



Creating Opportunities  
for Independence  
Education & Learning  
Companionship & Fellowship  
Community Resources Information

# The Informer

Monthly News for Heritage Place Members

4550 North Illinois Street ■ Indianapolis, IN 46208 ■ (317) 283-6662

www.heritageplaceindy.org ■ admin@heritageplaceindy.org

Volume 43, No. 1

Published Monthly

January 2019

## Let's meet...

### Linda Evans

Linda's connection with Heritage Place goes back to its beginnings. We can formally thank Linda, her husband and her mother for their endless contributions that helped form what Heritage Place is today.

From the beginning, Linda and her husband, Frederick (Fred) Evans, were nursery school classmates growing up together in the Butler Tarkington neighborhood. They married in 1965. In the early 80's, Fred served on the Board of Heritage Place, and was part of the team that hired former Executive Director, Ruth Ann Hankins.

Ten years later in the early 90's, when it became difficult for Linda's mother to drive, Linda would bring her mother to Heritage Place for her favorite class, Jazzer-



**LINDA** continued on page 5 ➔

### Ellen Morley Matthews

The newest addition to the Heritage Place team comes to offer her support of our business operations. Ellen's work history in publishing, broadcasting, banking, and financial management before establishing and owning her own business serves as a great foundation for providing her skill set to the business office of Heritage Place.

Ellen graduated from Saint Mary-of-the-Woods College, located west of Terre Haute Indiana, as an English Literature major. After graduation Ellen worked in Miami Florida as Administrative Analyst for a U.S. Department



**ELLEN** continued on page 4 ➔

### Iris Pettigrew

Sometime in the early 80's Iris Pettigrew's mother Virginia C. White, started coming to Heritage Place. Her mother was a very social person with a BIG personality. She never met a stranger and connected with people well. She was an exceptional person, she was busy all the time but needed time for herself... and Heritage Place filled that gap.

At the time, Iris worked for IU as Clinic Coordinator for Medical & Molecular Genetics and did so for 39 years until she retired in 2014. Iris knew Heritage Place was always here. She would attend Sunday church services in the building but never



**IRIS** continued on page 4 ➔

#### Inside

Birthdays .....	7
Calendar .....	8
Center Services .....	13
Home Services .....	6
Membership .....	14
Weekly Class Descriptions. .	10

## Happy New Year!

We've long known that Heritage Place does some remarkable things with remarkable people. One of our resolutions for this new year is to make sure the community knows, too! Plan on joining us on Wednesday, January 23, 10:00 am-2:00 pm for our New Year Open House and Membership Event!

If you've not been in for a while, come and see the results of the building renovation, come say hello (or perhaps meet) your Heritage Place staff, board and program instructors. See what new programs are planned in the coming months, visit with some old friends, and perhaps meet a few new ones! Better yet, bring some friends who maybe don't know what "HP" is all about! Refreshments will be available, no reservations are necessary, so come anytime. As always, we have plenty of free parking!

Thanks to all of you for your support of Heritage Place. We look forward to an even better 2019!



Warm regards,  
Edward Alexander, Executive Director

### Front Porch Planning

What is the best way for me to help Heritage Place provide great programs for future generations of older adults?

Including Heritage Place in your will or as a beneficiary of your life insurance policy will help Heritage Place provide vital programs for future older adults.

## VITA Tax Preparation Services

Once again, Heritage Place will host the VITA Tax Preparation Services for adults age 55 and older! Starting February 6 through April 11, volunteers will be at Heritage Place every Wednesday and Thursday between 10 a.m. and 2 p.m. to help prepare taxes for seniors.

Pre-registration for an appointment is required. Register by calling Heritage Place at (317) 283-6662.

On the day of your appointment, gather the following information and bring it with you:

- Proof of Identification (photo ID)
- Social Security cards for you, spouse and dependents
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements from all employers
- Interest and dividend statements from banks
- Health Insurance Exemption Certificates
- Copy of last year's federal and state returns
- Proof of bank account routing numbers
- Both spouses must be present if filing electronically
- Total paid for daycare provider and their tax ID number
- Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable

Call Heritage Place with any questions you have or to schedule your appointment!

## Weather Closings

Not sure Heritage Place is open on those icy and snowy days? Watch for official notification on Fox 59, CBS 4 and WISHTV 8.

## Save the Dates!

### Heritage Place Open House!

**Wednesday, January 23**

**Between 10 a.m. and 2 p.m.**

Come meet instructors, board members and staff to learn about Heritage Place! Refreshments will be provided.

### Hoosier Heritage Night 2019

**Wednesday, June 19, 2019**

Doors will open at 6 p.m.

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

### New Healthy Living Series

**Tuesdays, 12 noon. January 22 through February 12th**

Healthy Living covers four single topic series that are relevant to healthy eating and lifestyle. Instructor Angela Goode with Goode Consulting provides relevant health information to help older adults remain fit and active.

**Cost:** FREE for Members

**\$5 for Non-members**

### 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



## 2018 Holiday Celebration!

Holiday Celebration was an enjoyable time of Holiday cheer. Members of Heritage Place and their guests enjoyed music by the Becky Holt & Tom Woo Bell Choir, Mary Sue McAlister and Friends Flute Choir, and none other than, Gregg Bacon. Gretta the Therapy

Dog offered a delightful fashion show for guests. Great food was offered by Fancy Pans and vendors showcased their wares and provided great information during the Vendor Scramble.

Shout outs to Edward Alexander who carried the program through with

good humor and great fun. Special thanks goes out to our event sponsor, ClearCaptions, who provided great support for this event. Honorable mention goes out to Willa Rouse, Sewing instructor, who provided our table runner.



## Breakfast Casserole

A good winter recipe from the Sunrise Cookbook:

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 pound pork sausage              | 1 cup chopped Broccoli        |
| ½ pound bacon                     | 1 small onion chopped         |
| 6 eggs, beaten                    | 1 chopped celery stalk        |
| 2 cups light cream or half & half | 1 cup cubed tomatoes          |
| ½ tsp salt                        | 1 cup shredded cheddar cheese |
| 1 teaspoon ground mustard         | 1 can Durkee Fried Onions     |

Brown the sausage and bacon, drain and cool. Stir in eggs, cream, salt, mustard, cream, broccoli, onions, celery & tomatoes. Stir in half the cheese and half the Fried onions. Refrigerate for at least 8 hours together.

In the morning, preheat the oven to 350 degrees. Bake uncovered at 350 degrees for 45 minutes.

Top with remaining cheese and Durkee onions and bake another 5 minutes. Serves 6

**ELLEN** continued from page 1

of Labor Concentrated Employment Program (CEP) being responsible for the development and implementation of administrative aspects of this government job training/basic education program. Returning to Indianapolis, Ellen worked as Director of Advertising and Public Relations for the College Division of Bobbs-Merrill Publishing Company, and as Traffic Director at WRTV Channel 6. Ellen then moved into financial management by working at Midwest National Bank, specifically concentrating on the creation and development of an educational lending program which became the largest in the State of Indiana servicing in excess of 10,000 student borrowers. After her years in banking, Ellen became Director of Finance and Administration and then CFO of an Indianapolis based company that manufactured cardio ultrasound software and hardware.

When Ellen was ready to start a business of her own, in partnership with her husband David Matthews, Chelsea's was established. If you've lived in Indianapolis for any length of time and shopped in Broad Ripple, then perhaps you've been a Chelsea's customer. In the heart of Broad Ripple Village, Chelsea's was the place for something special. Established in 1984, Chelsea's provided the community with the handcrafted work of local and global artists as well as other unique gifts, cards, jewelry, candles, and decorative home accessories. Ellen will tell you, "Gifting is a wonderful form of communication. When you choose a gift for someone, you are expressing your feelings about the recipient while also reflecting something about yourself. A gift of any kind is an expression of the heart and it really is the thought that

counts." After a great run of thirty years, in 2014 Ellen and David put Chelsea's into the annals of history.

Closing Chelsea's was difficult, but that did not stop Ellen from wanting to do more with her time and talents. In the Spring of this year, after a breakfast meeting with Mary Ann Berg Yates, owner of Elder Moves, Mary Ann suggested that Ellen investigate Heritage Place. Ellen met several times with the Executive Director regarding volunteer opportunities; this resulted in a plan for Ellen to teach a class, Saving Money on Everyday Expenses. In coordination with the program team, the class was implemented and well attended. Each Thursday during the month of August, topics discussed ranged from telephone/internet service to insurance. Ellen was happy to meet after class with individual members in order to help review expenses and to offer ways that could help with organizing, budgeting, and managing their finances. Making helpful recommendations that offered tangible results were priorities in this Heritage Place class.

As Ellen continued to learn more about the organization, she learned that Heritage Place was in need of assistance in the business office. Ellen met with Executive Director Ed Alexander and was retained as Business Manager. We are excited to have Ellen on the Heritage Place team as we move forward into the future of Heritage Place. Ellen is happy to provide assistance however she can to an organization that she respects and supports, and as a firm believer in Providence, Ellen feels that working to advance the mission of Heritage Place is what she is 'supposed' to be doing. We thank Ellen for all that she is doing for us. If you haven't met Ellen yet, please stop by and say hello as she would be pleased to meet you!

**IRIS** continued from page 1

pursued anything, other than helping her mother get to and from the center. One day, Iris was walking her dog when she saw the Heritage Place sign and decided to check it out. She wanted to find a fitness center that was close to home and fun to work out in while keeping her healthy. She was wearing a skirt on the day that she sat in on Colela Bouye's Chair Aerobics class and learned that she could work out in a skirt or pants. She really enjoyed the class and said the energy was contagious. There was only one problem; Iris needed a hip replacement. Yet, that did not stop Iris from joining Heritage Place. She continued to attend classes until her hip eventually collapsed into her pelvis. She had just had eye surgery and then found herself also going through physical therapy for her hip replacement. She recalls that the therapy was grueling; she had to be in a face down position for 7 nights for 7 weeks. If it was not for the prior chair aerobics training, she would not have had the muscle tone to handle the physical positioning during her recovery. Once her hip was healed, the classes continued to help with her recovery. She started

to branch out and take other classes like Yoga and Diabetes Prevention, a class that helped her from eating empty calories. She then began Sewing, Calligraphy, Inspirational Studies and Computer classes which helps with the work she does in her "other" spare time.

Iris walks three dogs: Isis, Sadie and Weaver every day. Since her three daughters are grown, she uses her "other" spare time to sing in the church choir, serve as superintendent of Sunday school at Mt. Pleasant Missionary Baptist Church, is director of Vacation Bible School for the last several years and volunteers time for St. Vincent De Paul Food Pantry at 42nd and Boulevard. While she says it's a lot of work, it's truly a labor of Love.

Iris' Mother passed away at the age of 81. Since Heritage Place connected her mother with so many people, Iris eventually invited her sister to come too. Her sister has been participating in classes for over a year now and enjoys the Chair Aerobics and the Diabetes Prevention classes.

Iris encourages people from everywhere to come. It offers an opportunity to be connected with wonderful people, make new friends and have new experiences that keep life exciting.



LINDA continued from page 1

cise. Because of all the fun her mother was having, Linda would join in on the classes.

Nearly ten years later, both Linda and Fred retired. Linda was leaving behind a School Counselor position with Catholic Social Services and Fred was leaving a Financial Director in Accounts Payable/Receivable position with Eli Lilly and Company. That's when Linda first called Heritage Place to ask about volunteering her time.

The executive director had an idea of bringing an Alzheimer's One-Day-A-Week daycare to Heritage Place. The leaders of the two church congregations that held services within the building were approached about the idea. Neither church could come to a formal decision. That's when Linda asked if she could help serve a member in some other way. The idea of becoming a senior companion was offered and she gladly accepted. She began monthly visits with "Flora", an elderly woman whose health eventually declined. The social visits soon changed from monthly to weekly visits of helping with grocery and medical shopping, hospital and doctor's appointments and any basic need that would help Flora. Linda was steadfast in the love and mission of Heritage Place for the next ten years, before Flora passed away. With a heavy heart, Linda tried to find new interests and decided to take up photography. Upon completion of her classes, she offered to donate her time as photographer for Heritage Place and serves as our photographer to this day.

If Fred and Linda were not taking photographs for Heritage Place, they were enjoying time with their two children Rick and Edan, or their grandson, Sean. Linda spends other spare time enjoying her needlework, ballet or picking up Sean from school. Linda is a member of the Indianapolis Chapter of the Embroiderers' Guild, and her needlework has appeared in the Jewish Community Center Art Gallery, the College Avenue Library, the Landmarks Art Gallery and Garfield Park Gallery Shows. She also danced with the Jubilate Dance Company for more than

15 years. The company is a liturgical dance choir and performs during morning worship services in a variety of churches throughout Indiana.

Fred's fun time was enjoying bicycling with other cyclists whom he knew for more than 45 years. Fred eventually published a book called "Surviving Cancer, Keeping Laughter and Faith in High Gear". Both Linda and Fred have fought through bouts of cancer. Fred bicycled through his 14-year battle nearly completing 200,000 bicycle miles before his death in April of 2018. Linda has been cancer free for 12 years.

Linda will tell you, Heritage Place is a "one-of-a-kind neighborly community center with a neighborly approach to services and one-of-a-kind people to meet." She further states that at Heritage Place, people can spend the day engaged in a multitude of unique and fun activities that improve their overall health, wellness and social engagement. Linda, herself, can claim the one-of-a-kind member status as volunteer, supporter and champion who represents the spirit and tradition of Heritage Place that not only keeps her going, but also keeps Heritage Place going.

## Seeing Red and Other Colors

by Delana Heidrich

Associating moods and experiences with colors can result in great poetry. Complete the chart below to indicate the moods and colors that the following experiences bring to mind for you and why. Then select one or more rows on the chart to create a poem using the experience, mood, color, and reasoning of that row. An example has been done for you.

Experience	Mood	Color	Rationale for Color Choice
Lying on a hammock in the sun	Warm, happy, peaceful	Yellow	Yellow is the color of the sun—and its brightness is happy
Getting cut off in traffic			
Creeping carefully through a haunted house at the fair			
Working overtime			
Watching the news			
Singing or playing an instrument			
Walking in the rain			

### Snowed In

On a cold January morning  
When the snow falls outside my window,  
All of the world is closed for business  
Roads are closed.  
Businesses are closed.  
Work is closed.

There is nothing else to do  
But spread out on my couch,  
Close my eyes,  
And imagine swinging softly  
in my summertime backyard hammock  
In the warmth of a bright yellow sun—  
Happy and at peace

# Home Services



Honoree Jacqueline Diamond



Honoree Kathie Warfield



Honoree Willie Faye Walker



Honoree Sandra Beckley

## Heritage Place Senior Companions Honored

Catholic Charities, local sponsor of the Senior Companion Program, hosted the Annual SCP Volunteer Recognition & Holiday Party. A lovely affair was enjoyed at Courses Restaurant in the Penthouse at the Ivy Tech Culinary and Conference Center. In addition to the festive décor and delicious food, the Herron High School Chamber Group presented a wonderful performance.

Heritage Place was proud to be strongly represented in attendees and honors. Jacqueline Diamond, Kathie Warfield and Willie Faye Walker were presented honors and recognition for five years of service. Sandra Beckley, who was assigned with the Heritage Place station before being re-located to CICOA's station five months ago, was presented honors and recognition for ten years of service.

Presentations were made by Ellen Therese Brown, Senior Service Director and Joyce Beaven, Associate Director, of Catholic Charities. All senior companion attendees received many thanks for a wonderful year!

Heritage Place congratulates the honorees and is delighted to host senior companions who provide supportive person to person relationships and services to assist adults who are frail, isolated and have exceptional needs with activities of daily living. Senior companions promote social engagement and provide respite for caregivers while supporting independent living for their clients. These volunteers meet a critical community need and service and provide a high quality volunteer experience that enriches their lives.

## Senior Companion Program

Heritage Place is currently host to twenty-four 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.

## AmazonSmile Foundation

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

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



**Get Involved. Volunteer. Stop Healthcare Fraud.**

Helping Elders  
Navigate Medicare  
and Fight Fraud

[www.iaaaa.org/smp](http://www.iaaaa.org/smp)



Join us on Facebook  
[www.facebook.com/INSMP](https://www.facebook.com/INSMP)

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. Grants 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.



deducted from the donation amounts generated by purchases on AmazonSmile.

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

## Baby Boomers and Health

The last of the baby boomers start turning age 55 in 2019. Recruit a baby boomer to join Heritage Place! There is no better time than the beginning of the year to begin a healthier lifestyle. A recent study in JAMA Internal Medicine, a publication of the American Medical Association, reported the following statistics:

Only 13% of today's baby boomers are in excellent health

39% of baby boomers are obese

16% of baby boomers have diabetes

Baby boomers are twice as likely to use a cane or walker than the previous generation

## Senior Hunger Awareness

Feeding America defines senior hunger as individuals of advanced age who may be particularly vulnerable due to the negative health and nutrition implications of food insecurity.

Food insecurity increased from 15.9% in 2017 to 18.2% in 2018 for adults aged 60 and over in Indiana. According to the USDA food insecurity is defined as the lack of access to enough food for an active (to the greatest extent possible), healthy lifestyle and limited availability of nutritionally adequate foods.

Contributors of senior hunger include inability to acquire and/or afford nutritionally adequate food, lack of transportation, limited access to food, limited financial resources, decreased appetite due to health or chronic conditions and malnutrition, isolation due to limited or no support systems, depression and limited food supply in the household. Only 33% of eligible seniors in Indiana are participating in SNAP



*Pictured L to R – Sheila Bradley and Christie Snyder, United Way and Ann Homrighous, Heritage Place*



*Retire United volunteers packing care kits for Senior Companion Program.*

(Supplemental Nutrition Assistance Program.)

Food insecure seniors are more likely to develop adverse health conditions according to Feeding America's Spotlight on Senior Health.

For more information about food access and nutritional information resources contact the Home Services Manager at (317) 283-6662.

## 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.



### **Birthdays** of 2019 members

Dorothy Lillie . . . . . 1/1  
Shelby Nelson . . . . . 1/2  
Jack Jones . . . . . 1/3  
Carole Stevenson . . . . . 1/4  
Lynette Herold . . . . . 1/9  
John Harkness . . . . . 1/10  
Karen Holliday . . . . . 1/10  
Shirley Steward . . . . . 1/12

Charles Hicks . . . . . 1/14  
Jennifer Mixon . . . . . 1/17  
Joycelyn Murff . . . . . 1/17  
Annette Bradford . . . . . 1/18  
Janice Mensah . . . . . 1/20  
Judith Bremer . . . . . 1/22  
Mary Radford . . . . . 1/25  
Sidney Taylor . . . . . 1/25

Ginney Davis . . . . . 1/26  
Gary Anteplett . . . . . 1/27  
Rosa Harding . . . . . 1/28  
Evelyn Reed . . . . . 1/29  
Maggie Bobbitt . . . . . 1/30  
Francie Tardy . . . . . 1/31



# January 2019

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

MONDAY	TUESDAY	WEDNESDAY
<b>French Class</b> French class resumes Wednesday, January 9th at 9 am.  <b>Cost:</b> Members \$20 for 8 weeks. \$30 for Non-members	<b>1</b>  <b>Closed</b> <b>New Year's Day</b>	<b>2</b> <b>10:00</b> Total Body – Chair Aerobics <b>11:30</b> SHIP – By Appointment Only <b>11:30</b> Spanish Class <b>12:00</b> Learn and Play Bridge
<b>7</b> <b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Inspirational Studies <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers <b>12:00</b> Monday Open Bridge Club <b>1:00</b> SHIP – By Appointment Only	<b>8</b> <b>10:00</b> Balance and Stability Class <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Mind and Body – Senior Yoga Class <b>11:00</b> Blood Pressure Screening – American Village, ASC <b>1:00</b> SHIP – By Appointment Only <b>2:00</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	<b>9</b> <b>9:00</b> French Language Class <b>10:00</b> Total Body – Chair Aerobics <b>11:30</b> SHIP – By Appointment Only <b>11:30</b> Spanish Class <b>12:00</b> Learn and Play Bridge
<b>14</b>  <b>Closed</b> <b>Martin Luther King, Jr</b> <b>Holiday</b>	<b>15</b> <b>10:00</b> Balance and Stability Class <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Mind and Body – Senior Yoga Class <b>1:00</b> SHIP – By Appointment Only <b>2:00</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	<b>16</b> <b>9:00</b> French Language Class <b>10:00</b> Genealogy Studies Class <b>10:00</b> Total Body – Chair Aerobics <b>11:30</b> SHIP – By Appointment Only <b>11:30</b> Spanish Class <b>12:00</b> Learn and Play Bridge
<b>21</b> <b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Inspirational Studies <b>11:00</b> Blood Pressure Screening – Village of Avon <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers <b>12:00</b> Monday Open Bridge Club <b>1:00</b> SHIP – By Appointment Only	<b>22</b> <b>10:00</b> Balance and Stability Class <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Mind and Body – Senior Yoga Class <b>1:00</b> SHIP – By Appointment Only <b>2:00</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class <b>12:00</b> Healthy Living, Sodium & Blood Pressure	<b>23</b> <b>9:00</b> French Language Class <b>10:00</b> Genealogy Studies Class <b>10:00</b> Total Body – Chair Aerobics <b>10:00</b> OPEN HOUSE until <b>2:00</b> <b>11:30</b> SHIP – By Appointment Only <b>11:30</b> Spanish Class <b>12:00</b> Learn and Play Bridge
<b>28</b> <b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Inspirational Studies <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers <b>12:00</b> Monday Open Bridge Club <b>1:00</b> SHIP – By Appointment Only	<b>29</b> <b>10:00</b> Balance and Stability Class <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Mind and Body – Senior Yoga Class <b>12:00</b> Healthy Living, Cutting Sugar out of your diet <b>1:00</b> SHIP – By Appointment Only <b>2:00</b> Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class	<b>30</b> <b>9:00</b> French Language Class <b>10:00</b> Genealogy Studies Class <b>10:00</b> Total Body – Chair Aerobics <b>11:30</b> SHIP – By Appointment Only <b>11:30</b> Spanish Class <b>12:00</b> Learn and Play Bridge



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

CALL 317-283-6662  
EMAIL [admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)



"Like" Heritage  
Place Inc. on Facebook

THURSDAY	FRIDAY
<p><b>10:00</b> Grocery Shuttle</p> <p><b>10:00</b> Balance &amp; Stability Classes with Joanie</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> Scrabble Club</p> <p><b>1:00</b> SHIP – By Appointment Only</p> <p><b>2:30</b> Silver Foxes Still Rock n'It Line Dance Class</p> <p><b>3</b></p>	<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00</b> Sewing</p> <p><b>4</b></p>
<p><b>10:00</b> Good Grief Talks from the Heartland</p> <p><b>10:00</b> Balance &amp; Stability Classes with Joanie</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> Scrabble Club</p> <p><b>1:00</b> SHIP – By Appointment Only</p> <p><b>2:30</b> Silver Foxes Still Rock n'It Line Dance Class</p> <p><b>10</b></p>	<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00</b> Sewing</p> <p><b>11</b></p>
<p><b>9:00</b> Foot Care with Debbie Ryan</p> <p><b>10:00</b> Grocery Shuttle</p> <p><b>10:00</b> Balance &amp; Stability Classes with Joanie</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> SHIP – By Appointment Only</p> <p><b>1:00</b> Scrabble Club</p> <p><b>2:30</b> Silver Foxes Still Rock n'It Line Dance Class</p> <p><b>17</b></p>	<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00</b> Sewing</p> <p><b>18</b></p>
<p><b>9:00</b> Foot Care with Debbie Ryan</p> <p><b>10:00</b> Grocery Shuttle</p> <p><b>10:00</b> Balance &amp; Stability Classes with Joanie</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> SHIP – By Appointment Only</p> <p><b>1:00</b> Scrabble Club</p> <p><b>2:30</b> Silver Foxes Still Rock n'It Line Dance Class</p> <p><b>24</b></p>	<p><b>10:00</b> SilverSneakers Classic (Chair Aerobics)</p> <p><b>11:00</b> Knitting, Loom Knitting and Crocheting for a Cause</p> <p><b>11:00</b> Computer Class: Topics in Technology (5 week series)</p> <p><b>12:00</b> Friday Open Bridge Club</p> <p><b>1:00</b> Sewing</p> <p><b>1:00</b> Computer Class: How to Use your Phone (5 week series)</p> <p><b>25</b></p>
<p><b>10:00</b> Grocery Shuttle</p> <p><b>10:00</b> Balance &amp; Stability Classes with Joanie</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Class</p> <p><b>12:00</b> Heritage Place Ladies of the Dance Line Dance Practice</p> <p><b>1:00</b> SHIP – By Appointment Only</p> <p><b>1:00</b> Scrabble Club</p> <p><b>2:30</b> Silver Foxes Still Rock n'It Line Dance Class</p> <p><b>31</b></p>	<p><b>Calligraphy classes</b> will resume February 14th at 11 a.m. The supply fee will require pre-payment and the cost is \$20.</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 2017-18 program year, 23 served more than 1600 residents annually. 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

### Knitting, Loom Knitting and Crochet for a Cause

Fridays, 11 am to 1 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 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*

### Total Body Silver Sneakers and Silver & Fit Chair Aerobics

Mondays, Wednesdays and Fridays  
10 a.m. to 11 a.m.

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

### **Silver Sneakers and Silver & Fit Balance & Stability**

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



## **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**

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:**

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 Monday  
of the month

11 a.m. to noon

Presented by  
Village of Avon

Cost: Free for members

See calendar for dates  
11:30 a.m. to 12:30 p.m.  
Presented by American  
Village, ASC  
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 2nd 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, December 6, 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 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 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

By appointment only.

9 a.m. to 4 p.m.

Cost: \$20.00 for members

\$25.00 for non-members



## Need a Notary?

By appointment only. Call (317) 283-6662.

24-hour cancellation required.

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

Cost: \$5.00 for members

\$8.00 for non-members

## SHIP

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

Wednesdays, 11:30 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



Hallie Head



Gary Anteple



Wilma Kidd



To register, or for  
more information,  
contact Heritage Place

CALL 317-283-6662

EMAIL [admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)

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

[www.heritageplaceindy.org](http://www.heritageplaceindy.org)

Visit us on Facebook  
HeritagePlaceIndy

# 2019 Membership

**Rates 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:** \$50.00 for 2019



Enjoying a Pacers game.

## 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.**



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

**CALL 317-283-6662**  
**EMAIL [admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)**  
**STOP BY THE OFFICE**  
**4550 North Illinois Street**  
**Indianapolis, IN 46208**

**[www.heritageplaceindy.org](http://www.heritageplaceindy.org)**

**Visit us on Facebook**  
**HeritagePlaceIndy**



# Heritage Place needs your support.

## What do your donations do?

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

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



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

We need your financial support to make this possible.

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

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



*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

Nonprofit Org.  
US POSTAGE

**PAID**

Indianapolis, IN  
Permit No. 9424

## OCCUPANT OR

***The Informer*** is the monthly publication of the Heritage Place Senior Center.

### **Mission Statement**

Heritage Place of Indianapolis, Inc. provides older adults with comprehensive and coordinated human services to encourage and promote healthy lifestyles, independence, well-being and quality of life.

### **Staff**

Edward Alexander, Executive Director  
Ann Homrighous, Home Services Manager  
Gretchen Meitzler, Program Manager  
Ellen Morley Matthews, Business Manager  
Fred McDowell, Goodwill SCSEP  
Samuel Abron, Goodwill SCSEP

### **Heritage Place**

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

**Doors 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.

"Finally, brothers, whatever is  
true, whatever is noble, whatever  
is lovely, whatever is admirable  
If anything is excellent or  
praiseworthy, think about such  
things." – David



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