



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 Derik Wittenberg

Heritage Place relies on knowledgeable and visionary board members to support and direct our efforts during ever changing economic and social climates. It is with committed board members like Derik Wittenberg that Heritage Place can press onward to move forward.

Derik began his career as a chemist with the Lilly Research Labs and Lilly Manufacturing in 2010. He earned an MBA from University of Indianapolis (UIndy) in 2014 and started working in Eli Lilly's Elanco division in 2015. He currently serves as Manager of Research & Development Portfolio Finance, Strategy and Analytics for Elanco Animal Health (NYSE: ELAN), the recent spin-out unit of Eli Lilly and Company. Since graduating from



DERIK continued on page 6 ➔

Meet Member & Sewing Instructor Willa Rouse

Long ago, Willa Rouse found her way to Heritage Place when her sister was addressing health issues but wanted to play bridge. Heritage Place was offering bridge lessons for the community at large and Willa decided that sitting in on them with her sister was a good way to spend her time.

In addition to Basic Bridge, Contract Bridge and Duplicate Bridge, Willa can play Pinochle, Euchre and her favorite activity is SEWING! After a while of sitting in



WILLA continued on page 5 ➔

Meet member Rosie Goldsmith

If you need a "jump start" to your day, just visit with Rosie. Rosie Goldsmith's first experience with Heritage Place began in 2013 when she needed her taxes done. Heritage Place historically offers free tax return assistance for older adults during tax season. During her tax visit, she learned that Heritage Place also offered center-based classes and daily activities. She jumped aboard and has become an ongoing active participant.

Rosie jaunts into Heritage Place every Monday morning for her favorite Chair Aerobics class with Colela Bouye. Before she makes it down the hall, she stops in the office to tell a few jokes and get



ROSIE continued on page 6 ➔

Inside

| | |
|------------------------------|----|
| Birthdays | 5 |
| Calendar | 8 |
| Center Services | 13 |
| Home Services | 4 |
| Membership | 14 |
| Weekly Class Descriptions. . | 10 |

From the Heart of our Director

Happy February!

Recently, Heritage Place received a charitable gift. Certainly not unusual, but this was an honor gift for Valentine's Day from one of our members to her husband of nearly 60 years! I'm not sure if I was more taken by the length of their marriage or the fact that Heritage Place was the recipient of this wonderfully thoughtful gift. When one of our board members followed up with the donor to thank her for this gift, we learned that Heritage Place had always offered *opportunities* for this couple. This is exactly what we like to hear!

Heritage Place of Indianapolis is about opportunities. Educational, recreational, social, but not just for our members and the community. The opportunities provided to the HP Staff are monumental!

I'm confident that Gretchen, Ann, Ellen, Fred and Sam would agree with me. We **have the opportunity** to meet and work with remarkable people! At our very core, we are here **to create opportunities** and make possible that which might not have happened otherwise.

For our members and the Indianapolis community, the opportunities are evident (check out the schedule in this issue of **The Informer**). For your staff and board leadership, it's working in an environment blending autonomy and collegiality, where excellence and opportunity are appreciated and expected. None of these opportunities would be available without each of you, and it is more than appreciated!

Thank you for the "OPPORTUNITY" to serve and have a terrific month!

Edward Alexander
Executive Director



Front Porch Planning

What happens to my assets, if I die without a will?

If you have no will, the State of Indiana has a system in place to distribute your assets. Keep in mind, Indiana's system may not match your wishes for distributing your assets to your relatives or to charities, such as Heritage Place. To make sure your wishes are followed, write a will.

Breakfast Egg Muffin

- | | |
|--------------------------------|------------------------------------|
| 1 red bell pepper finely diced | 6 strips of cooked bacon, crumbled |
| 1 carrot peeled & shredded | salt & pepper to taste |
| 1 cup finely chopped broccoli | 8 large eggs |
| 1 1/2 of a small yellow onion | 3/4 cup shredded cheese |

Preheat oven to 375° and grease or line muffin tins. Cook and drain bacon.

In a large mixing bowl, combine first 5 ingredients and fill each muffin cup so that each is 3/4 filled.

In a medium mixing bowl, mix eggs, salt and pepper. Pour 3 tablespoons of this mixture into each muffin cup. Be careful not to over fill each cup.

Top each cup with 1 teaspoon of shredded cheese.

Bake for 20 minutes until set, cooked and lightly golden. They will puff in the oven but shrink upon cooling. Let cool for 5 minutes.

Muffins can be kept for one week in the refrigerator.

Total calories per muffin: 137, Total Fat: 9.7g, Total Cholesterol: 142mg,
Total Sodium: 317mg, Total Carbohydrates: 2.5g, Sugars: 1.3g, Protein: 9.9g

Save the Dates!

VITA Tax Preparation Services

Heritage Place is now offering VITA Tax Preparation assistance for adults age 55 and older Starting February 6 and continuing through April 11. Volunteers will be available at Heritage Place on Wednesdays and Thursdays between 10 a.m. and 2 p.m. to help. Pre-registration is required by calling the office at (317) 283-6662. Several documents will be required. Ask an office professional to tell you what you need to bring.

Hoosier Heritage Night 2019

Wednesday, June 19, 2019

Doors will open at 6 p.m.

Location: Union Station Grand Hall, Indianapolis. Mark your calendars NOW! For more information, contact Edward Alexander at (317) 283-6662.

Wake Up to Heritage Place Breakfast

Wednesday, April 24

Doors open at 7:30 a.m.

Breakfast begins at 8 a.m.

Location: Heritage Place, 4550 North Illinois Street

Call (317) 283-6662 to RSVP.

2019 Holiday Closure Dates

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-

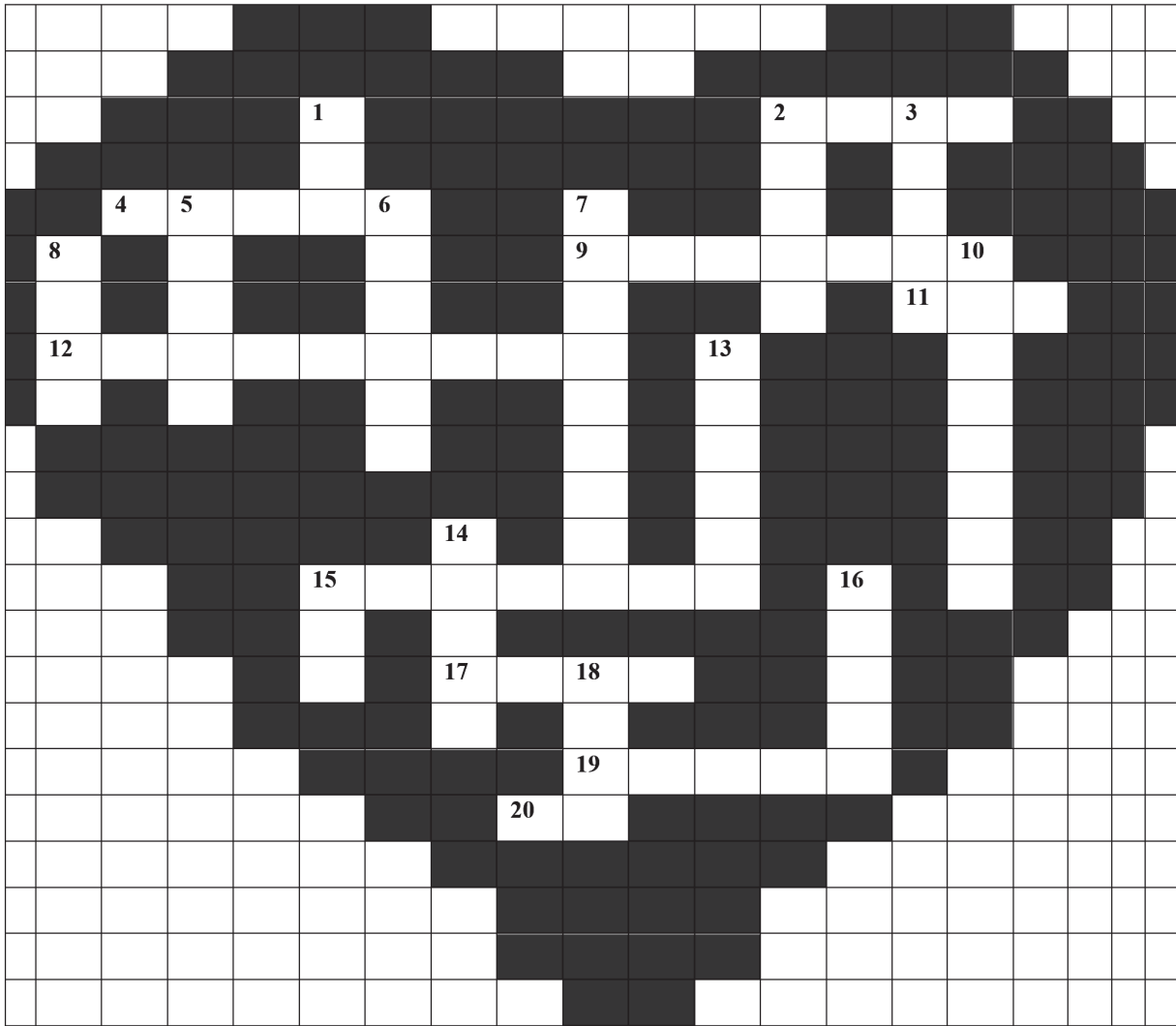
Wednesday, January 1, 2020

February Observances

Black History Month

American Heart Month

Valentine's Day – Thursday, Feb. 14

**Across**

- 2. A Greeting
- 4. Confectionary item
- 9. Secret Person
- 11. Bawl
- 12. A Willie Wonka Specialty
- 15. Botany Offering
- 17. Sentiment
- 19. Dolce
- 20. Exist

Down

- 1. Roses are
- 2. Beware of his arrow
- 3. Sold by the dozen
- 5. Quiver Filler
- 6. Xanthic
- 7. Single love
- 8. A delicate fabric
- 10. Hopeless
- 13. Card game
- 14. Table Décor
- 15. Month for short
- 16. Canonized
- 18. Jardiniere

Home Services

Home and Yard Work Services

As we set our sights on spring, it's time to think about your home and yard projects. February is the month to start submitting your requests to Home Services. This project service is one-time and on a first come, first serve basis. To accomplish this task, Heritage Place depends on volunteer groups to provide this community service, as they are available. As weather can be unpredictable, we cannot guarantee work will be completed as scheduled. Projects include basic yard work, gutter cleaning (1 story only), window washing (1 story only), garage or shed clean out, and painting. Heritage Place volunteers do not mow or do tree trimming. Individuals receiving service are asked to provide tools, supplies and materials needed to complete the job. Call today to be placed on the list!

Grocery Shuttle

For residents living in the 46205, 46208 and 46220 zip code areas, we have openings for the grocery shuttle service. Heritage Place partners with CICOA Way2Go to provide service two times per month on the first and third Thursdays. The shuttle provides door-to-door service for adults age 60 and over. An application is required and must be approved by CICOA Way2Go prior to being placed on the shuttle list. Heritage Place will call you on Monday the week the service is provided to schedule your ride. Calls will be made on Tuesday if it is the week of a Monday holiday. The shuttle will drop you off at Meijer or Walmart on north Keystone Avenue. Bag limits do apply and round trip fare is \$2.00 for Heritage Place riders. For more information or to schedule your ride pick-up, call (317) 283-6662.

SHarP Community Garden and Heritage Place Collaboration

The SHarP Community Garden (Shared Harvest Project) was established in 2010 for gardeners to grow food for both themselves and the community. It helps address local needs by providing produce to the Boulevard Place food Pantry, an affiliate of St. Vincent DePaul. Clients of the food pantry do not have to use points to shop for fresh vegetables and fruits. SHarP Garden community beds and contributions from individual gardeners produced 387 pounds of fresh vegetables donated to the food pantry and the Heritage Place beds produced 20 pounds of fresh vegetables during the 2018 growing season.

Heritage Place is a neighbor to the SHarP Community Garden and a steward of two elevated beds at the garden. We have formalized a relationship in a collaborative effort that will allow greater community engagement for Heritage Place members. This collaboration will involve us in more SHarP garden growing beds while providing volunteer opportunities for Heritage Place members and community service groups to contribute to the garden. It also allows for increased activities in the garden, education opportunities addressing sustainable gardening practices, and promotion of healthy eating and well-being.

SHarP Community Garden beautifies the neighborhood while serving a local food insecurity need by enabling the Boulevard Place Food Pantry to offer fresh organically grown local produce. The collaboration between SHarP Community Garden and Heritage Place is a natural fit in supporting the neighborhood.

Heritage Place's goal is to adopt at least one community bed in addition to maintaining the two elevated beds. If you are interested in getting involved this growing season or making a donation to the garden, contact Ann Homrighous, home services manager, at (317) 283-6662. Look for upcoming gardening classes and garden task opportunities!

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.



Get Involved. Volunteer. Stop Healthcare Fraud.

Helping Elders
Navigate Medicare
and Fight Fraud

www.iaaaa.org/smp



Join us on Facebook
www.facebook.com/INSMSP

Funded in part by the U.S. Administration on Aging

**Volunteer with Senior Medicare Patrol
and help stop Medicare fraud in your
community.**

Contact your local
Area Agency on Aging:
800.986.3505

Did You Know?
Over \$60 billion is wasted to
Medicare fraud each year.

This project was supported, in part by grant number 90MP0178/01, 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 Rewards Program

While shopping at Kroger, you can support Heritage Place with your Kroger Plus Shopper's Card! Go to www.kroger.com to register. Sign in or create account, register your Plus card (if not already registered), choose "Community Rewards", click "Enroll, choose "type" or "all", search for Heritage Place or organization number NG516, click "Enroll". In about 10 days you will see your organization on the bottom of your receipt tape when you shop. There are some restrictions on purchases that apply such as alcohol, tobacco, postage stamps, and gift cards. Thank you for your shopping support.

AmazonSmile Foundation

Attention Amazon shoppers! Heritage Place is a registered charitable organization listed on AmazonSmile. When you shop on AmazonSmile at smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of the eligible purchase price to Heritage Place. When first visiting AmazonSmile, you are prompted to select a charitable organization so PLEASE select Heritage Place of Indianapolis, Inc. Thank you, in advance, for thinking of us during your AmazonSmile shopping.

WILLA continued from page 1

on bridge classes and playing a game or two, Willa learned that Heritage Place had a vacancy for a sewing instructor. Being a master of the art, she introduced herself to the Program Manager and asked if Heritage Place would like a new Sewing instructor. Willa has been providing Sewing instruction ever since. For a while, she would play bridge on Tuesdays and teach Sewing on Fridays.

Willa started sewing at the age of 8 when she wanted to make her own doll clothes. Today, she is best known for her ability to make ANYTHING: Drapes, pillows, pillow cases, bedspreads, curtains, runner quilts, wedding dresses and any garment for men, women, children, and pets. Her favorite thing to do is use her embroidery machine and make things for friends. This year she took it upon herself to make the table runner for the Heritage Place Holiday Celebration and it was proudly displayed and honorably utilized during the dinner service.

Willa shares her spare time with four children, fifteen grandchildren and five great grandchildren; daily she cares for her black Pomeranian named Bentley. Willa has been



married for 38 years to Joe Rouse.

Willa has a vision. She does not want sewing to become a dying art and does not want her talents to waste. She imagines setting up a class to teach sewing to young people who need something to do after school or those who need more direction in their lives. While there is no such program of that kind yet, stay tuned for what Willa has in store.



February Birthdays
of 2019 members

Ruby Compton 2/1
Marvena Washington . . 2/1
Bruce Colbert 2/4
Hattie Taylor 2/8
Ruth Messer 2/9
Martha Smith 2/9
Onita Mayfield 2/10
Dorothy Johnson 2/11

Bernard Wurger 2/11
Larry Cooke 2/12
Joycelyn Davis 2/13
Patricia Mahone 2/14
Katie Davis 2/16
Ellen Hodge 2/19
Bessie Manning 2/19
Melinda Vaprin 2/19

Joan Walton 2/21
Hallie Head 2/23
Phillip Squires 2/23
Shirley Wilson 2/24
Pat Stevens 2/25
Debra Bonsu 2/27
Mary Murff 2/28
Kathy Ostling 2/28

ROSIE continued from page 1

the staff laughing. If staff are not awake on a Monday morning, Rosie will wake them and get everyone going.

In her own words, "I started chair aerobics because I needed the exercise. I've fallen a lot, so this has helped me get back into moving more again." The Chair Aerobics class is well attended and well aware of Rosie's energy levels. The members and instructor agree that Rosie is the **BEST JUMPER** in the class and she replies to that with "you can't stop moving just because you're sitting down."

After the Wednesday Chair Aerobics classes are finished, Rosie strolls into the Spanish Class taught by Dorian Pinner. She said, "The instructors at Heritage Place are excellent at what they do. My goal is to remain physically fit as well as intellectually fit." She would like to learn computer classes and bridge at some point in the near future.

Beyond Heritage Place, Rosie has one daughter and two grandchildren. She participates in a Mother's club where she also works on arts, crafts and bible study. She also participates with a small assembly of people in her Church and is the designated Sunday school teacher, superintendent and plays the piano by ear for members.

Rosie's desire to remain physically and intellectually fit precedes her. Rosie grew up on the West side of Indianapolis and has lived there all her life. She attended IPS schools 24 and 4 and took music lessons while there. She participated in the "Girl Reserves", an active social and physical fitness club while in school.

Rosie said it's the variety of activities and the people that keep her coming to Heritage Place. She makes the most of her life and certainly offers us the best of it when she is here at Heritage Place.



Chair Aerobics to the Rescue!

Shortly before Christmas, Rosie Goldsmith went to a food pantry to find a few items. While there, someone stole her personal shopping cart. When Colela Bouye heard of this, she launched into action to try and replace what was taken with a new cart to bring back Rosie's holiday joy. Members of the Chair Aerobics class pitched in and purchased a new cart. Thank you Chair Aerobics for your great care and support of Heritage Place members!

DERIK continued from page 1

UIndy's MBA program, he has been promoted three times in the last three years.

When asked "Why Heritage Place?" Derik said he first learned of us through Eli Lily & Company and their outreach portal. He reviewed our need for board members, considered the mission and all that we stand for and felt that Heritage Place was a cause he could truly champion and apply his best strengths. Derik is one of the youngest members elected to the Board of Directors of Heritage Place. Serving as Treasurer, he oversees the financial vitality of this organization while also chairing multiple fundraising events that help support outreach initiatives. We have surely

utilized all of his best strengths.

This year, Derik was nominated for the prestigious UIndy award because of his excellence in his professional field and the service he offers to Heritage Place. He envisions a more independent Heritage Place, one that is less reliant on funding that cannot be controlled and one that offers MORE services for individuals in the area. If you are looking for a good place to connect with local neighbors and enjoy the ancillary benefits of increased wellness, Heritage Place offers all that and more.

In Derik's spare time, he spends it with his wife, Kathryn, in Indy's downtown area. He and Kathryn met at Eli Lilly where they both worked in the

research division. They were married in May of 2018 and are now proud parents of a boxer puppy named Margo. With family origins from Huntsville, Alabama and Ft. Wayne, Indiana, Derik proclaims that he is now a bonafied HOOSIER. Basketball, baseball, football, are his past times but his favorite and current sport is Basketball – only when he is not helping Heritage Place. To learn more about Derik, check out the local links:

<https://www.youtube.com/watch?v=ELPexzy7x5c&t=20s>

<http://news.uindy.edu/2018/09/28/university-of-indianapolis-announces-2018-alumni-award-recipients/>

<https://www.linkedin.com/in/derikwittenberg/>

Valentine, do your Heart some good!

Are you fitting in at least 150 minutes (2.5 hours) of heart-pumping physical activity per week? If not, you're like many others who find it much more enjoyable to stay seated. Only about one in five adults and teens get enough exercise to maintain good health. Being more active can help all people think, feel and sleep well and perform daily tasks more easily. And if you're sedentary, sitting less is a great place to start.

These recommendations are based on the Physical Activity Guidelines for Americans, 2nd edition, published by the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. The guidelines are based on current scientific evidence supporting the connections between physical activity, overall health and well-being, disease prevention and quality of life.

Movement Recommendations for Adults

- Get at least **150 minutes per week** or 5 days of 30 minutes of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time. Don't try to take on too much too fast.

Movement Recommendations for Kids

- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.
- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least 3 days per week.
- Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week.
- Increase amount and intensity gradually over time.

What is light to moderate intensity?

Physical activity is anything that moves your body and burns calories. This includes things like walking, climbing stairs and stretching.

Aerobic (or "cardio") activity gets your heart rate up and benefits your heart by improving cardiorespiratory fitness. After **moderate intensity** workouts, your heart will beat faster and you'll breathe harder than normal, but you'll still be able to talk. Think of it as a medium or moderate amount of effort.

Examples of moderate-intensity aerobic activities:

- Balance & stability classes at Heritage Place
- Chair Aerobics at Heritage Place
- Yoga at Heritage Place
- Brisk walking (at least 2.5 miles per hour)
- Dancing (ballroom or social)
- Gardening
- Tennis (doubles)
- Biking slower than 10 miles per hour

Vigorous intensity activities will push your body a little further. They will require a higher amount of effort. You'll probably get warm and begin to sweat. You won't be able to talk much without getting out of breath.

Examples of vigorous-intensity aerobic activities:

- Some Chair Aerobics sessions
- Hiking uphill or with a heavy backpack
- Running
- Aerobic dancing
- Heavy yardwork like continuous digging or hoeing
- Tennis (singles)
- Cycling 10 miles per hour or faster
- Jumping rope

What if I'm just starting to get active?

Don't worry if you can't reach 150 minutes per week just yet. Everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. Set a reachable goal for today. You can work up toward the recommended amount by increasing your time as you get stronger. Don't let all-or-nothing thinking keep you from doing what you can every day.

The simplest way to get moving and improve your health is to start walking. It's free, easy and can be done just about anywhere, even in place.

Any amount of movement is better than none. And you can break it up into short bouts of activity throughout the day. Taking a brisk walk for five or ten minutes a few times a day, climbing up and down stairs throughout the day or vacuuming for 5 minutes will add up.





February 2019

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

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|--|
| <p>4</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</p> | <p>5</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 Healthy Living Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p> | <p>6</p> <p>9:00 French Language Class 10:00 Total Body – Chair Aerobics 10:00 VITA TAX (register in office) 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge</p> |
| <p>11</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</p> | <p>12</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 Healthy Living Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class 2:00 Fall Risk Assessments</p> | <p>13</p> <p>9:00 French Language Class 10:00 Total Body – Chair Aerobics 10:00 VITA TAX (register in office) 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge</p> |
| <p>18</p> <p>Closed for President's Day</p> | <p>19</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 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p> | <p>20</p> <p>9:00 French Language Class 10:00 VITA TAX (register in office) 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> |
| <p>25</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</p> | <p>26</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 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p> | <p>27</p> <p>9:00 French Language Class 10:00 VITA TAX (register in office) 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge</p> |

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

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



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 Place Inc. on Facebook**

| THURSDAY | | FRIDAY | |
|---|--|---|--|
| 9:30 Marion County Council on Aging Meeting at Heritage Place 10:00 VITA TAX (register in office) 10:00 Grocery Shuttle (must pre-register) 10:00 Balance & Stability Classes with Joanie 10:00 Senior Companion In-Service 11:30 Ladies of the Dance Line Dance Class 12:30 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 SHIP – By Appointment Only 2:30 Silver Foxes Still Rock'n It Line Dance Class | | 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Topics in Technology (5 week series) 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Class: How to Use your Phone (5 week series) | |
| 10:00 VITA TAX (register in office) 10:00 Good Grief Talks from the Heartland 10:00 Balance & Stability Classes with Joanie 11:00 Calligraphy Class 11:30 Ladies of the Dance Line Dance Class 12:30 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 SHIP – By Appointment Only 2:30 Silver Foxes Still Rock'n It Line Dance Class | | 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Topics in Technology (5 week series) 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Class: How to Use your Phone (5 week series) | |
| 9:00 Foot Care with Debbie Ryan 10:00 VITA TAX (register in office) 10:00 Grocery Shuttle (must pre-register) 10:00 Balance & Stability Classes with Joanie 11:00 Calligraphy Class 11:30 Ladies of the Dance Line Dance Class 12:30 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Blood Pressure Screening – American Village 2:00 Belly Dancing Class 2:30 Silver Foxes Still Rock'n It Line Dance Class | | 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Out to Lunch Group 11:00 Computer Class: Topics in Technology (5 week series) 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Class: How to Use your Phone (5 week series) | |
| 10:00 VITA TAX (register in office) 10:00 Balance & Stability Classes with Joanie 11:00 Calligraphy Class 11:30 Ladies of the Dance Line Dance Class 12:30 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class 2:30 Silver Foxes Still Rock'n It Line Dance Class | | | |

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. If you are a member, there might be a nominal instructor fee. If you are not a member and wish to attend classes, there is a nominal fee of \$5 per class.

Arts & Crafts

Beginning Calligraphy!

Classes will resume February 14 at 11 a.m.

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

Knit, Loom Knit and Crochet for a Cause

Fridays, 11 a.m. to 1 p.m.

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 p.m. to 3 p.m.

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?!



Colela Bouye instructs Monday Chair Aerobics students

Chair Aerobics

Mondays, Wednesdays and Fridays

10 a.m. to 11 a.m.

Instructors: Colela Bouye and Joanie Belle

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.

Cost: \$3.00 for Members or free for Silver Sneakers /

Silver & Fit members

\$5.00 for Non-Members

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

Balance & Stability

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

Instructor: Joanie 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 for Members or free for Silver Sneakers /
Silver & Fit members
\$5.00 for Non-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 p.m. to 4 p.m.

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

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

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: 1 p.m. to 2 p.m.

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 p.m.

**Group Leaders: Debbie Bouie,
Lila Okolo, Yolanda Wallace**

Wednesdays are Learn and Play Bridge

12 noon to 3:30 p.m.

Group Leader: Charles Williams

Traditional Weekly Classes

Fridays offer Open Bridge

12 noon to 3:30 p.m.

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda Wallace

Genealogy Studies Group

Third Wednesday of each month

10 a.m. to 11 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 Group working on a project.

Inspirational Studies

Mondays: 11 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 p.m. to 4 p.m.

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

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:

February 27; noon – Funny Bones

February 28; 7 p.m. – Funny Bones

The Civic Theater Performances include:

February 7 @ 7 p.m. – To Kill a Mocking Bird

March 21 @ 7 p.m. – The Importance of Being Earnest

April 25 @ 7 p.m. – Disney Newsies –

The Broadway Musical

June 24, 25, 26, @ 1 p.m. – Jr. Civic's SHREK

July 24 @ 7 p.m. – A Chorus Line

REGISTER AT THE HERITAGE PLACE OFFICE

Center Services Daily, Weekly & Monthly

Blood Pressure and O2 Screenings

Third Thursday of the month

2 p.m.

Presented by ASC American Village

Cost: Free for members

Book Lending Library

Available Monday through Friday, 9 a.m. to 4 p.m.

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 Second Helpings after 2 p.m.

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, February 7, 9:30 a.m. to 11:30 a.m.

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 a.m. to 4 p.m.

Partners provide valuable information and include IA AAA, ClearCaptions, Oasis at 56th and others. If you are interested in becoming a Corporate Partner, contact Edward Alexander at (317) 283-6662.

Foot Care with

J. David Litsey, D.P.M.

By appointment only,

Tuesdays 10:30 a.m. to 3 p.m.

Treatment includes management of calluses, corns and toenails.

Cost: \$15.00 members

\$20.00 for non-members



Foot Care with Debbie Ryan, RN

One Thursday each month.

Call the office to make an appointment.

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

Tuesdays, Thursdays, 1 p.m. to 3 p.m.

Wednesdays, 11:30 a.m. to 1:30 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



Gary Anteplept



Wilma Kidd



To register, or for more information, contact Heritage Place

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

CALL (317) 283-6662

EMAIL admin@heritageplaceindy.org
www.heritageplaceindy.org

Visit us on Facebook
HeritagePlaceIndy

2019 Membership

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: \$50.00 for 2019



Chair Aerobics class

Blue Membership

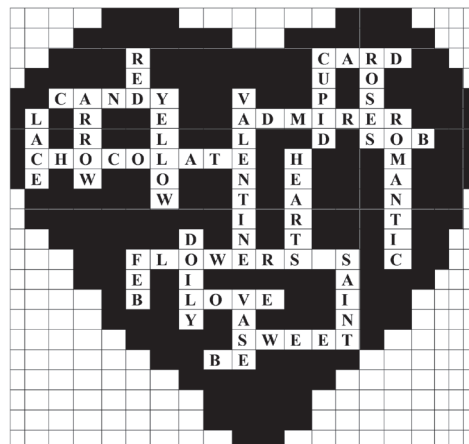
- Access to all social activities, fitness, education and health classes and seminars at the Heritage Place member rate, or free
- Receive *The Informer Special Edition* newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of *The Informer*:
 - Pick up *The 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: \$60.00 for 2019

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.

• HAPPY •
Valentine's day



Across:

- Card
- Candy
- Admirer
- Sob
- Chocolate
- Flowers
- Love
- Sweet
- Be

Down:

- Red
- Cupid
- Roses
- Arrow
- Yellow
- Valentine
- Lace
- Romantic
- Hearts
- Doily
- Feb
- Saint
- Vase

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.

Notable Success Measures: Heritage Place consistently helps more than 98% of their program participants remain active, healthy and comfortable in the residence of their choice.



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.



Holiday Celebration.

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.



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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admin@heritageplaceindy.org.

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name and address to admin@heritageplaceindy.org.

*"I am a slow walker, but I never
walk back."*

Abraham Lincoln

*"If freedom of speech is taken
away, then dumb and silent we
may be led, like sheep
to the slaughter."*

George Washington



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