



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...

Member Liz Scales

When member Cleo Elliott invited Liz to Heritage Place, Liz waited a year to think about it. One day Cleo handed Liz her Heritage Place newsletter and again, she held onto it for a while longer. Finally, when there was a change to Liz's work schedule, she decided to look online for class times.

She scheduled herself to attend her first Yoga class. One of the staff members showed her around and that's all it took for her to join. Liz now participates regularly in Balance & Stability classes, Ladies of the Dance line dance group and participates in various workshops when she finds a topic of interest. She said, "the teachers are well educated and the variety of activities make it worth her time. There is always something to learn at Heritage Place."



LIZ continued on page 6 ➔

NEW Staff Member Frederick McDowell

Please offer a warm welcome to our newest "official" staff member, Frederick (Fred) McDowell. Fred's friendly welcoming demeanor and years working alongside HP staff through Goodwill's SCSEP program have prepared him for the perfect role of Staff Support.

Fred grew up on the West side of Indianapolis. He graduated from Crispus Attucks High School and later received a Paralegal Degree (AAS) from Ivy Tech. He also attended classes for two years at Marian University in Accounting.

Before joining Heritage Place, Fred worked as a roofing



FREDERICK continued on page 5 ➔

Board Member Michael Davis

Michael is one of our newer board members who started serving at Heritage Place in January of 2018, thanks to LinkedIn. Michael saw something about Heritage Place on social media and decided to pursue a board volunteer opportunity.

Born and raised in Indy, Michael grew up on the East side and attended schools in Carmel and Lawrence where he graduated from Lawrence North High School. His favorite school sport was Rugby. Upon graduation, he attended IU Bloomington, Ivy Tech and graduated from Western Governors University where he acquired a degree in Marketing Management. If he



MICHAEL continued on page 5 ➔

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From the Heart of our Director

“Engagement in action” is what one guest said while attending the Heritage Place Open House and Membership Event on January 23. I really liked the term and I’m happy to hear it being used to describe what was happening at Heritage Place (HP).

It’s easy to say you are going to engage people...a business, a neighborhood organization, a faith community and yes, individuals. It’s what you are doing with and for them that makes all the difference. With an organizational mission that is so understandable and embraced by so many, it’s easy to see how engagement leads to action at HP.

Our Open House is a perfect example. Engaged individuals and community partners are who made the event happen. They came up with the idea, designed the content, and the result? More people learned about HP, became a member, enrolled in classes and became supporters

This sort of action happens all the time, and we are grateful! Every instructor, Board Member, event sponsor and donor are actively engaged, and (as I say frequently) we could never achieve what we have without all of them...without all of YOU!

So, share this issue of *The Informer* with a friend and invite them for a visit, we’d be happy to see them!



Edward Alexander
Executive Director

Front Porch Planning

Why should Heritage Place be included as a beneficiary in my will or life insurance policy?

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

Membership renewal special offer

If you renew your membership this month, you will be entered into a drawing to win tickets to *THE KING & I* at Clowes Memorial Hall. Don’t delay, stop by the office today!

If you wish to purchase tickets, follow this link: <http://www.ticketmaster.com/venueartist/41111/2212145?brand=baa>

About “The King & I”

Set in 1860’s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British teacher for his many wives and children.

“THE KING AND I” is too beautiful to miss! – New York Magazine



Save the Dates

VITA Tax Preparation Services

Heritage Place is now offering VITA Tax Preparation assistance for adults age 55 and older 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.

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.

Hoosier Heritage Night 2019

Wednesday, June 19, 2019

Doors will open at 6 p.m.

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

Weather Closings

Heritage Place is now covered by all local television stations in the event of weather closings.

WISH TV 8 and MYINDY-TV

Fox 59, CBS 4, WTHR 13, RTV 6

2019 Holiday Closure Dates

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

March Observances

Daylight Savings Time – Mar. 10

St. Patrick’s Day – Sunday, Mar. 17

Annual Membership Drive and Open House

Heritage Place hosted the Annual Membership Drive and Open House on January 23. Heritage Place members, staff, board members, instructors, volunteers, and a few vendors shared information about Heritage Place and programs..

Additional information from sponsors included the Alzheimers.org Dementia Friends program (www.dementiafriendsindiana.org), ClearCaptions FCC FREE telephones, State Health Insurance Programs (SHIP), IAAAA, Senior Medicare Patrol and Oasis at 56th. With more than 85 visitors who attended, five new members joined and two new classes will soon begin. Thanks to Oasis at 56th, food from Black Plate Catering was available which included a delectable assortment of finger foods. RadioNext.TV Coolgroove Radio did a live broadcast through the event. If you missed the Open House this year, stop on by for a visit. We would be happy to hear your ideas, thoughts or share more about how we can help you achieve your wellness goals.



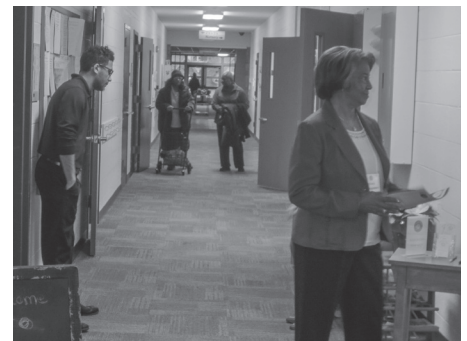
Liz Scales sharing information



Nancy Moore and Gary Anteplet



Sandy Harris and Marty Montgomery



Marty Montgomery and others at Open House

Support Heritage Place While You're Shopping

Fresh Thyme Farmers Market's Giving Bag Program

Through the month of March, Fresh Thyme Farmers Market at 8750 U.S. Highway 31, Indianapolis will be sponsoring Heritage Place through their Giving Bag Program. The program is simple. For every Giving Bag sold at 8750 U.S. Highway 31 during the month of March, Heritage Place will receive a \$1 donation. You can find the Fresh Thyme Giving Bags on the reusable bag rack at the store. This is one great way to make giving EASY! For more information, call our office at (317) 283-6662.

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.

Home Services

Home and Yard Work Services

Spring is fast approaching. Project sign up time is here! This service is first come, first serve for Heritage Place members so register your home or yard project now. Group volunteers provide this community service. Heritage Place volunteers do not provide mowing or tree trimming. Volunteer groups will perform basic yard services including raking, trimming and mulching. Other projects might include one-story only gutter cleaning, painting and window washing. Basement, shed and garage clean outs are also popular projects. Service recipients are asked to provide tools, supplies and materials needed to complete the project. Volunteers do not haul away yard debris or other refuse so check the heavy trash pick-up schedule in your area. Call the Home Services Manager at (317) 283-6662 to sign up.

Heritage Place and SHarP Community Garden Collaboration

We are looking for Heritage Place members who are interested in gardening at the SHarP Community Garden across the street from Heritage Place. Seasoned and novice gardeners are welcome. In addition to maintaining the two elevated beds, Heritage Place will adopt at least one community growing bed which will benefit the Boulevard Place Food Pantry located in the Butler Tarkington neighborhood. Gardeners will help with soil preparation, planting, watering,

weeding and harvesting. Sign up on the activity board and get your hands dirty this growing season!

IndyBar Free Legal Programs

The Indianapolis Bar Association is pleased to offer FREE services to the public regardless of income!

IBA Legal Line is held the 2nd Tuesday of every month from 6 to 8 p.m. You can obtain free legal advice by dialing (317) 269-2000.

If you need an attorney, IndyBar can provide free referrals as well. More information is available at www.indybar.org.

SHIP Volunteer Opportunities

Volunteer opportunities abound through SHIP. Counselors help guide individuals through Medicare options and answer questions about Medicaid and health insurance. Heritage Place is an enrollment center and can help individuals enroll in Medicare Low-Income Subsidy programs including Extra Help and Medicare Savings. Volunteer counselors are well-trained and supported. If you are interested in learning more about becoming a SHIP counselor call the Home Services Manager at (317) 283-6662 to get connected with the Regional SHIP Coordinator.

Senior Companion Program

Heritage Place is a host station for the Catholic Charities Senior Companion program. We are currently host to more than twenty-four senior companions who provide friendly visiting and companionship. Not only do companions visit homebound, frail and disabled older adults, they also promote an active lifestyle and community connections. To refer someone who could benefit from a senior companion or to learn more about the program, call the Home Services Manager at (317) 283-6662.



Get Involved. Volunteer. Stop Healthcare Fraud.

Helping Elders
Navigate Medicare
and Fight Fraud

www.iaaaa.org/smp

 Join us on Facebook
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. 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.



Karan Stewart, senior companion, and her client, Carla Colwell, volunteering at Heritage Place.

Information and Referral

Need information for community resources like senior housing, legal assistance, food banks, caregiver support, house cleaning and transportation? Call the Home Services Manager at (317) 283-6662.

Senior Medicare Patrol

Help stop Medicare and other healthcare fraud in your community. Contact your local Area Agency on Aging at (800) 986-3505 to report suspected fraud. To get involved and help fight fraud, volunteer to help with outreach activities and keep the public informed.

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, call (317) 283-6662.

MICHAEL continued from page 1

wasn't spending time on his studies, he could be found at his favorite fishing hole on a small private lake in Lawrence (but he won't tell you where.)

For the last decade, Michael applied his best strengths working as a paramedic, fire fighter and EMT. Today, he supports his family by working hard in a Global Sales position for Marian, Inc. Marian is a global manufacturer of rubber, foam and tape products for medical, automotive and electronic industries.

If Michael is not working, he can be found at the gym lifting weights or spending time with his children. He lifts 6 days a week and can bench press as much as 265 pounds. He has two boys ages 3 and 4 and currently enjoys time with them at Monkey Joes, Sky Zone, the Children's Museum and the Zoo. His

favorite fun-time with his children is dressing up as superheroes. Just last night he could be seen dressed as "Super Man", "even if the costume didn't fit too well."

Michael's favorite part of supporting Heritage Place and serving on committees is helping with our events. He is involved on the Wake Up to Heritage Place Breakfast committee this year again and enjoys showcasing the neighborhood and facility to people who are new to our organization. Having people come inside the building to see some of our members - really connects the dots. The breakfast says "this is who we are and this is what we do, right here." After working as an EMT, many of those he helped were older adults. He said, "it makes sense to me to further assist at an organization like Heritage Place where I can continue providing help to the community."

FREDERICK continued from page 1

and gutter sub-contractor. He owned and operated McDowell's Roofing & Guttering Service for more than 20 years until a fall that resulted in a significant injury forced him to cut back on the business operations. While he might help a friend or two, he states that he is a "roofer afraid of heights."

That's when Fred returned to his educational roots and started doing work for the community. He volunteered his time with Indiana Legal Services where he conducted intake interviews for new clients seeking legal services. There, he learned a great deal about law, deadlines and the importance of the "legal process." The administrative skills come in handy at Heritage Place. He keeps our activity records current and the office in working order.

A family man, Fred and his wife Carina have been married for 37 years. They have been blessed with six children, 3 boys and 3 girls. Fred's love for Community reaches beyond raising his family. For the last 14 years, Fred has been coordinating three Family Holiday Dinners each year for the families and staff at Riley Hospital for Children. They serve dinners on Good Friday, Thanksgiving and Christmas with an average of 800 people served within 4 hours. That's no easy feat. In ad-

dition to the meals, the family coordinates Bicycle Safety and Fire Safety workshops for the last eight years through Riley Hospital for Children for the Riverside Neighborhood

As Block Captain for his neighborhood for the last five years, Fred organizes the National Night Out and toy giveaways with Indianapolis Metropolitan Police Department (IMPD). He also partners with Marion County Health Department (MCHD), Ebenezer Baptist Church, Global Prep Academy and Keep Indianapolis Beautiful (KIB) to conduct community clean-ups twice a year with more than 40 neighboring volunteers who participate. As a result of his efforts, he has been the recipient of the Jefferson Award, Mayor's Community Service Award, Minority Business & Professional Achievers Award, Riley's Helping Hands Award and the Red Shoe Award.

When you meet Fred, you know that you are working with someone who has an honorable mission and enjoys doing well for those around him. He will tell you, "Your word is your bond. People will believe what you say until you give them a reason not to." That's why all of the events he coordinates start on time, and everyone pitches in. He said, "I don't care if I'm serving fried rocks, I'm serving them at 2:00 pm."

Wake Up to Heritage Place Breakfast Welcomes Patty Spitler in April

TV Media Personality Patty Spitler, host, reporter and producer for "Pet Pals TV" and "Great Day TV," has had a 42-year career in radio and TV broadcasting. Patty will join us on Wednesday, April 24th for the Annual Wake Up to Heritage Place Breakfast fundraiser between 8 to 9 am. Her humor and positive outlook will dazzle the audience while she shares her thoughts about productive living and staying relevant in a changing world.

There is no cost to attend this breakfast, but there will be an opportunity to make a contribution. To attend this fun and worthwhile event, please call the Heritage Place office to make your reservation. (317) 283-6662.

We hope to see you there!



LIZ continued from page 1

Liz is no stranger to activity. She started her active lifestyle as a youngster when she joined Brownies and continued through high school as a Girl Scout. Her love for travel grew when she was one of three girl scouts nationwide who were picked for the Seattle Girl Scout National Conference. Ask her about it.

Today, Liz travels regularly with a group of four close friends and her sister, referred to as the "Girl's Travel Club." They go on long distance trips once a year through Interlude Tours and other short trips multiple times throughout the year. This past year, she traveled to Wheeling, West Virginia and her favorite shopping trip to the Christkindlemarkt in Ferdinand, Indiana. As a travel tour extraordinaire, Liz can tell you anything about Mount Hood and Crater Lake in Oregon, Shakespearian festivals in Ohio, military hospitals, Fisherman's Wharf in San Francisco, Diamond Head in Hawaii, to name a few.

Another interesting fact about Liz - she has a claim to fame. Her father was in the Airforce and they all lived in many parts of the world. Ultimately her family settled in Seymour, Indiana where she found herself in the same 7th grade choir class with John Mellencamp. While she went on to the Advanced Choir in High School and John went onto concert Choir, she can still out-sing John any day.

Upon graduating from high school and getting her nursing degree, most of her professional life was spent as an IU Health Nurse at University Hospital. She started in the Surgical ICU unit, working in open heart surgery when she was promoted to work in anesthesia for the next 20 years. She now works in pre-op, primarily preparing patients for surgery. She works part-time and will continue to do so until "her fun gets in the way of her work."

If you ask her for health advice, she will tell you that she didn't look at improving her own health until she was 51 years old and took the yoga class. During class, she had a good conversation with a woman in her 80's who said it's never too late to start a healthy lifestyle. Liz is glad she started working on her health and is well on her way to the benefits of long-term health and wellness.

Slow Cooker Irish Beef Stew

3 pounds of lean beef stew meat cut in 1" cubes
 ½ cup unbleached flour
 4 large carrots chopped
 4 medium sized Yukon Gold potatoes, cubed
 2 large onions
 2 cloves of garlic, grated or finely minced
 3 Tbsp tomato paste
 8 cups chicken stock
 2 bay leaves
 1 tsp garlic Powder
 Salt & pepper
 Olive oil
 Chopped parsley

In a baking dish, stir and combine the flour, 2 teaspoons of salt and pepper. Add the meat and toss to coat.

Heat a large skillet over medium high heat for 2 minutes.

Add 1 Teaspoon Olive Oil and add ¼ of the meat (without overcrowding the pan). Cook 4 minutes per side until golden brown. Transfer to the slow cooker. Continue this step until all the meat is cooked. Transfer the cubed vegetables to the slow cooker, except the onions.

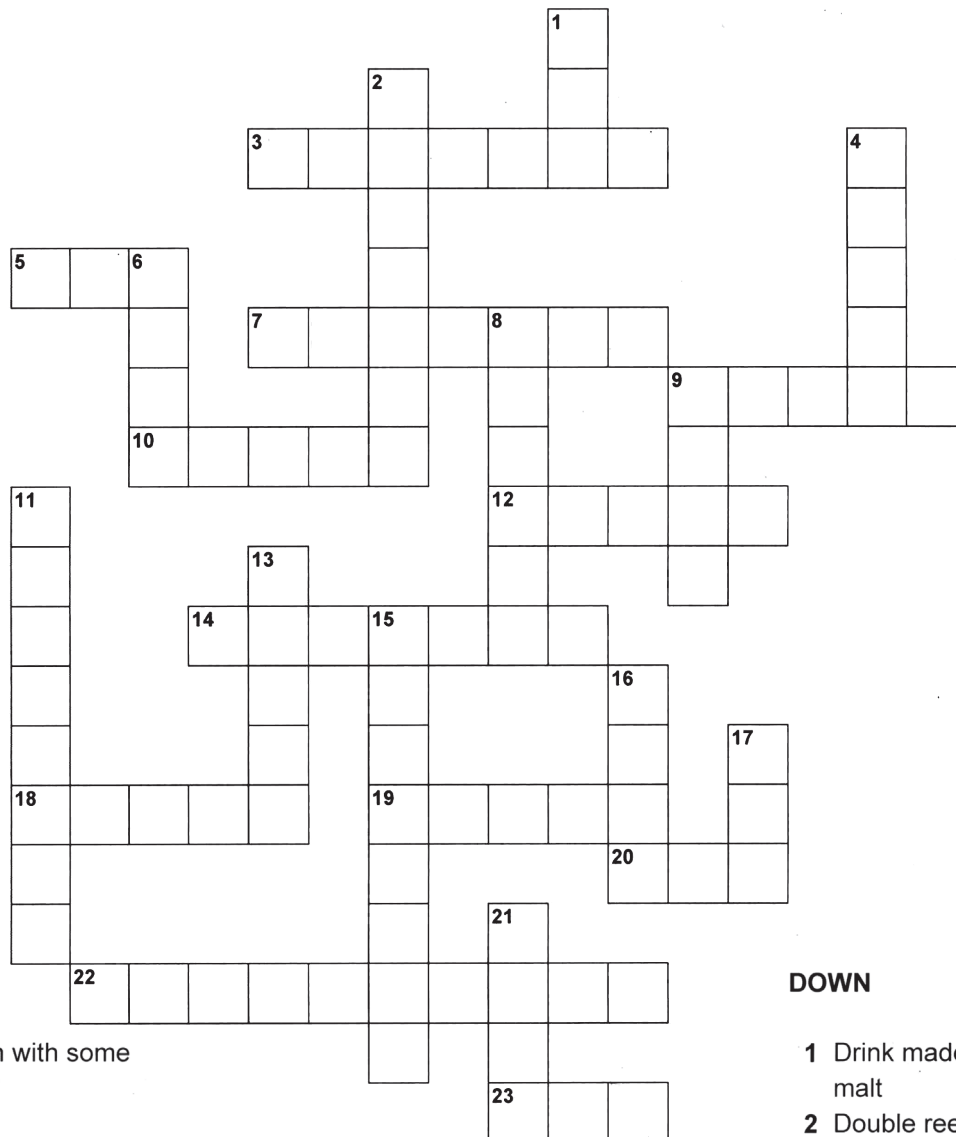
Cook the onions using the same skillet and cook the onions until just softened. Add the garlic and tomato paste, stir and add 1 cup of chicken stock. Transfer the mixture to the slow cooker.

Pour the remaining chicken stock, Garlic Powder and bay leaves evenly over the meat and vegetables in the slow cooker.

Cover and cook on HIGH for 3-5 hours or LOW for 4-9 hours.

Serve warm & garnish with chopped parsley.

St. Patrick's Day



ACROSS

- 3 Smooth talk often with some deceit
- 5 Lively dance
- 7 Multi-color arc in the sky containing
- 9 Long and thin piece of wood
- 10 Move the body in a rhythmic sequence
- 12 Color of emeralds
- 14 Female spirit in Irish folklore
- 18 Pertaining to Ireland or its people, language, or culture
- 19 Supernatural control of physical forces
- 20 Small cask or barrel
- 22 Elf with knowledge of secret treasure
- 23 Deep round container

DOWN

- 1 Drink made by fermenting malt
- 2 Double reed musical instrument with pipes that protrude from a leather bag
- 4 Sound that has rhythm, melody, or harmony
- 6 Precious yellow metal
- 8 Irish accent
- 9 Grain stalks after drying
- 11 humorous poem that has five lines
- 13 Third month of the Gregorian calendar year
- 15 Ireland's national emblem
- 16 Chance
- 17 Marsh
- 21 Triangular musical instruments with 46 strings

Answer Key on page 13

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You may make unlimited copies of this original large print crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Evelyn Johnson



March 2019

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

MONDAY		TUESDAY		WEDNESDAY	
 <p>March Birthdays of 2019 members</p>					
Judith Casey 3/1 Sarah McPhail 3/1 Odessa Beeler 3/4 Okni Kim 3/4 Carol Ross 3/6 Dwight Beams 3/7 Minnie Jackson 3/7 Charles Roberts 3/7 Lourrie Miller 3/8 Carol Ross 3/8		Ella Smiley 3/11 Barbara Bingham 3/12 Shirley Johnson 3/12 Debbie Abbotts 3/13 Sharon Kidwell 3/16 Ava Johnson 3/17 Evelyn King 3/19 Carolyn Luster 3/19 Betty Penn 3/19 Shirley Pettigrew 3/20		Hazel Reese 3/20 Beverly Carter 3/21 Sarah Nemecek 3/21 Toni Jones 3/23 Sandra Oglesby 3/26 Sharon Merriman 3/27 Arthur Wilson 3/27 Shirley Wimsatt 3/28 Bernard Webster 3/29	
<p style="text-align: right;">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 style="text-align: right;">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 style="text-align: right;">6</p> <p>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 style="text-align: right;">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 style="text-align: right;">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 12:30 Garden Club Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>		<p style="text-align: right;">13</p> <p>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 style="text-align: right;">18</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 style="text-align: right;">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 style="text-align: right;">20</p> <p>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 style="text-align: right;">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 style="text-align: right;">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 style="text-align: right;">27</p> <p>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



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
Daylight savings Time begins March 10 Time to "Spring forward" one hour Garden Club Class March 12 at 12:30 p.m. Learn the latest techniques, tools and soil for growing your own vegetables and herbs. Cost: \$3 for Members, \$10 for Non-members Class fees support SHarP Community Garden.		1 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)	
7 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 Play Basic Bridge or other games 2:00 Belly Dancing Class 2:30 Silver Foxes Still Rock'n It Line Dance Class		8 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)	
14 10:00 VITA TAX (register in office) 10:00 Good Grief Talks from the Heartland 10:00 Balance & Stability Classes with Joanie 11:30 Ladies of the Dance Line Dance Class 12:30 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 Play Basic Bridge or other games 2:00 Belly Dancing Class 2:30 Silver Foxes Still Rock'n It Line Dance Class		15 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)	
21 10:00 VITA TAX (register in office) 10:00 Grocery Shuttle (must pre-register) 10:00 Balance & Stability Classes with Joanie 11:00 Dementia Friends 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 Play Basic Bridge or other games 2:00 Blood Pressure Screening – American Village 2:00 Belly Dancing Class 2:30 Silver Foxes Still Rock'n It Line Dance Class		22 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)	
28 9:00 Foot Care with Debbie Ryan 10:00 VITA TAX (register in office) 10:00 Balance & Stability Classes with Joanie 11:30 Ladies of the Dance Line Dance Class 12:30 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 Play Basic Bridge or other games 2:00 Belly Dancing Class 2:30 Silver Foxes Still Rock'n It Line Dance Class		29 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)	

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

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 class

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?!

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/Active & 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/Active & 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/Active & 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, March 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. Call the office for location information.

Corporate Partner Kiosk

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

Partners provide valuable information and include IAAA, 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, 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

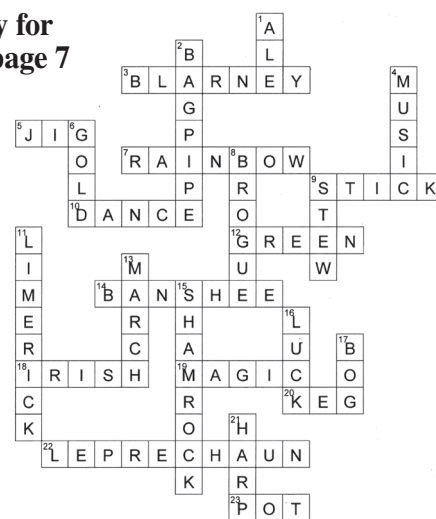


Gary Anteple



Wilma Kidd

Answer key for puzzle on page 7



To register, or for more information, contact Heritage Place

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

EMAIL admin@heritageplaceindy.org
www.heritageplaceindy.org

Visit us on Facebook
HeritagePlaceIndy

CALL (317) 283-6662

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



Contract Bridge Players Marvin Mathews, Dr. David Litsey, Jack Jones and Steve Garstand.

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

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Visit us on Facebook
HeritagePlaceIndy



Invest in Heritage Place

Since 1976, Heritage Place of Indianapolis has provided service and opportunities for older adult Hoosiers. Lifelong learning, personal independence and volunteer opportunities are just a few of the benefits offered to thousands of people over the last 43 years.

But we can't accomplish all this without you!

Heritage Place keeps membership dues low while expenses continue to climb. Our goal is accessibility and participation for everyone. Your charitable gift will make that possible.



Projects made by the Knit, Loom Knit and Crochet for a Cause group

Donating to Heritage Place of Indianapolis, Inc. is an investment in your community! Consider making your tax-deductible gift today. Giving has never been easier. Simply mail your check (payable to Heritage Place of Indianapolis, Inc.) to the office address listed below or donate securely online at www.heritageplaceindy.org.

From all of us at Heritage Place of Indianapolis, we thank you for your continued generosity and support.

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 ☐ AMEX

Acct# _____

Exp. Date _____ 3-Digit Code _____

Heritage Place of Indianapolis, Inc.,

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

Visit us at:

www.heritageplaceindy.org

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

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



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Indianapolis, IN 46208

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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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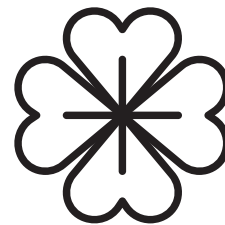
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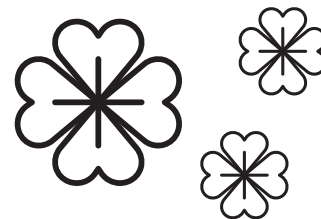
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St. Patrick's Day Proverb

*"Be true to your work, your word,
and your friend."*

John Boyle O'Reilly



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