



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 Cathy Brown

A native Kentuckian, Cathy was born in Russellville but raised in Bowling Green Kentucky. She said life back then involved roller skating, basketball, singing and running track. She entered school talent shows and sang with groups. It was when she was a teenager that she moved to Indiana. She quickly adjusted to Indianapolis, made new friends and found new fun going to The Lido, the Madame Walker and the Avenue Theatre. Her favorite things to do involved movies, dancing and having fun with her friends.

After high school, Cathy met her husband at the roller skating rink. He was a skater too and they married in 1951. Soon after, she started modeling. She attended Bea Morton and Sidney Smith modeling schools and entered various contests. In 1958, she won a contest while on the Arriaga Cruise. She was wrapped in a sheet and attached her belt and a bouquet applique that came from her pocketbook. She owned a tiara and wore that down the aisle as she waltzed and won a bottle of champagne.

She and Gordon raised their two daughters and a son while she worked at



CATHY continued on page 7 ➔

Member Jo Cabbell

Jo Cabbell started coming to Heritage Place more than 20 years ago. As a member of Faith United Christian Church and thanks to her mother-in-law, Helen Cabbell, she encouraged Jo to come to the Heritage Place that was located inside of Faith United. It was the Heritage Place workout programs Helen enjoyed. Katie Johnson was teaching dance for Heritage Place. Shirley Pettigrew and her husband were coming for the dance and lunch programs. One of her work friends, Cathy (Warren) Brown, also mentioned coming to Heritage Place. All of Jo's friends kept telling her to come.

At that time, Jo was a working mother and started a career at Eli Lilly in 1979. She worked there for 30 years and met Cathy Brown there (a Heritage Place friend). Her first job was in Data Entry and through the course of years, she became a buyer and transferred to procurement to work as an Assistant Buyer and volunteered for everything – a staff “Big Sister”, a mentor and tour guide. She purchased materials for research labs, IT, chemicals, and equipment, anything needed to run the company. She would save the company money in negotiating good purchases and good



JO continued on page 7 ➔

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From the Heart of our Director

Change is Good.

We hear it all the time, that "Change is Hard", and it often can be. But at Heritage Place of Indianapolis, change can be positive, and fun, too.

The change of season is very good, the beds out in front are showing some life, and plans for SHarP Garden (the community garden on the South East Corner of Illinois and 46th Streets) are growing, too. Heritage Place has certainly benefited from a very good relationship with the planners behind SHarP.

This winter, Heritage Place and representatives from the Shared Harvest Project (That's the official name of SHarP Garden), sat down to talk about how the program can expand and how Members of Heritage Place, as well as the local community can take full advantage of this terrific resource. The result? You will hear of more gardening specific classes offered at SHarP, and expanded community involvement, too. This is a positive change as more people become interested in community gardening, they will support SHarP Garden, producing more product for themselves and community food pantries, but they will also learn more about Heritage Place of Indianapolis.

See, change is good. As we look forward to the growing season, keep an eye on SHarP Garden. Interested in learning more and being involved? Send Home Services Manager Ann Homrighous an email at Ann.Homrighous@heritageplaceindy.org, Ann will make sure you are up to date on what's happening and tell you all the ways you can be involved, too. By the way, the official Opening Day for SHarP Garden is Saturday, April 13 at 1:00 pm. Stop by and see what's growing.

Lots of other things are happening in April that you will read about in this issue of The Informer. Be sure to learn all about the 2019 Wake Up To Heritage Place Breakfast (with special guest, Indianapolis television personality, Patty Spitler) and the annual Spring Fling.

Change is good at Heritage Place. Have a wonderful April.

Edward Alexander
Executive Director



Front Porch Planning

What wording should I use in my will to include Heritage Place as a beneficiary?

Two of the most commonly used sentences are:

1. I give and bequeath to Heritage place of Indianapolis, Inc.
a _____ percentage of my assets to be used for general purposes.
2. I give and bequeath to Heritage Place of Indianapolis, Inc. \$_____ of my assets to be used for general purposes.

Opening Day at SHarP Community Garden

Come and play in the dirt on Saturday, April 13th from 1:00-3:00 p.m. at SHarP Community Garden.

Join in the clean-up and prepare the community garden beds for the growing season to benefit the Boulevard Place Food Pantry. SHarP is located directly across the street from Heritage Place on the southeast corner of 46th & Illinois. No tools? No worries. Seasoned and novice gardeners are welcome.

SHarP
Community Garden



Save the Dates

Alex and Ani Shopping Event

Wednesday, April 3

4 p.m. to 7 p.m.

Keystone Fashion Mall

15% of all sales will be donated to Heritage Place. *See page 5 for more information.*

VITA Tax Preparation Services Continues through April 11

Volunteers are on hand Wednesday, April 3 & 10 and Thursday, April 4 & 11 to assist you with submitting your taxes. If you earned less than \$66k in the last year, you qualify. Call our office at (317) 283-6662 to pre-register.

Wake Up to Heritage Place Breakfast

Wednesday, April 24

Doors open: 7:30 a.m.

Breakfast begins: 8 a.m.

Location: Heritage Place

Call (317) 283-6662 to RSVP.

Walking for Dreams

15th Annual Family & Pet Walk

Sunday, May 19

Registration: 1 p.m. Walk Starts: 2 p.m.

Location: Downtown Canal at Buggs Temple, 11th & Senate Avenue.

Pick up pledge packets in the Office.

Spring Fling!

Wednesday, May 22

10 a.m. to 1 p.m.

Location: Meridian Street United Methodist Church, 5500 North Meridian Street, Indianapolis, 46208. Stop by the office to purchase tickets.

Hoosier Heritage Night 2019

Wednesday, June 19

Doors open: 6 p.m.

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

Support Heritage Place While You're Shopping

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.



Wake Up to Heritage Place Breakfast!

RSVP for your seat NOW.

Heritage Place of Indianapolis, Inc. Presents



12TH ANNUAL Wake Up To Heritage Place Breakfast



JOIN US

Wednesday, April 24, 2019

8:00 a.m. - 9:00 a.m.

**for the 12th Annual Wake Up To Heritage Place
Breakfast**

Be our guest for a complimentary hot breakfast buffet, opportunities to network, learn more about Heritage Place and hear from veteran television personality, Patty Spitler!

**HERITAGE PLACE OF INDIANAPOLIS, INC.
4550 N. Illinois Street, Indianapolis, IN 46208**

FREE PARKING is available at Heritage Place (located on the SW corner of 46th and Illinois Streets); on Illinois Street, Buckingham Street and Kenwood Avenue.



Special Guest:

Patty Spitler

**Host of New Day on WISH TV
and Pet Pals TV**

**Named Best TV Personality
in Indianapolis for 2018.**

Make your reservation today by visiting
www.heritageplaceindy.org or Gretchen Meitzler at
Grethen.Meitzler@heritageplaceindy.org.
You may also call Heritage Place at 317-283-6662.

RESERVATIONS DUE BY FRIDAY, APRIL 19.

Since 1976, Heritage Place of Indianapolis, Inc. has provided opportunities for independence for older adults in Indianapolis.

Heritage Place is an independent 501(c)3 non-profit organization.

Congratulations!

Members who renewed their membership or joined in February were eligible for a drawing to The King & I Performance at Clowes Hall. Tickets winners of the February Membership Renewal Drawing are:

Janet Hernly
Cathy Brown
Patricia Mahone
Rita Tipple
Marion Johnson
Verdelle Hamm
Charles Hicks
Linda Parks



BINGO LUNCH

The 2nd and 4th Tuesdays of every month.

Tuesday, April 9

12:15 p.m. – 2 p.m.

Hosted by Crestwood Village

Cost: Free for Members

\$5 for Non-members

Tuesday, April 23

12:15 p.m. – 2 p.m.

Hosted by Oak Street Health

Cost: Free for Members

\$5 for Non-members



A Word from our Sponsor

Are you or a loved one considering moving from your home to a senior living community?

This can often be an overwhelming process, but there are many things to consider and research to make this a smoother transition.

Lifestyle Options

Independent Living: For individuals who can still live independently. These communities often provide residents with convenience to dining, entertainment, transportation and more.

Assisted Living: For individuals that have difficulty with daily activities at home. Residents are free to live independently but also receive regular support.

Memory Care: For individuals who have been diagnosed with Alzheimer's disease, dementia and other types of memory problems.

Rehabilitation: This is beneficial, but temporary solution to help if an individual is unable to perform daily tasks during the healing period, which can last for several weeks or months until you're able to return home.

Long-term Care: Residents receive around-the-clock, 24/7 care, from trained staff. Individuals needing this type of care often have more complex health issues that require skilled training from nurses, physicians, etc.

Questions to Ask Staff:

- What daily activities will he/she need help with?
- Does my loved one need specialized care i.e. Alzheimer's, Dementia?
- Are there staff on call 24 hours a day?
- What is the staff to resident ratio?
- How is medication stored and handled?
- What are the procedures for emergencies?
- Are housekeeping and laundry services available?
- Physical Appearance and Layout

Important Considerations of Community:

- Location
- Cleanliness
- Security

- Common areas
- Dining venues
- Size of apartments
- Life Enrichment Activities
- Pet friendly community
- Feeling of Community
- Friendliness of staff
- "At-home" feeling
- Perceived mood of current residents
- Food quality

We hope that you find these tips helpful. For more information, we have a great team at Crestwood Village that would be happy to answer any questions. Please feel free to call us at 317-356-4173.

http://www.alfa.org/alfa/Checklist_for_Evaluating_Communities.asp


crestwoodvillage
senior communities
317-356-4173

Thank you volunteers!

Heritage Place says thanks to all who graciously volunteer your time to make an impact on the lives of those we serve. In April, we celebrate your service during National Volunteer Week, April 7-13. National Volunteer Week was established in 1974 by Points of Light to shine a light on the people and causes that inspire individuals to serve and make a difference in their communities. THANK YOU.

Here is a crowd-pleasing April side dish for your holiday gathering:

Cauliflower Casserole

8 slices of bacon, fired crispy
1 large head cauliflower, cut into florets
½ cup sour cream
½ cup mayonnaise
1 tablespoon ranch seasoning
¼ teaspoon black pepper
1 cup shredded colby & Monterey jack cheese
1 cup sharp cheddar cheese
1 cup crushed potato chips
6 tablespoons chopped fresh chives, divided

Instructions:

Preheat oven to 370 degrees. Spray an 11x7 (you can also use 13x9) baking dish with non-stick cooking spray.

Fry bacon in a large skillet until crispy and crumble. Set aside.

Steam cauliflower until tender, about 15 to 20 minutes.

Combine your sour cream, mayonnaise, ranch seasoning, black pepper in a large bowl. Add the steamed cauliflower florets, 1/2 of the bacon, 1 cup sharp cheddar cheese and 3 tablespoons chives; mix well. Transfer mixture to the prepared baking dish and top with your colby & Monterey jack cheese and the other half of the bacon.

Cover dish with foil and bake for 20 minutes,

Remove foil and top with potato chips and bake another 5-10 minutes or just until cheese is bubbly and beginning to brown.

Garnish casserole with remaining chives.

Enjoy!



Charity By Design Alex and Ani Shopping Event!

Let's make a positive impact for Heritage Place on Wednesday, April 3, from 4 p.m. to 7 p.m.

15% of all Alex and Ani sales will be donated to Heritage Place!

Location: Keystone Fashion Mall, 8702 Keystone Crossing.
317-575-8449 or 317-283-6662

Walking For Dreams

Heritage Place of Indianapolis is again happy to be part of the 15th

Annual Walking For Dreams Indianapolis family and pet walk, Sunday, May

19 on the downtown canal at Buggs Temple, 11th & Senate Avenue. Registration is from 1-2 p.m. Walk starts at 2 p.m.

Pick up your registration and pledge form at Heritage Place today or for more information and online registration go to WalkingForDreams.org. You can also find the link to Walking For Dreams on the Heritage Place website at www.heritageplaceindy.org. Be sure to indicate you are walking to support the programs and services of Heritage Place of Indianapolis.



New Class – Sign Language

If you are finding yourself having difficulty hearing, this might be right for you. Learn the basics and how to communicate with others through Sign Language.

Tuesday, April 16

12:30 p.m. – 1:30 p.m.

Hosted by Golden Living

Cost: Free for Members

\$5 for Non-Members

Register NOW in the Office

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

Home Services

Home and Yard Work Services

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.

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.

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 every 2nd Tuesday of the month from 6 to 8pm. You can obtain free legal advice by dialing 317-269-2000. More information is available online at www.indybar.org If you need an attorney, IndyBar can provide free referrals as well.

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.

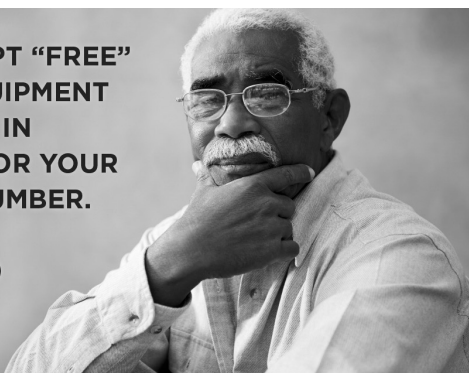
SHIP Volunteer Opportunities

Volunteer opportunities abound through SHIP. Counselors help guide individuals through Medicare options and answer questions about Medicaid 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 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.

**NEVER ACCEPT "FREE"
MEDICAL EQUIPMENT
OR SERVICES IN
EXCHANGE FOR YOUR
MEDICARE NUMBER.**



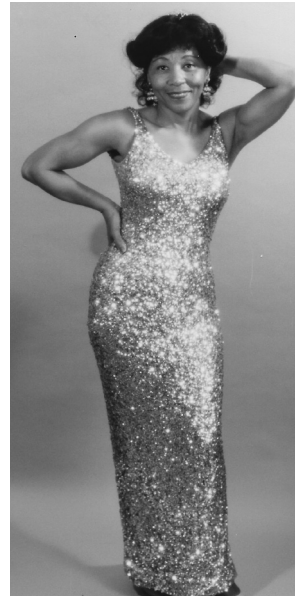
CATHY continued from page 1

Eli Lilly as a mail preparation specialist. They both helped their daughter, Diane - the oldest, Gordon - the middle son, and April - the youngest of her children - through school and thrive with their music talents. This May, her daughter Diane will be performing with her group, The Majestics, at the Spring Fling. Gordon played the drums and worked as a driver and April was in the service and now works for the Governor.

One of the Heritage Place members, Rosemary, was a regular attendee of classes and she would invite Cathy to come have lunch with her there. Back then (1976), lunch was offered at Heritage Place for \$2. Cathy was working at Eli Lilly at the time and would come meet Rosemary when she worked the night shift. The problem at that time was that Cathy was not ready to retire. However, she knew lots of people who would tell her about Heritage Place, including one of her fellow co-workers at Lilly, Jo Cabbell.

When Cathy retired, she started dancing and started coming to Heritage Place more often. She started in the clogging dance class held in the basement of Heritage Place and remembers dances like "Grazing in the Grass Dance, the Bunny Hop, the Detroit Shuffle and the Electric Slide." Cathy was and still is a great dancer. She danced with a large class of women and remember Katie Johnson, a 90 year old woman and Cora Brinkley, who danced until they could dance no longer. Sadly, some of the ladies in the class passed away. While mourning the loss, Cathy found Shirley Ward's class of Golden Urban Line Dancers. Today, she is taking the Belly Dancing classes instructed by Judy Hanna and continues dancing with her friends, like Jo Cabbell.

Cathy reminisces of the Fashion Shows and at the time there was a sewing class. You had to be in the sewing class in order to model in the fashion shows. Cathy wanted to model



in the fashion shows. She has performed in numerous shows for Heritage Place programs and will be performing again in our Spring Fling this May 22nd. Gail Gwynn will commentate and Cathy will sashay through the aisles, along with her troupe, to showcase their fine garments. The modeling group has been together for more than 20 years. If you have time, stop by and buy your ticket to see Cathy and enjoy her fine modeling performance and her daughter's music performance.



Cathy Brown, her grandson who just got back from military service and Jo Cabbell. Thank you for your service!

JO continued from page 1

products. She contributed greatly to Lilly's success today.

While working for Lilly, she raised a son and daughter. She helped them through high school, college and now her son is a dentist and has his office here in Indianapolis, Viva Dental. Jo taught her daughter how to be a buyer and when her daughter graduated from college and didn't like her HR job, she started a boutique shop here in Broad Ripple and also opened one in California. She recently started a mobile boutique called Rain Mobile Boutique in 2014. Check it out.

When Jo retired from her job after 30 years in 2009, she started taking time to care for her Mother-in-Law, Helen. She went back and forth to the hospital, helping her get through the days. After one year, Helen passed away. That's when she considered what else she might do with her time.

That's when Jo started exploring her world and started investing more time at Heritage Place. In addition to the Senior Urban Line Dance classes that she takes with Shirley Ward, she enjoys coming for BINGO, Nutrition in the New Year, the Diabetes classes and she is very active at her church as one of the Senior Praise Dancers. Beyond Heritage Place, she travels EVERYWHERE – Dubai, Europe, Hawaii, just ask her. She visits her daughter in California often, helping her with the mobile boutique.

Jo likes to see people HAPPY. She is a giving person and wants people to do well in life. Exercising and eating right is essential but "When God blesses you and you bless someone else, that's what life is about and that inspires me".... Jo will sign off, "Love n' Blessings Always."



April 2019

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

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|--|
| 1 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 | 2 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 | 3 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 4:00 Alex & Ani Shopping event <i>See page 5 for details.</i> |
| 8 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 | 9 8:30 Program Committee (members welcome) 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:15 Bingo Lunch hosted by Crestwood Village 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class | 10 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 |
| 15 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 | 16 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:30 Sign Language Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class | 17 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge |
| 22 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 | 23 10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:15 Bingo Lunch hosted by Oak Street Health 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class | 24 7:30 Wake Up to Heritage Place Breakfast 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 |
| 29 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 | 30 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 | |

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 |
|---|--|
| <p>4</p> <p>10:00 VITA TAX (register in office) 10:00 Balance & Stability Classes with Joanie 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 1:00 Play Basic Bridge or other games 1:30 Belly Dancing Class 3:00 Silver Foxes Still Rock'n It Line Dance Class</p> | <p>5</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: How to Use your Phone (5 week series) 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Class: Topics in Technology (5 week series)</p> |
| <p>11</p> <p>10:00 VITA TAX (register in office) 10:00 Grocery Shuttle (must pre-register) 10:00 Balance & Stability Classes with Joanie 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 1:00 Play Basic Bridge or other games 1:30 Belly Dancing Class 3:00 Silver Foxes Still Rock'n It Line Dance Class</p> | <p>12</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: How to Use your Phone (5 week series) 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Class: Topics in Technology (5 week series)</p> |
| <p>18</p> <p>10:00 Balance & Stability Classes with Joanie 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 1:00 Play Basic Bridge or other games 1:30 Belly Dancing Class 2:00 Blood Pressure Screening – American Village 3:00 Silver Foxes Still Rock'n It Line Dance Class</p> | <p>19</p> <p>Closed for Good Friday</p> |
| <p>25</p> <p>9:00 Foot Care with Deb Ryan 10:00 Grocery Shuttle (must pre-register) 10:00 Balance & Stability Classes with Joanie 10:00 Good Grief Talks from the Heartland 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 1:00 Play Basic Bridge or other games 1:30 Belly Dancing Class 3:00 Silver Foxes Still Rock'n It Line Dance Class</p> | <p>26</p> <p>10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: How to Use your Phone (5 week series) 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Computer Class: Topics in Technology (5 week series)</p> |



**April
Birthdays**
of 2019 members

Marvalynn Jones 4/1
Evan Williams 4/1
Clarice Foley 4/2
Marvin Mathews 4/2
Kim White 4/3
Adriana Fourcher 4/3
Sybil Kofka 4/4
Doris Wills 4/5

Marion Johnson 4/10
Steve Stuart 4/10
Mildred Cowherd 4/11
Janet Tower 4/11
Ann Homrighous 4/12
Julia Hosek 4/13
Marsha Dabney 4/17
Annie Wilburn 4/18

Carol Woods 4/23
Janet Cooper 4/25
Carol Conley 4/27
Odessa Higgins 4/27
Brad Romine 4/27
Berry Markey 4/28
Lodeana Lumpkins . . . 4/29
Manolo Santalla 4/30

Easter Word Search

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

APRIL

BASKET

BONNET

BUNNY

CANDY

CHICK

CHOCOLATE

COLORING

COTTONTAIL

DECORATIONS

DINNER

DRESS

EASTER

EGGS

FLOWERS

HIDDEN

HOLIDAY

HOP

HOPITY

HUNT

LOVE

PINK

RISEN

SPRING

SUNDAY

TRADITION

Answer key on page 14

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

Continuing Topics in Technology: Learn to Use Your Phone

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

Bring your phone and your questions!

Cost: \$5.00 for Members
\$10.00 for Non-members

Computer Topics in Technology

Fridays: 1 p.m. to 2 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

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

Fourth Thursday 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!

The Civic Theater Performances include:

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



Corporate Partner Kiosk

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

Partners provide valuable information and include IAAAA, 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 Anteplept



Wilma Kidd

Answer key for word search on page 10

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| . | . | I | U | C | H | C | O | T | T | O | N | T | A | I | L | . | . | . | |
| . | F | . | D | N | O | O | B | . | B | O | N | N | E | T | . | . | C | . | |
| H | E | L | . | D | N | L | C | A | H | O | L | I | D | A | Y | . | H | . | |
| S | O | A | O | . | E | Y | O | O | S | A | P | R | I | L | . | . | I | . | |
| D | P | P | S | W | . | N | . | R | L | K | D | I | N | N | E | R | C | . | |
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| E | . | H | I | T | E | R | . | H | U | N | T | T | . | . | . | S | . | . | |
| S | . | O | . | N | Y | R | S | . | . | . | G | E | . | . | . | E | . | . | |
| S | . | P | . | . | G | . | T | R | A | D | I | T | I | O | N | N | . | . | |
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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



Bell Dancing Class

Blue Membership

- Access to all social activities, fitness, education and health classes and seminars at the Heritage Place member rate, or free
- Receive *The Informer Special Edition* newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of *The Informer*:
 - Pick up *The Informer* monthly as you visit Heritage Place
 - Emailed to you (email address required)
 - Mailed to your home for an additional \$5.00 for the year
- Exclusive to Blue membership:
 - (2) Tickets, per event, to performances, sporting and community events as they are available
 - Online communications and event reminders (Email address required)
 - Advance registration for Heritage Place outings
 - Invitation to Heritage Place Corporate Partner events

Cost: \$60.00 for 2019

**Payment: Check, MasterCard, VISA and Discover.
Make check payable to Heritage Place**

Please note: You will be required to complete a new membership application each year and have your photo taken if we do not have one on file.



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**



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Indianapolis, IN 46208

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OCCUPANT OR

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

Mission Statement

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

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*“Those who were seen dancing
were thought to be insane by
those who could not hear
the music.”*

Anonymous



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