



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...

Line Dance Instructor Shirley Ward!

When Shirley Ward heard about Heritage Place, it was through Katie Jackson, the first Line Dance instructor at Heritage Place. Katie was in her 90's at the time and saw Shirley dancing at Jazz on the Avenue. She liked what Shirley was doing and in a brief conversation, asked if Shirley would take over her class. Shirley was working at the time and was not yet ready to retire. So Katie prodded and suggested that when she stops working, to let her know.

Shirley was working at Indianapolis Public Schools (IPS). After winning a typing test in school, IPS hired her as a Data Entry Clerk. It wasn't long before she



SHIRLEY continued on page 7 ➔

Board Member Matthew Boldt!

Matthew Boldt is an attorney at Lewis Wagner, LLP. His focus is in estate and business law, serving estate clients in the areas of simple and complex estate planning, estate and trust administration, and probate litigation. Matt's business practice includes complex business transactions, business succession planning, commercial financing and real estate acquisitions.

Matt learned about Heritage Place from his colleagues, a number of whom have also served as board members. Lewis Wagner has a long-standing commitment to the mission of Heritage Place and when given



MATTHEW continued on page 7 ➔

Our Foot Care Dr. J. David Litsey!

Born in Louisville, Kentucky, Dr. Litsey graduated from Maze High School and received the highest marksmanship medal the army can give. Upon graduation, he earned his Bachelor's Degree from Cincinnati and then entered the six-year program at their medical school. He later transferred to the Illinois College of Podiatric Medicine for his DPM Degree.

He came to Indianapolis in the mid-late 60's upon request by the Mayor because there were only twenty-six podiatrists in Indiana. He has practiced Podiatry in Indianapolis for the last thirty-four (34) years and retired with a "Key to the City".



DAVID continued on page 7 ➔

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Happy "Older American's Month"!

In 1963, President John F Kennedy designated May as "Senior Citizens Month", a prelude to what we now know as "Older Americans Month", to pay tribute to persons age 65 and older. In 1963, only 17 million living Americans reached their 65th birthday. Today, that number is 48 million and continues to climb!

At Heritage Place, we know that more and more people are living well beyond the 1963 definition of "Senior", and we are living productive and active lives. As you read the May Calendar of events, classes and special programs, you can see that we have a diverse offering. The Heritage Place Program Committee (the governance committee that provides oversight to all of HP's educational programs) works hard to listen to what our membership wants and needs in terms of classes. For example, the very popular Piano Class has returned, and soon we will be launching an Introduction to Sign Language. So, as part of Older Americans Month, stop in and visit us at Heritage Place...take a tour, and see what's been happening!

May is also the month we celebrate Mother's Day. It's a great opportunity to remember your Mother by making an honor or memorial gift in her name to Heritage Place. My own Mother would have absolutely loved HP. Not because I work here, but because of all the great opportunities and wonderful people she would have the chance to meet from all walks of life. My Mom, Margaret Alexander, was very much a student of lifelong learning. After teaching High School mathematics for more than 30 years, she found her own, similar organization to Heritage Place in North Carolina. For nearly 20 years she was forever taking a class that often made her children scratch their heads in amazement. Things that we never knew she had interest in! This is what we are about too, so consider a gift today!

By the way... Also in May we commemorate V-E Day, or Victory in Europe Day on May 8. Many of you who have been in to visit me know that I'm something of a WWII history buff. More about the reason behind that in June.

Enjoy our May weather and thank you for all that each of you do for Heritage Place of Indianapolis!

Edward Alexander, Executive Director



Front Porch Planning

If I list Heritage Place as a beneficiary in my will or in my life insurance policy, how will those funds be used?

Heritage Place strives to stay on the forefront of providing quality programs for older adults. As the donor, you can indicate if you would like the funds to be used for general purposes, for our endowment fund or for a combination of both.

New Partnership

Starting in May 2019, in partnership with Neighborhood Christian Legal Clinic, Heritage Place will be offering LEGAL ASSISTANCE for estate-planning! Whether you need help writing a will or help with your estate, a representative will be on hand to help you with Simple Wills, Power of Attorney, Healthcare Power of Attorney, Testamentary Child Trusts or Grandchild Trusts, Transfer on Death Deeds or Quitclaim Deeds or to simply answer your questions.

A small fee will be assessed for services rendered. Visits will be scheduled by appointment only. Stop by the office to register!



Wills & Estate Planning

Wednesdays
1 hour appointments
1 p.m. to 3 p.m.
Register in the Heritage Place office

Save the Dates

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.

Fun Observances in May

May 5 Cinco de Mayo

May 6 National Nurses Day

May 12 Mother's Day

May 14 National Dance Like

a Chicken Day

May 27th Memorial Day

2019 Holiday Closure Dates

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



Heritage Place Spring Fling

**Heritage Place invites you to the
2019 Spring Fling!**

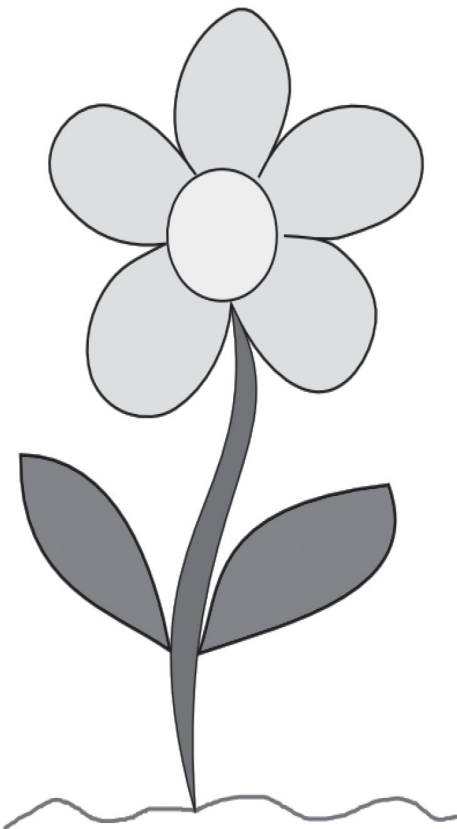
**Come join us for lunch provided by
Mills Catering and the performances by**

- * Classical Music Indy**
- * The Majestics**
- * Fashion Show**
- * Vendor Scramble**

**Wednesday, May 22, 2019
10a.m.-1p.m.**

**Meridian Street United Methodist Church
5500 North Meridian Street, Indianapolis, 46208**

**Come in today and purchase your ticket!
Ticket Cost: \$15.00**



Spring Fling provides a unique and important social opportunity for adults 55 and older, care givers and companies to extend their social circles while enjoying a spring fashion show, buffet luncheon, shopping at vendor tables, entertainment and a chance to win great door prizes.

Guests can enter at the Welcome Center off of Illinois Street at 5500 North Meridian Street. Ample FREE Parking is available. Ticket prices are \$15 per person.

Walking For Dreams

Heritage Place of Indianapolis is one of 40 local organizations to benefit from pledges from the 15th Annual Walking For Dreams Indianapolis family and pet walk sponsored by the Sycamore Foundation. The event is held on Sunday, May 19 on the downtown Canal at Buggs Temple located at 11th & Senate Avenue. Registration is from 1:00-2:00 p.m. Walk starts at 2:00 p.m.

Gather your family, friends and co-workers and enjoy the sights along the downtown canal for a stroll or a brisk walk. You set the pace. If you can't participate you can still raise pledges and donate to Heritage Place.

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



SHarP Community Garden

Won't you be our neighbor and help us grow?! Heritage Place will have one elevated bed to grow produce to complement the donations from Second Helpings. We are adopting a community bed at SHarP Garden this year to grow and donate produce to the Boulevard Place Food Pantry located in the Butler Tarkington neighborhood. The food pantry is located at 42nd St. and Boulevard Place and serves a local food insecurity need. Not only is SHarP Garden a great community service, it also beautifies the neighborhood right across the street from Heritage Place. Seasoned and novice gardeners are welcome!



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.



Fresh Thyme

Our Giving BAG program with Fresh Thyme continues! Attached to every reusable Giving Grocery Bag that you purchase in store, you will find a Giving Tag. Follow the instructions on the tag to direct \$1 of the bag cost toward Heritage Place Older Adult Services (within 7 days of purchase). This opportunity is available at any Fresh Thyme store, 365 days a year.




we've been selected for the

Fresh Thyme

Giving Tag Program!

Use the Giving Tag attached to the Giving Bag at ANY Fresh Thyme location to direct a \$1 donation to us.

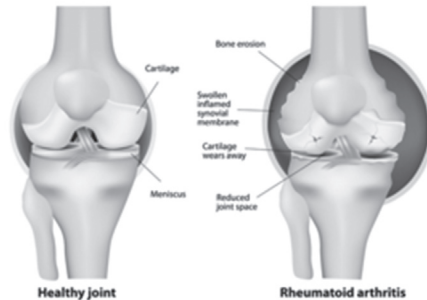


Arthritis Awareness Month

Arthritis is a common condition that involves inflammation in one or more of the joints. There are over 100 different types of arthritis which are very common among people over the age of 40.

Symptoms include:

- Joint pain
- Fatigue
- Joint redness
- Joint swelling
- Stiffness
- Loss of motion



Remedies for Arthritis vary but basic things you can do at home involve maintaining a healthy diet and exercising regularly.

Foods that are known to strengthen bones, muscles, and joints include tuna, salmon, avocado and safflower oils, dairy, dark leafy greens like Kale and Romaine Lettuce, garlic,

broccoli, green tea, and nuts. Foods you should avoid include sugar (especially in sweetened beverages), saturated fats like those found in pizza and red meat, and redefined carbohydrates including white bread, some pastas, donuts, white rice and potato chips.

Additional ways that you can manage these symptoms include:

- Balancing activity with some rest
- Using hot and cold therapies
- Maintaining a healthy weight
- Using assistive devices – like braces
- Avoiding excessive repetitive movements.
- Over the counter (OTC) anti-inflammatories (ask your pharmacist if you're not sure which ones)

As my Mother always said, "Motion is Lotion"! Join a Chair Aerobics or Balance & Stability class at Heritage Place to help with your Arthritis!

Written by Haley Ginger, student Intern at Heritage Place

Arthritis Sensitive Salmon on Greens

- 4 skinless, boneless salmon fillet steaks (about 5 oz. each)
- 4 tablespoons virgin olive oil
- 1/2 pound spinach, thoroughly cleaned
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup chopped onion
- 3 ripe tomatoes peeled, seeded and cut into 1/2-inch pieces
- 1 tablespoon coarsely chopped flat-leaf parsley



Instructions:

Arrange the salmon steaks on a plate, spoon 1 tablespoon olive oil over them, cover with plastic wrap and refrigerate.

In a skillet, heat 1 tablespoon of the remaining olive oil. When hot, sauté the spinach for 1 1/2 minutes. Mix in 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper, and divide the spinach among four plates.

Heat the remaining 2 tablespoons of olive oil in the skillet and sauté the onion for 1 minute. Add the tomatoes, 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper, and cook for about 30 seconds. Set aside.

Remove the salmon from the refrigerator, and sprinkle it with the remaining 1/4 teaspoon of salt. Heat a non-stick skillet until very hot, and the salmon steaks, and sauté for 1 1/2 minutes on each side. Let rest in the pan a few minutes before serving.

Spoon some of the onion-tomato mixture over the spinach and top with salmon. Sprinkle with parsley and serve immediately.

Home Services

Home and Yard Work Services

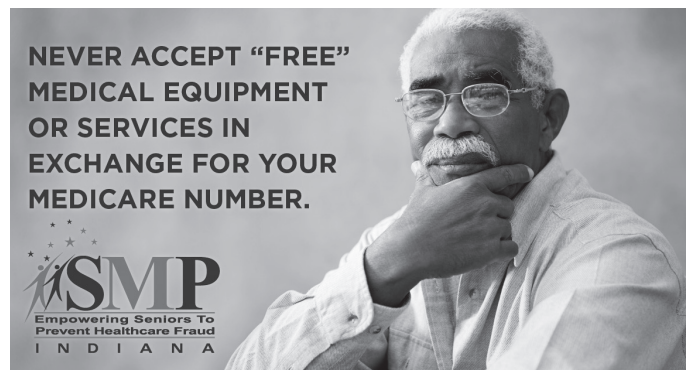
Heritage Place members can sign up for a project to get accomplished this summer and fall. Sign up soon as slots are limited and service is first come, first serve. We will once again host groups like Week of Hope, Butler University, Marian University STARR Program, DFAS, and IUPUI just to name a few. Volunteer groups perform basic yard work including raking, trimming and mulching. Other projects include one-story gutter cleaning and window washing, cleaning out a shed, garage or basement, and painting upon assessment. Volunteers do not mow. Service recipients are asked to provide the supplies, materials and tools 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.

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. Beware of a recent scam for a free offer for genetic testing at health fairs, community centers or from a home health agency. They promise Medicare will pay for the test and request your ID, Medicare information, doctor's name and ask for a cheek swab. Don't be a victim! Genetic tests must be ordered by your doctor and be medically necessary to be covered by Medicare. If this happens to you, contact your local Area Agency on Aging at (800) 986-3505 to report suspected fraud and scams.



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

Do you know someone who could benefit from having a senior companion due to isolation, loneliness or frailty due to aging? Or do you know someone who is a caregiver and needs respite? Heritage Place is a host station for the Catholic Charities Senior Companion Program. Companions provide friendly visiting, companionship, promote activity and provide connections to the community. To make a referral or to learn more about the program call the Home Services Manager at (317) 283-6662.

SHIP

Let a Heritage Place SHIP counselor guide you through the Medicare maze. Making choices can be very confusing so let their expertise be your guide. They can also help you apply for Medicare Low-Income Subsidy programs including Extra Help and Medicare Savings. Call the Home Services Manager at (317) 283-6662 to schedule an appointment with a counselor or to get connected with the Regional SHIP Coordinator to learn more about volunteering.

Second Helpings

Every year, Second Helpings provides Heritage Place with more than 2,800 pounds of food for anyone in need, an estimated value of \$5,300.

Left, Second Helpings Volunteer drops off food for us.



SHIRLEY continued from page 1

worked her way up in I.T. and became the I.T. supervisor. She was responsible for setting up and implementing all computer systems and training all staff to use them. This her first and ONLY major career and when she retired, she was 55.

It's hard to keep a good woman down. Shirley pondered what she would do next and thought she might like something "fun" like bartending. She earned her license and did so on a shoe-string budget. A woman of her word, she followed through on her promises and worked her way up to better and better positions. But during this time of "fun", she remembered Katie Jackson and her need for someone to take over the line dance classes. Katie was in her 90's, upwards of 100 when she passed, more than 12 years ago and Shirley has been teaching classes ever since. Her students will tell you that her line-dance classes are "good, fun exercise to good music with good people. They're intended to

challenge you to keep your brain and body in good health." Shirley will tell you that she provides instruction for both difficult and easy dances and will work with beginners so that they learn the basic foundations from which to build upon.

In addition to being an I.T. aficionado, a bartender, a line dancer and instructor, she is a professional crochet, knit and needle pointer, she dabbles in macramé, and also ceramics – ask if she will make you a fish, a lion and a peacock and dipped in gold and she can do it. But that's not all – she used to be a beautician too! In addition to cutting her own children's hair, she would cut her friends hair too. But that's not all - she also took piano lessons and worked her way up to playing the organ at her church. Her son at the age of 6 started playing the drums and they both would play together. But after a while, she started wiggling on the bench and decided she just didn't want to play the organ anymore and line dancing took over.

Every first Tuesday of the month, Shirley hosts events for ALL city-wide senior line dance groups at the Jewel Center, 3333 North Illinois Street from 6 to 9 pm. She provides food, dancing and fun for a nominal fee of \$7. They celebrate all birthdays of the month and dance the night away. Now people come just to eat and watch. It's truly a fun social event.

Shirley's winning attitude is what leads her through the days. Beyond Heritage Place, Shirley has 2 boys and 6 grandchildren, with one on the way. She goes out every Sunday with her family and they enjoy fancy dinners and discuss business ventures. Their favorite places are Ruth's Chris, Sullivan's, Bynum's, anyplace that her sons can spoil her.

Shirley will tell you, you come and join Heritage Place to help better your mind, body and to Line Dance with me. Come and have fun with the rest of the ladies and gentlemen. It's a safe social gathering and you will not leave without a smile on your face.

MATTHEW continued from page 1

the opportunity to get involved, Matt knew he would be privileged to do so. Matt has been a member of the Board of Directors since May 2016, and his tenure will soon be coming to an end. During his time as a board member, Matt learned a great deal about the importance of service to the community

and all that Heritage Place provides. He has had the opportunity to meet many wonderful program members who benefit from the classes, community, independence and well-being brought on by membership in Heritage Place. Matt particularly enjoyed being part of the Trivia Bowl planning committee during his time on the board, as well the chance to do some chair aerobics each

year at the Wake Up to Heritage Place Annual Breakfast.

When Matt is not in the office, he can be found spending time with his wife, Meredith, and their two young children, Charlie and Max. Matt has truly enjoyed his time as a board member at Heritage Place and plans to continue to support its mission well into the future.

DAVID continued from page 1

In his retirement years, Dr. Litsey could be found playing bridge, attending plays, or instructing the game of Chess at Montessori School # 91. His Chess team beat all other city teams and it was there that he met the Heritage Place program manager. After a short time, Dr. Litsey was invited to provide foot care for our clients and has been working with our clients for the last four years. His primary focus is to trim toe nails, reduce problems caused by corns, monitor for other health is-

sues and address skin problems. He has treated ballet dancers from all over the world including Indianapolis, St. Petersburg, Moscow, Russia and more than 130 members at Heritage Place each year.

Dr. Litsey has provided informational workshops at Heritage Place and recently taught classes on unknown facts about WONDERFUL WATER. He has a wealth of historical knowledge and can talk with anyone about how callouses are formed and how to keep them from coming back or about the


Civil War. Dr. Litsey has served on five boards including the Early Music Festival or you can find him playing Bridge on Wednesdays.

He recommends Heritage Place for its wonderful variety of programs, workshops and people. He is faithfully available at Heritage Place to see members every Tuesday between 9 am and 4 pm for foot care. Feel free to stop by or call the office to schedule an appointment with him. He welcomes anyone who needs help and offers an interesting and informational visit.



May 2019

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

MONDAY		TUESDAY		WEDNESDAY	
 <p>May Birthdays of 2019 members</p>		<p>Iris Pettigrew 5/1 Ellen Parran 5/2 Ellen M Matthews 5/5 Verdelle Hamm 5/10 Earlene Sears 5/11 Duane Broline 5/12 Merlene Gee 5/15 Ann Moran 5/21 Annie Fort 5/25</p>		<p>1</p> <p>10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge</p>	
<p>6</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 1:00 Mother's Day Lunch, Learn and have some Fun</p>		<p>7</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 12:15 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</p>		<p>8</p> <p>10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge 1:00 Legal Assistance – by appointment</p>	
<p>13</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>14</p> <p>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 12:30 Sign Language Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class</p>		<p>15</p> <p>10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies Class 11:00 Overcoming Cellphone Phobia 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge</p>	
<p>20</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>21</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 12:15 Bingo Lunch hosted by Oak Street Health 12:30 Sign Language class 1:00 SHIP – By Appointment Only</p>		<p>22</p> <p>10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge</p>	
<p>27</p> <p>Closed for Memorial Day</p>		<p>28</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>29</p> <p>10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge 1:00 Legal Assistance – by appointment</p>	

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

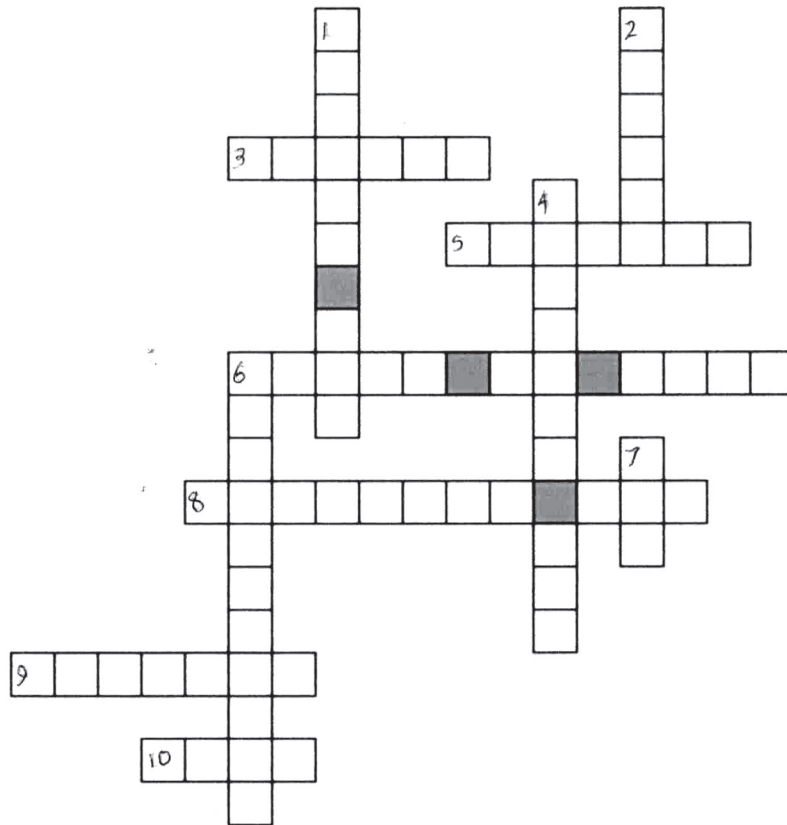
CALL (317) 283-6662
 EMAIL admin@heritageplaceindy.org



**"Like" Heritage
 Place Inc. on Facebook**

THURSDAY		FRIDAY	
2		3	
10:00 Grocery Shuttle (must pre-register) 10:00 Balance & Stability Classes with Joanie 10:00 Senior Companion In-Service 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 1:30 Belly Dancing Class 2:45 Silver Foxes Still Rock'n It Line Dance Class		10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Technology Club 12:00 Friday Open Bridge Club 1:00 Sewing	
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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 1:30 Belly Dancing Class 2:45 Silver Foxes Still Rock'n It Line Dance Class		10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Technology Club 12:00 Friday Open Bridge Club 1:00 Sewing	
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23		24	
9:00 Foot Care with Deb Ryan 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 1:30 Belly Dancing Class 2:45 Silver Foxes Still Rock'n It Line Dance Class		10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Technology Club 12:00 Friday Open Bridge Club 1:00 Sewing	
30		31	
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May Crossword Puzzle



Down

Across

1. How many days in May

2. A pool of water

4. A day for moms

6. Bug that turns into a butterfly

7. Fifth month

3. Season that comes after winter

5. April showers bring May

6. Holiday on May 5

8. Holiday that we honor those who have passed while serving in the United States Armed Forces

9. Birth stone for May

10. Red, white, and blue

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

Overcoming Cell Phone Phobia

Instructor: Nolan Taylor

Wednesdays 11 a.m.

Bring your cell phone and your questions!

Cost: Free for Members
\$5 for Non-Members

Summer "Technology Club"

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

Each week new topics will be discussed, explored and applied.

Pre-registration is required as space is limited.

Cost: Free for Members during Summer
\$5 for Non-Members

Social Activities

Bridge

The Indianapolis Bridge Unit is At Home at Heritage Place! Members of the American Bridge Association play duplicate bridge and earn points for national competitions. The more you play, the more you learn strategy and complex moves. The benefits of playing are to delay the on-set of dementia, socialize with old friends, make new friends but most of all, it's a great way to have fun. All bridge levels are welcome! Bring a friend!

Cost: \$3 per game for Members
\$5 per game for Non-Members

Mondays offer Open Bridge

12 noon to 3:30 p.m.

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

Wednesdays are Learn and Play Bridge

12 noon to 3:30 p.m.

Group Leader: Charles Williams

Fridays offer Open Bridge

12 noon to 3:30 p.m.

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda Wallace

Genealogy Studies Group

Third Wednesday of each month

10 a.m. to 11 a.m.

Instructor: Rick France

Whether your family had saints or sinners, or both, discovering your past can be fascinating and rewarding. Recording your family's history is a valuable project for yourself and generations to come. The Heritage Place Genealogy Studies Group learns research techniques, tips for how to document the facts, and getting it written down. We help each other as we meet monthly.

Cost: Free for members, \$5.00 for non-members

Good Grief Talks from the Heartland

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

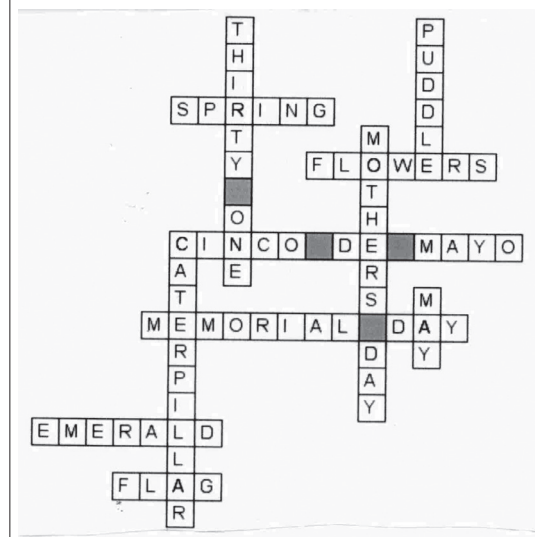


Gary Anteplett



Wilma Kidd

Answer key for crossword on page 10



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



Karan and Carla helping assemble our newsletter

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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name and address to admin@heritageplaceindy.org.

*“Where we Love is home. Home
where our feet may leave, but not
our hearts.”*

Oliver Wendell Holmes



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