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.”

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.

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...
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

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

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
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.

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.

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.

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 addition 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 give-aways 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.”

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.
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

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 crowding 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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<td>10:30 Healthy Feet – Foot Care with Dr. Litsey</td>
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<td>12:00 Learn and Play Bridge</td>
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<td>2:00 Silver Foxes Still Rock ’n It – Beginner and Intermediate Line Dance Class</td>
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**March Birthdays of 2019 members**

- 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
- Ava Johnson: 3/17
- Sharon Kidwell: 3/16
- Minnie Jackson: 3/19
- Evelyn King: 3/19
- Carolyn Luster: 3/19
- Betty Penn: 3/19
- Monday Open Bridge Club: 3/20
- Sarah McPhail: 3/21
- Sarah Nemecek: 3/21
- Toni Jones: 3/23
- Minnie Jackson: 3/27
- Arthur Wilson: 3/27
- Shirley Wimsatt: 3/28
- Bernard Webster: 3/29
- Hazel Reese: 3/20
- Beverly Carter: 3/21
- Sarah Nemecek: 3/21
- Toni Jones: 3/23
- Minnie Jackson: 3/27
- Charles Roberts: 3/27
### THURSDAY

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**Time to “Spring forward” one hour**

**Garden Club Class**
March 12 at 12:30 p.m.
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<td>Knit, Loom Knit and Crochet for a Cause</td>
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<td>11:00</td>
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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

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

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**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 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

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**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

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**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

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 IAAAAA, 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

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**Answer key for puzzle on page 7**

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To register, or for more information, contact Heritage Place

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

CALL (317) 283-6662

EMAIL admin@heritageplaceindy.org  
www.heritageplaceindy.org

Visit us on Facebook  
HeritagePlaceIndy
2019 Membership

Green Membership

- Access to all social activities, fitness, education and health classes and seminars at the Heritage Place member rate, or free
- Receive The Informer Special Edition newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of The Informer:
  - Pick up The Informer monthly as you visit Heritage Place
  - Emailed to you (email address required)
  - Mailed to your home for an additional $5.00 for the year

Cost: $50.00 for 2019

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.
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.

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.

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<th>Donation amount</th>
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Thank you so much!

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.
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
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Gretchen Meitzler, Program Manager
Ellen Morley Matthews, Business Manager
Fred McDowell, Staff Assistant
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Doors open 9 a.m. to 4 p.m. Monday – Friday
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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.