughout the year.



Sandy's professional career started more than 25 years ago within the insurance industry, concentrating in sales management for major

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Change of the Season

It's November, and in Indiana, it's a great time of the year. I don't necessarily like the weather that is yet to come, but I sure do like the fall.

Here at Heritage Place, we enjoy this time of year, too. Several new programs are introduced, we've spruced up our offices, our board is busy with activities and special events, the Home Services office is busy scheduling volunteers for various home and yard projects. Lot's happening!

One thing that will happen soon is the creation of the Heritage Place Founders Council. This group will be made up of the men and women who were instrumental in the establishment of Heritage Place in 1976. Many remember the hours of hard work to create an environment that has become the Heritage Place you all know. In the coming months you will be hearing more about the Founders Council and, we hope, hear stories from these incredible people. If you have an early memory of Heritage Place, or you were involved in our creation, we want to hear from you, too!

Have a wonderful November, and thank you for your support of Heritage Place of Indianapolis!



Front Porch Planning

Who should I contact for more information about including Heritage Place in my will or life insurance policy?

The Heritage Place Executive Director, Edward Alexander, is available to answer your Front Porch Planning Questions and provide additional information.

Home Services in the Community

In the month of September, State Health Insurance Program Counselor Gary Anteple and Heritage Place staff member Gretchen Meitzler attended the AHEPA community fair. Approximately 30 residents came to learn about Medicaid, Medicare and services offered by Heritage Place.

Pictured here is Gary passing out literature on behalf of SHIP and Heritage Place.



Save the Dates!

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

9:30 am to 1 pm

5500 North Meridian Street
Meridian Street United
Methodist Church

Enter through the Visitor Entrance
Tickets: \$13 per person



2018 Holiday Closure Dates

Thanksgiving

Thursday-Friday, November 22-23

Christmas/New Year's

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

2019 Holiday Closure Dates

MLK Birthday

Monday, January 21, 2019

Presidents Day

Monday, February 18,

Good Friday

Friday, April 19

Memorial Day

Monday, May 27

Independence Day

Thursday-Friday, July 4-5

Labor Day

Monday, September 2

Thanksgiving

Thursday-Friday, November 28-29

Christmas/New Year's

Tuesday, December 24-
Wednesday, January 1, 2020

Home Services

Prepare for Coming Seasons

With fall in full swing and winter on the way, this is a great time to think about safety preparations for your home and car. We all get busy and think we will “get to it.”

If you haven't checked the **batteries** in your **smoke alarms**, do so NOW. Many people change them when we turn our clocks back for daylight savings time. If you need a smoke alarm and live in Marion County, the Red Cross is scheduling events around Indiana to install free smoke alarms. Please call 1-(888) 684-1441 for more information. The Indianapolis Fire Department also offers free smoke alarms while supplies last. Call the IFD hotline at (317) 327-6093. If you heat and/or cook with gas it is recommended you install carbon monoxide detectors.

Ensure your **exterior walkways** are clear and make sure no exits are blocked or locked without a key that is nearby. Make sure your house or apartment number is clearly visible. Fall is a great time to stock up on ice melt. Don't wait until the first snow and ice; supplies dwindle fast.

Make sure **doors and windows** are sealed properly to help save on utility bills. The EAP (Energy Assistance Program) application process begins in November. Income qualified applicants can receive assistance with winter utility bills. When funds are available for the summer cooling program, you must have applied and qualified the previous fall for winter heating assistance. When applying you will receive some great energy saving tips.

For your **car**, be sure to have your antifreeze checked and your windshield fluid filled. This is a good time to replace windshield wiper blades. Most auto parts stores will install them for free. Put an extra blanket in your car and a supply bag with gloves, hat and a scarf. Don't let your gas tank get past half full and check your tires for road worthiness.

Make your fall and winter safe at home and on the road and be careful out there!

Fairview Presbyterian Church: Great Neighbors!

During our paint and carpeting makeover project in October, Fairview was kind to let us borrow a meeting space for the monthly Senior Companion Program in-service. We appreciate the accommodation and neighborly gesture!

Senior Companion Program

Heritage Place is currently host to twenty-three senior companions and one extra companion from A Caring Place Adult Day Care for our monthly training meetings. These caring women and men provide friendly visiting and companionship to homebound, frail and disabled older adults.

To refer someone who could benefit from a senior companion call the home Services manager at (317)283-6662. Placement of a companion is based on availability. A pre-service assessment is required to determine eligibility and qualification for the program.

Information and Referral

Need information for community resources like legal assistance, independent senior housing information, food banks, caregiver support or senior transportation? Call the home Services manager at (317) 283-6662 for assistance.

SHarP Garden

This past summer, the two Heritage Place raised garden beds produced 15 pounds of vegetables including cherry tomatoes, peppers, cabbage, lettuce, green beans, cucumbers and carrots. The community garden beds produced a season full of vegetables donated to the Boulevard Place Food Pantry.

Heritage Place is expanding our partnership with SHarP Garden for next season. Look for upcoming updates on more Heritage Place garden beds, member engagement, activities, and vegetable gardening classes in the coming spring.

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.



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.IAAAA.ORG/SMP

Upcoming Classes & Seminars

Wills and Trusts Seminar

Presentation by the Neighborhood Christian Legal Clinic

Tuesday, November 13, 2:00 pm

Seniors can learn ways to protect their assets and everything legal about having a will or trust in place.

Cost: Free for Members,
\$5 for Non-Members

Powering Up Your Power of Attorney Seminar

Presentation by Lucy Khairy, Attorney at Law

Wednesday, November 28, 1:00 pm

Seniors will learn about ways to protect their assets, learn about Power of Attorney, Wills, Trusts, Elder Law and more.

Cost: Free for Members,
\$5 for Non-Members

Wreath Making Class

**Thursday, November 29th,
10:30 am to noon**

Instructor Bendetta Holder will show us how to make Christmas Wreaths just in time for the holidays.

Cost: \$12.00 for Members
\$17.00 for Non-Members



LATRICE continued from page 1

opportunity it would be to support Heritage Place!

Born and raised in Philadelphia, PA, Latrice went to one of the oldest, and best HBCUs in the country, Morgan State University. She graduated with a Bachelor's Degree in Business Administration and has two Masters' Degrees in Human Resources and Professional Counseling. The majority of her family is in the Philadelphia area and in the summer time they enjoy the Mister Softee ice cream truck and Rita's Water Ice! In her free time, you will find her reading, cooking, baking or watching the HGTV Food Network. She plans to become a personal trainer or yoga instructor to help remain fit (after all her baking) but more so to help people who have endured trauma in their lives.

Thanks to Latrice, the board continues its work of helping older adults enjoy the best years of their lives. She encourages anyone who has something to share to get involved in some way. Whether you have a special talent or want to volunteer your time, there's room for any and every one to have a part in the continued success of Heritage Place.

"At the end of the day it's not about what you have or even what you've accomplished...it's about who you've lifted up, who you've made better. It's about what you've given back"-Denzel Washington. Latrice will tell you, "You never know what type of impact you will have on someone's life. My hope is that your heart leads you to serve others in your nearby community. If that means furthering the vision of Heritage Place, then come join us!"

ANN continued from page 1

management, program development, adult leadership development, facilitation and training. She holds a Bachelor's Degree in Social Work from Indiana State University and Certificate of Public Management from the School of Public and Environmental Affairs, Indiana University Indianapolis.

Ann's passion is gardening and anything that gets her outdoors. She is involved in SHarP Community Garden through work and personal volunteering, Plots to Plates Community Garden in Hamilton County, and working towards completion of her Master Gardener certification.

Being a Hoosier, she is a big basketball fan, loves watching tennis and enjoys spending time with her 86 year old mother, Barbara, who is just simply fun to be around. They enjoy attending theater productions mostly at Footlite Musicals and the Booth Tarkington Theatre. Ann loves to read and finds playing the piano to be most therapeutic. You won't find her performing publicly, but she has been known to sneak in the storage room at Heritage Place and tickle the ivories on the piano found there.

"Heritage Place offers such a great community service! The senior companions are a treasure and always teaching me something," says Ann. "It is fun to coordinate the volunteer groups, especially the youth from high schools, national youth ministry, and colleges and universities. I love the inter-generational interaction and exchange."

SANDRA continued from page 1

companies like Allstate, AIG and Humana. She has specialized in the Senior Medicare market for the last 13 years. Because of the need to help seniors "navigate" their help plans, she started Harris Consulting Enterprises LLC in 2016 and is well known for taking the "fear" out of the process.

As a native of Indiana, she truly grew-up all over the world. Her father's military career landed her family in Germany where she graduated from Nurnberg American High School. She returned to the US and attended Indiana University for three years and completed her final year and Bachelor's Degree from Southern Illinois University.

Being a single parent and professional volunteer and working woman, Sandy still made time for her son who is now a young adult and the apple of her eye. Believe it or not, she still finds time to enjoy jet skiing and international travel.

It is the engagement of Heritage Place members that keeps Sandy coming to the meetings. Members embrace all programs of the organization from arts & crafts, chair aerobics, senior line dancers, the bridge club, blood pressure screenings, bingo Tuesdays, nutrition, yoga and diabetes classes and scrabble, to name a few. Simply stated, Heritage Place is just a Fun place to be!

Preparing a Thanksgiving Turkey

Brine

1 cup Salt
1 cup Brown sugar
2 oranges; quartered
2 lemons; quartered
6 sprigs thyme
4 sprigs rosemary
10 pound turkey; (up to 12-pound)
1 large orange; cut into 1/8ths
4 tbsp unsalted butter; at room temperature
Salt and pepper
1 large yellow onion; cut into 1/8ths
1 stalk celery; cut into 1-inch pieces
1 large carrot; cut into 1-inch pieces
2 Bay Leaves
2 sprigs thyme
2 sprigs rosemary
1/2 bunch Sage
3 sprigs parsley
1 1/2 cups chicken or turkey stock; for basting,
(up to 2)

Turkey Broth

1 tablespoon Vegetable oil
1 Reserved turkey neck and giblets
1 large carrot; coarsely chopped
1 onion; coarsely chopped
1 large stalk celery; coarsely chopped
1 small Bay leaf
3 cups turkey stock; chicken stock, or canned low-salt chicken broth
3 cups Water

Gravy

4 cups turkey broth
1 cup Dry white wine
4 tbsp unsalted butter
1/4 cup All-purpose flour
Salt and fresh ground pepper

For the Brine:

Directions

To make the brining solution, dissolve the salt and sugar in 2 gallons of cold water in a nonreactive container (such as a clean bucket or large stockpot, or a clean, heavy-duty, food grade plastic storage bag). Add the oranges, lemons, thyme, and rosemary. Note: if you have a big turkey and need more brine than this, use 1/2 cup salt and 1/2 cup brown sugar for every gallon of water.

Remove the neck, giblets, and liver from the cavity of the turkey and reserve for the gravy. Rinse the turkey inside and out under cold running water.

Soak the turkey in the brine, covered and refrigerated, for at least 4 hours and up to 24 hours.

Preheat the oven to 325 degrees F.

Remove the turkey from the brine and rinse well under cold running water.

Pat dry with paper towels both inside and out. Place turkey, breast side up, in a large, heavy roasting pan. Rub breast side with orange segments and rub on all sides with the butter, stuffing some underneath the skin. Season lightly inside and out with salt and pepper. Stuff the turkey with the onion, remaining orange, celery, carrot, bay leaves, thyme, rosemary, sage and parsley. Loosely tie the drumsticks together with kitchen string. Roast the turkey, uncovered, breast side down for 1 hour.

Remove from the oven, turn, and baste with 1/2 cup stock. Continue roasting with the breast side up until an instant-read meat thermometer registers 165 degrees F when inserted into the largest section of thigh (avoiding the bone), about 2 3/4 to 3 hours total cooking time. Baste the turkey once every hour with 1/2 to 3/4 cup chicken or turkey stock.

Remove from the oven and place on a platter. Tent with aluminum foil and let rest for 20 minutes before carving.

For the turkey broth

Heat the oil in a large heavy saucepan over medium-high heat. Add the turkey neck, heart, and gizzard to the pan and saute until just beginning to brown, about 1 minute. Add the chopped vegetables and bay leaf to the pan and saute until soft, about 2 minutes. Pour the stock and 3 cups of water into the pan and bring to a boil. Lower the heat to medium-low and simmer until the stock is reduced to 4 cups, about 1 hour, adding the chopped liver to the pan during the last 15 minutes of cooking. Strain the stock into a clean pot or large measuring cup. Pull the meat off the neck, chop the neck meat and giblets, and set aside.

For the pan gravy

Pour the reserved turkey pan juices into a glass-measuring cup and skim off the fat.

Place the roasting pan on 2 stovetop burners over medium heat add the pan juice and 1 cup turkey broth and the white wine to the pan, and deglaze



the pan, stirring to scrape any brown bits from the bottom of the pan. Add the remaining 3 cup of broth and bring to a simmer, then transfer to a measuring cup. In a large heavy saucepan, melt the butter over medium high heat. Stir in the flour and cook, stirring constantly, to make a light roux. Add the hot stock, whisking constantly, then simmer until thickened, about 10 minutes.

Add the reserved neck meat and giblets to the pan and adjust seasoning, to taste, with salt and black pepper. Pour into a gravy boat and serve.

Sweet Potato Casserole

Ingredients

4 1/2 cups Sweet potatoes; cooked and mashed
1/2 cup Butter; melted
1/3 cup milk
1 cup Sugar
1/2 teaspoon Vanilla extract
2 Eggs; slightly beaten
1 cup Light brown sugar
1/2 cup All purpose flour
1/3 cup Butter
1 cup Pecans; chopped

Instructions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

In a large bowl, mix together mashed sweet potatoes, 1/2 cup butter, milk, sugar, vanilla extract, and eggs. Spread sweet potato mixture into the prepared baking dish. In a small bowl, mix together brown sugar and flour. Cut in 1/3 cup butter until mixture is crumbly, then stir in pecans. Sprinkle pecan mixture over the sweet potatoes.

Bake for 25 minutes in the preheated oven, or until golden brown.

If desired substitute pecan topping for a marshmallow topping. Add the marshmallows to the sweet potato mixture during the last 5 minutes of baking.

Traditional Stuffing

Ingredients

2 Bags of dried sage & onion stuffing mix (NOT Stovetop brand)
Chopped celery & onions to taste
2 cans mushroom pieces
2 cans sliced water chestnuts (drained)
Handful of dried raisins or cranberries
1 cup halved walnuts

2 small apples chopped into small pieces with skins
1 lb. ground pork sausage
6 eggs

Instructions

Mix 4 cups turkey broth from boiling giblets (from the turkey) and 6 raw eggs with all other ingredients and combine into the bread crumbs. Stuff the turkey and the rest can get baked into a loaf pan that's sprayed with cooking spray. If baking pan separately, bake at 350 degrees for one hour.

Pumpkin Spice Blondies

Ingredients

For the Cream Cheese Topping

8 oz. cream cheese
1 c. sour cream, at room temperature
2 tbsp. all-purpose flour
2 tbsp. granulated sugar
1 tsp. pure vanilla extract
1/2 tsp kosher salt

For the Pumpkin Spice Blondies

1 c. (2 sticks) unsalted butter, melted, plus more for the pan
2 1/2 c. all-purpose flour, spooned and leveled
2 tsp. pumpkin spice
1 tsp. kosher salt
1 1/2 c. packed light brown sugar
1 large egg
1 tsp. pure vanilla extract
1 15-oz. can unsweetened pumpkin purée

Directions

Make the Cream Cheese Topping: Microwave the cream cheese in a medium microwave-safe bowl in 15 second bursts, stirring until smooth but not hot. Whisk in the sour cream, flour, sugar, vanilla, and salt until smooth. Set aside while you make the blondies.

Make the Blondie Base: Preheat oven to 350°. Butter a 9" x 13" pan and line with parchment, leaving a 2" overhang.

In a small bowl, whisk flour, pumpkin spice, and salt until well combined.

In a separate large bowl, whisk together butter and brown sugar until smooth, then whisk in egg and vanilla. Scrape the sides and bottom of the bowl with a rubber spatula. Whisk in pumpkin purée and scrape the sides down again, then whisk in the flour mixture until no streaks remain.

Reserving about 1/2 cup of the blondie batter, spread

batter evenly in the prepared pan. Spread the cream cheese topping over the blondie batter, leaving a 1/2" border. Dollop reserved blondie batter on top, then use a chopstick, butter knife, or toothpick to swirl the blondie batter and cream cheese layers together. Be careful not to overmix—the idea is to get pretty swirls of the two without combining them too much.

Bake the blondies until a toothpick inserted in the center comes out with just a few crumbs, 45 to 50 minutes. Let cool completely in the pan, then cut into bars and serve.

AFTER Thanksgiving Turkey Casserole

Ingredients

1 lb. left over turkey meat
2-3 cans green giant or any other brand French cut green beans
1 can cream of mushroom soup
Shredded frozen hash brown potatoes to taste
12 oz. Kraft Shredded Cheese-any flavor

Instructions

Preheat oven to 350°F.

Mix Turkey meat with green beans and cream of mushroom soup in casserole dish any size depending how many you're feeding. Spread evenly. Top with hash browns to your liking then top with cheese.

Bake for 30 minutes or until cheese is melted and soup is at a boil.

Conversation Starters for Thanksgiving Dinner

If you're short on words during your Thanksgiving meal, try these interesting facts to get things started:

- Thanksgiving was first celebrated in the US in 1789.
- Lincoln's Gettysburg address was given on November 18, 1863 to commemorate fallen soldiers in the battle fought on the Pennsylvania field. His speech lasted 2 minutes.
- The US and Canada celebrate the end of World War I on November 11th, which ended on the 11th day of the 11th month at the 11th hour, 1918.
- Veteran's Day became the day to commemorate our fallen soldiers on November 11th, 1954.
- The ancient Roman Calendar listed November as the 9th month.



Investment Fraud Bingo

Heritage Place hosted Secretary of State Connie Lawson and Investor Education Coordinator, Kylee Hale who played their statewide Investment Fraud Bingo program with Heritage Place members. It was a fun, informative way to learn about the current investment scams and ways to protect your assets from scammers. Here are a few helpful tips to apply when considering the best ways to invest your money:



1. Understand who you are investing your money with. Ask if your investor is licensed and registered with the Secretary of State's office.
2. You can research whether your investor has registered at the Secretary of State's office by going on-line at www.sos.IN.gov.
3. Get all Prospectus documents in writing and review them.
4. If you don't understand how the investment works, don't buy it.
5. Understand any fees associated with the investment and understand how the advisor(s) make their money.
6. Review statements. If anything looks unusual, ask good questions.
7. Keep copies of all financial documents.
8. If there is promise for high returns with little or no risk, it may be too good to be true.
9. If the investment is "complicated", it may be too good to be true.
10. Review your e-mails and inspect where they came from. All Indiana State office e-mails end in .gov. If the e-mails is from the UK or some other country, it's likely to be a scam.
11. The Better Business Bureau has an app called "Scam Tracker" that will let you know of current scams and schemes.
12. When in doubt or if you have been scammed, contact the Secretary of State's office at 800-223-8791 as soon as you are able.



November 2018

Birthstone – Topaz

Flower – Chrysanthemum

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

MONDAY		TUESDAY		WEDNESDAY	
 <p>Birthdays of 2018 members</p>		<p>Willie Lillie11/3 Vernita Penn.11/6 Lavonia Conley 11/7 Ruth Ann Hankins . . . 11/7 Deborah Howard 11/8 Cassandra Wallace . . . 11/9 Ed Morris11/10 Margaret Francis . . . 11/11 Patricia Sharpe 11/11 Ann Varnau11/11</p>		<p>Wills and Trusts Seminar <i>Presentation by the Neighborhood Christian Legal Clinic</i> Tuesday, November 13, 2:00 pm Seniors can learn ways to protect their assets and everything legal about having a will or trust in place. Cost: Free for Members, \$5 for Non-Members</p>	
<p>5</p> <p>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</p>		<p>6</p> <p>10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:00 Diabetes Class 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</p>		<p>7</p> <p>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</p>	
<p>12</p> <p>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</p>		<p>13</p> <p>10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:30 Blood Pressure Screening – American Village, ASC 11:00 Mind and Body – Senior Yoga Class 12:00 Diabetes Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class 2:00 Wills & Trusts by Neighborhood Christian Legal Clinic</p>		<p>14</p> <p>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</p>	
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STOP BY THE OFFICE
4550 North Illinois Street
Indianapolis, IN 46208

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



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
<div>1</div> <p> 9:30 Marion County Council on Aging Meeting 10:00 Grocery Shuttle 10:00 Walking with Joanie 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 11:00 Calligraphy by Ellen Simon 1:00 Scrabble Club 1:00 SHIP – By Appointment Only 2:00 Creative Writing and Poetry </p>		<div>2</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Learn to Use Your Phone </p>	
<div>8</div> <p> 10:00 Good Grief Talks from the Heartland 10:00 Walking with Joanie 11:00 Calligraphy by Ellen Simon 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 12:30 Medicare Open Enrollment session with Harris Consulting 1:00 Scrabble Club 1:00 SHIP – By Appointment Only 2:00 Creative Writing and Poetry </p>		<div>9</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Learn to Use Your Phone </p>	
<div>15</div> <p> 9:00 Foot Care with Debbie Ryan 10:00 Grocery Shuttle 10:00 Walking with Joanie 12:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 12:30 Medicare Open Enrollment session with Harris Consulting 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Creative Writing and Poetry </p>		<div>16</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Topics in Technology 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Learn to Use Your Phone </p>	
<div>22</div> <p>Closed for Thanksgiving Holiday</p>		<div>23</div> <p>Closed for Thanksgiving Holiday</p>	
<div>29</div> <p> 10:00 Good Grief Talks from the Heartland 10:00 Walking with Joanie 10:30 Wreath Making Class 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 2:00 Creative Writing and Poetry </p>		<div>30</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Out to Lunch Group 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Learn to Use Your Phone </p>	

Traditional Weekly Classes

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

Arts & Crafts

Beginning Calligraphy!

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

Thursdays 10:00 am to 11:00 am

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

Pre-Registration is REQUIRED

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

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

Knitting, Loom Knitting and Crochet for a Cause

Fridays, 11:00 am to 1:00 pm

Group Leader: Madora Lewis

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

Cost: FREE for Members

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

Sewing

Fridays, 1:00 pm to 3:00 pm

Group Leader: Willa Rouse

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

Cost: \$5.00 per lesson for Members

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

Center-based Fitness Programs

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

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

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

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



Total Body Silver Sneakers and Silver & Fit Chair Aerobics

Mondays, Wednesdays and Fridays

10:00 am to 11:00 am

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

Mind and Body Senior Yoga

Tuesdays: 11 a.m. to 12 noon

Instructor: Sarah Nemecek

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

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

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

Silver Sneakers and Silver & Fit Balance & Stability

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

Instructor: Joan Belle

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your

reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

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

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

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

Cost: \$3.00 for Members

\$5.00 for Non-members



Ladies of the Dance – Line Dancers Class, Team Rucker

Thursdays: 11 a.m. to noon

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

Cost: \$3.00 for Members

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

Ladies of the Dance – Line Dancers Class, Team Davis

Thursdays: 12 noon to 1 p.m.

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

Cost: Free for Members

\$5.00 for Non-members

Computer Training

Computer Topics in Technology

Fridays, October 19 through November 16

11:00 am to 12:30 pm

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

Cost: \$5.00 for Members

\$10.00 for Non-members

Continuing Topics in Technology: Learn to Use Your Phone

Fridays, October 19 through November 16

1:00 pm to 2:00 pm

Bring your phone and your questions!

Cost: \$5.00 for Members

\$10.00 for Non-members

Social Activities

Bridge

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

Cost: \$3 per game for Members

\$5 per game for Non-Members

Mondays offer Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie,

Lila Okolo, Yolanda Wallace

Wednesdays are Learn and Play Bridge

12 noon to 3:30 pm

Group Leader: Charles Williams

Fridays offer Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda Wallace

Genealogy Studies Group

Third Wednesday of each month

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

Instructor: Rick France

Whether your family had saints or sinners, or both, discovering your past can be fascinating and rewarding. Recording your family's history is a valuable project for yourself and generations to come. The Heritage Place Genealogy Studies Group learns research techniques, tips for how to document the facts, and getting it written down. We help each other as we meet monthly.

Cost: Free for members, \$5.00 for non-members

Good Grief Talks from the Heartland

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

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

Cost: Free for Members

Inspirational Studies

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

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

Join other spiritual-minded people for a friendly, balanced, non-denominational, and well-rounded group study. Participants discuss God inspired biblical scriptures from the King James Bible and their relativity to everyday life and manifestation in real life experiences.

Cost: Free for members, \$5.00 for non-members



Scrabble

Thursdays, 1:00 pm to 4:00 pm

Club Leader: Carlotta Lanier

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

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

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

Cost: Free for Members

\$5 for Non-Members

Spanish (El Club de la Tercera Edad)

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

Instructor: Dorian Pinner

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

Cost: \$1.00 per class for Members

\$5.00 per class for Non-Members

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

Out to Lunch Group

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, November 1, 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.

Fridays, 2 p.m. to 4 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



For more information:

CALL
317-283-6662

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

EMAIL
admin@heritageplaceindy.org



Village of Avon

a continuum of care community

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

Theme: PRETTY FLOWERS

AZALEA
CARNATION
DAFFODIL
DAHLIA
DAISY
FORGET-ME-NOT
FREESIA
GARDENIA
GERBERA
JONQUIL
LILAC
MAGNOLIA
ORCHID
PANSY
PETUNIA
PROTEA
ROSE
SNAPDRAGON
SWEET PEA
TULIP
VIOLET

Word Search

Provided by Village of Avon

U	Y	E	N	O	G	A	R	D	P	A	N	S
T	Y	U	U	L	I	U	Q	N	O	J	P	Y
C	U	F	M	A	G	N	O	L	I	A	V	S
G	A	L	O	P	R	O	T	E	A	D	I	N
A	W	R	I	R	E	S	O	R	A	D	O	A
R	A	J	N	P	G	R	A	F	W	E	L	P
D	A	E	R	A	C	E	F	Z	A	T	E	A
E	R	H	P	H	T	O	T	I	A	T	T	I
N	E	C	I	T	D	I	S	M	U	L	D	L
I	B	D	A	I	E	E	O	N	E	A	E	H
A	R	M	L	L	E	E	I	N	I	N	D	A
A	E	B	E	R	I	A	W	S	R	K	O	D
J	G	H	F	L	O	L	Y	S	O	O	K	T

For the puzzle solutions visit our Facebook page at:

www.facebook.com/AvonHealthCare



Village of Avon

a continuum of care community

INDEPENDENT LIVING • ASSISTED LIVING
SKILLED NURSING • REHABILITATION • MEMORY CARE



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Living Well Changes Everything!

4171 Forest Pointe Circle Avon, IN 46123 | (317) 745-5184 | www.avonhealthandrehab.com



2018 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



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 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:

CALL
317-283-6662

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

EMAIL
admin@heritageplaceindy.org



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

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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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Open 9 a.m. to 4:00 p.m. Monday – Friday

To receive this publication digitally, email us at admin@heritageplaceindy.org.

To unsubscribe to this publication, please email your name and address to admin@heritageplaceindy.org.

Trivia Bowl

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



“The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own.”

—Lao Tzu



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