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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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Meet Member Marty Montgomery

Marriette “Marty” Montgomery connected with Heritage Place in 2001 when she and her mother were invited to attend the Spring Fling. She was impressed by all the programs and many adult services that she decided to sign up. Since then, Marty has served on the Advisory Committee, participated in seminars and participates in her favorite fitness programs like Chair Aerobics, because she is well aware that exercise can help reduce many health risks.

Being well informed of the importance of reducing health risks, in 2016 Marty began serving as Manicurist at Heritage Place. She saw it as a unique addition to the Center’s daily, weekly and monthly services but also understood the health benefits it could offer. Her emphasis was on good sanitation, clean and neatly trimmed nails and healthy cuticles. Furthermore, a good hand massage is known for stimulating the blood flow, relieving tension, and promoting healthy relaxation and that was always included in her service... and her schedule was always full! While her personal circumstances have altered her availability in recent years, there is a good chance that



MARTY continued on page 7 ➔

A Message from Mike Davis, our In-coming Board President

Heritage Place (HP) welcomes Mike Davis, who will serve a two-year term as President of the Heritage Place Board of Directors. We took a few moments to vision cast with Mike.

After serving on the Board for the last year and now President, what would you say are the board’s greatest achievements to date?

“One thing that impressed me was how we were able to resource local celebrities like Patty Spittler to highlight our Breakfast event. That brings a lot of attention to our organization. Second, finding a new Executive Director who was ready to hit the ground running and keep HP moving forward was amazing – that was a great job by the Executive team and all involved. “

What can Heritage Place do more of in the next several years?

“Certainly continue to provide the best services possible as our membership continues to grow. From a board standpoint, we will diversify our board membership, allowing for fresh ideas on funding sources and new perspectives on programming.”

MIKE continued on page 7 ➔

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FROM THE OFFICE OF OUR EXECUTIVE DIRECTOR

It's summer. It's busy!

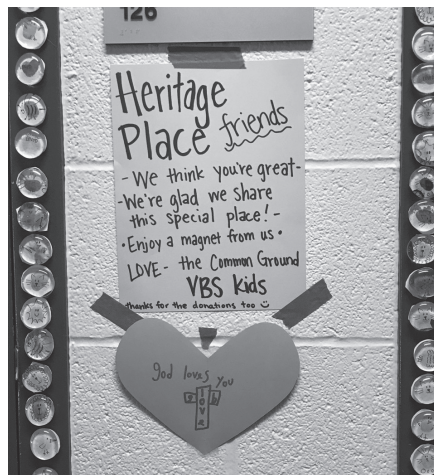
Remember when things slowed down during the summer months? Things seemed lazier? The warmer the weather, the slower things happened? At Heritage Place, it's summer and it's been hot, but we're not slowing down!

Yes, some of our instructors take a few weeks off, some are busy with family travel, but we've certainly seen a lot of activity in June and July! Our staff is busy planning the organizational budget for the new fiscal year; the Heritage Place Board recently welcomed new officers and two new Directors; Sharp Garden and associated classes and activities have really taken off; and fall class and activity planning is well underway! Home Service Volunteers from all over have been visiting Heritage Place as they head out to various sites for repairs, painting and gardening activities. So you see, it's busy around here!

Back in July, our colleagues and friends here at Common Ground Church, held their annual Vacation Bible School. I'll admit it, I was concerned about logistical things. The moving of classes to accommodate the various kids activities, the potentially packed parking lot and the increased noise that was expected. Sure, we had all these things, but we had something even better. We had children and families of all ages interacting with HP members of all ages. It was a remarkable example of two very different groups of people enjoying each other. The truth is, I think bringing these two divergently different groups of people together was probably the best part of summer so far. I say it all the time, the energy our members bring with them to Heritage Place is intoxicating. Couple this energy with that of a preschooler, and it's just the best.

So, continue to have a great summer. Be sure to stop in and visit us anytime

Edward Alexander, Executive Director



Happy Birthday To Heritage Place!

Did you know that Heritage Place of Indianapolis is about to have a birthday? Yep, "HP" will turn 43 years old on August 29. It was on this date in 1976 our doors opened for the very first time. We have a yellowed, rather worn article from the former Northside Topics newspaper from August 11, 1976 framed in the office, announcing "North Side Seniors Center near Open." And we're still here and going strong!

To commemorate our birthday, please stop by Heritage Place on Thursday, August 29, have some cake, share your memories and maybe recommit to the organization as we continue to build on the vision of our founders. No need to RSVP, we plan to celebrate all day!

Exciting Fitness Opportunity

The **Fall Prevention** program continues in the month of August. It started as a 12-week series on July 9th and continues through September 30th. Your attendance is required for that duration and you will receive a beginning and ending score. If you are already taking Joanie Belle's classes, then this should be a welcome addition to your training. Start today! Every Tuesday, Thursday and Friday at 10 a.m.

Save the Dates

Learn & Play Chess

**Tuesdays, starting August 6
3:30 p.m. to 4:30 p.m.**

Learn the basics, strategy and details of playing Chess from Master Chess Coach and math teacher Rev. Michael Gant. Register on the Heritage Place bulletin board.

Cost: \$10 per person for members, \$15 for non-members. Costs go down if more than 5 people attend each class.

Massage, Manicure, Make-Up and Jewelry Mischief

**Wednesday, August 21
1 p.m. to 3 p.m.**

Sponsored by Oasis @ 56th Street, Oak Street Health and Stephanie McDowell. Call or register in the office.

Medicare, Estate, Hospice Care and End of Life Planning Seminar Panel

**Wednesday, September 11
Noon to 2 p.m.**

Register in the Office!

2019 Holiday Closure Dates

Labor Day

Monday, September 2

Thanksgiving

Thursday–Friday, November 28–29

Christmas/New Year's

Tuesday, December 24–Wednesday, January 1, 2020



Sharon Kidwell enjoys a Fever game with their mascot Flame.



Christina Fugate prepares for Hoosier Heritage Night



Attendees enjoying Hoosier Heritage Night



Christina Fugate, Bryon Foley & Joyce Sommers

Hoosier Heritage Night

Celebrating 35 years of anything is pretty remarkable, right? Certainly a special event organized and conducted on behalf of a fairly small, grass roots organization that has been held annually for 35 years is very remarkable and special! The 35th Hoosier Heritage Night, benefiting the programs and services of Heritage Place of Indianapolis was held on June 19 in the Grand Hall at the historic Union Station in Indianapolis. And "Grand" it was!

Thanks to the Title Sponsorship of the Annis Educational Foundation, three Hoosiers of distinction were honored and inducted into the Hoosier Heritage Hall of Fame this year. They included Dr. Wallace McLaughlin, President & CEO of Fathers and Families Center; Joyce Sommers, President & CEO Emeritus, Indianapolis Art Center; and Lloyd Wright, President & CEO Emeritus, WFYI Public Media.

Clearly Wallace, Joyce and Lloyd are worthy representatives of what makes our communities so great, to join the impressive ranks of the nearly 180 men and women who have been honored at this event since 1983. Joyce Q. Rogers from the Indiana University Foundation and herself a Hoosier Heritage Inductee in 2018, served as Honorary Chair. Special words were shared by Heritage Place member and volunteer, Ginger Evans. Our friend and colleague Bryon Foley returned as our Master of Ceremonies. The planning committee was co-chaired by Latrice Baxter and Joanne Sommers.

Hoosier Heritage Night...an annual evening of fun, food, friends, inspiration and motivation, all supporting Heritage Place! Watch for your opportunity to nominate candidates for Hoosier Heritage Night 2020, coming soon!



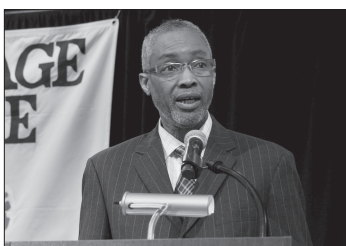
Christina Fugate, Bryon Foley, Lloyd Wright



Joyce Sommer, President & CEO Emeritus, Indianapolis Art Center



Judy Hanna and Ruth Taylor, Hoosier Heritage Night



Wallace McLaughlin, President & CEO of Fathers & Families



Joyce Rogers, Honorary Chairman of Hoosier Heritage Night



Ginger Evans, Member of Heritage Place and Ladies of the Dance



Lloyd Wright, President & CEO Emeritus, WFYI Public Media Indiana

Home Services

Heritage Place Receives BTNA Grant

The goal of the BTNA Community Grant Initiative is to inspire the betterment of the Butler-Tarkington neighborhood and surrounding areas by providing financial assistance to organizations working to do so.

As Heritage Place has provided services to adults age 55 and over for 43 years in the Butler-Tarkington neighborhood, our collaboration with SHarP Community Garden expands our contribution to the neighborhood and brings visibility at this busy intersection. This collaboration is a win-win as it allows for Heritage Place to have increased activities in the garden and provides volunteer opportunities for community service groups to contribute to the garden.

Heritage Place submitted an application and proposal to BTNA to receive funding to replace the deteriorating super raised garden beds at SHarP Community Garden. Produce from the super raised garden beds and an adopted community garden bed complement our donations from Second Helpings and contribute to the Boulevard Place Food Pantry. Not only does the garden add aesthetic and social value to the neighborhood, it helps address a local food insecurity need.



BTNA Grant presented to Edward Alexander by Bryan Bradford with Ann Homrighous

We are happy to report BTNA president, Ryan Barth, and chair of the BTNA community grant committee, Christie Luther, presented a check to Heritage Place in the amount of \$1,000.00. The installation of new commercial and longer lasting raised beds will increase the capacity to accommodate a broader variety of vegetables and production and the v-shaped design allows for growing vegetables with varying root depth requirements. Heritage Place will be able to establish a baseline for member engagement and program development related to gardening and healthy eating.

Community Service Groups

Heritage Place hosted more community service groups in July to complete home and yard projects for our members.

Week of Hope Group Mission Trips

Heritage Place receives many calls of thanks and kudos for the service the teenagers and their adult leaders have given. When they are rained out of working outdoors we put them to work inside to spruce up our offices, community spaces and equipment. They come with such love, kindness and willingness to serve. Since they come from all over the U.S. they are always excited to learn how close we are to Butler University! They are popularly requested by our members year after year!



Week of Hope Volunteers

Salesforce

Who are they? The #1 customer relationship management (CRM) platform. They feature cloud-based applications for sales, service, marketing and more. Trust, customer success, innovation and equality in every aspect are their core values. Because their staff sits behind desks indoors all day, they love an opportunity to be outside!

Indyfluence

Indyfluence connects future business leaders with the Indy community where interns give back to Indianapolis through service projects, while gaining connections with other soon-to-be professionals and network with some of Indy's corporate and community leaders. Thanks to United Way of Central Indiana's corporate volunteerism initiative, Heritage Place hosted interns from Eli Lilly and Roche, two of Indyfluence's leaders.

Senior Pilgrim Fellowship

This is a student-led faith-based high school youth group at the Monroe Congregational Church located in Monroe, Connecticut. Community service is an important part of what they do and believe that volunteering their time, talents and love to those who are in need gives them opportunities to grow and learn. During the school year they serve their local community and every summer they travel together on a service trip to work with non-profits across the country.



Senior Pilgrim Fellowship provide home and yard assistance for member, Dorothy Steward

Senior Companion Program

Senior companions are volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks, such as shopping or paying bills. The program aims to keep seniors independent longer, and provide assistance to family caregivers. Call the Home Services Manager at (317) 283-6662 to request a senior companion or see about becoming a senior companion.

SHarP Garden

SHarP Community Garden is looking great so far! Heritage Place was notified by the Butler Tarkington Neighborhood Association the grant request we submitted has been awarded to replace the deteriorating super raised beds. We will be installing new commercial, longer lasting beds in the fall. We hope in time for a fall planting! Stop by the garden when you are in the neighborhood and see the fruits of the labor!



SHIP

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. SHIP is provided by the Administration on Community Living and the Indiana Department of Insurance. Medicare choices can be very confusing. Let a SHIP counselor help you explore best options for yourself.

SHIP counselors can also help income qualified individuals apply for Medicare Low-Income Subsidy programs including Medicare Savings and Extra Help. The Medicare Savings Program is provided through Indiana's Medicaid program, a health care program that helps pay for medical services for people who meet specific requirements. Extra Help can offset Medicare Prescription Drug Plan costs. Call to schedule an appointment at (317) 283-6662.

Senior Medicare Patrol

Detect, protect and report! Scams are everywhere. In addition to the genetic testing and brace scams the latest scam is the Fingerprint Scam. Beware of any package you receive with the message on the outside "Do Not Open Package until You Call This Number". DO NOT CALL! They will walk you through over the phone on how to take your fingerprints and then package it up in the return envelope provided and UPS will pick it up. Don't ever allow your fingerprints to be taken! Best policy, if you didn't call or request then don't respond.



FRAUD FACTS

"Free" back or knee braces aren't free. If you're having pain, talk to your primary doctor.



If you have received a "free" medical device, contact the Indiana Senior Medicare Patrol.

800-986-3505
www.iaaaa.org/SMP
www.facebook.com/INSMP

Pantry Peeking

by Jean Vetter

You want a bedtime snack so you go to your kitchen....

These things aren't generally eaten without mixing with other things.

- | | |
|--|---------|
| 1. It is in a bottle; it's red; and it adds zest to foods. | K _____ |
| 2. It is in a bottle, it's brown, thick, and sweet. | S _____ |
| 3. This bag of white powder is the staff of life. | F _____ |
| 4. Noodles that come in various shapes | P _____ |
| 5. A staple grain, good for breakfast or cookies | O _____ |

These things can be eaten the way you find them.

- | | |
|---|---------|
| 6. A bag of slim, brittle, salty knots | P _____ |
| 7. A bag of thin, fried, salty crisp tubers | P _____ |
| 8. A can of crunchy little salty seeds | P _____ |
| 9. A box of salty, crisp, wafer-thin biscuits | C _____ |
| 10. A package of small, round, flat cakes | C _____ |

These things are best when put on a piece of bread.

- | | |
|--|---------|
| 11. It's brown, in a jar, and smooth or crunchy. | P _____ |
| 12. It's sweet, in a jar, usually fruity. | J _____ |
| 13. It's in a jar and even bears love it. | H _____ |
| 14. It's from the deli; it's dairy; and it's sliced. | C _____ |
| 15. From the deli and sliced, it is not for vegetarians. | L _____ |

These things are yummy with little preparation.

- | | |
|--|---------|
| 16. Buttery and salty, it microwaves in its own bag. | P _____ |
| 17. It's dairy, sweet, and frozen. | I _____ |
| 18. Cool, crunchy raw sticks, plain or with dip | C _____ |
| 19. Flat crust with all kinds of toppings | P _____ |
| 20. Served at supper, good warmed up | L _____ |

Questions:

1. Do you like a snack at bedtime? What is your favorite?
2. What beverage do you prefer at bedtime? Do you like it warm or cold?
3. Do you have a fond memory of a bedtime snack? Tell about it.

Heritage Place volunteer Joe Phillips wins CICOA Volunteer of the Year award

In June, CICOA hosted their annual statewide “Volunteer of the Year Awards.” After Heritage Place nominated Joe Phillips for his outstanding volunteer service during the 2018 tax season, Joe was given the honorary Marion County Volunteer of the Year Award! His work under the government VITA Tax program allowed Heritage Place to provide FREE tax assistance to more than 300 wage earners who made less than \$66K per year. With the leadership of Leona Murphy and support from Margaret Glenn and several others, Joe was able to offer above and beyond service for many Marion County residents. In August, Joe will be recognized and honored at the monthly Marion County Council on Aging meeting.



Joe Phillips and Mr. Ramos work on taxes



Tara DeBoo, Gretchen Meitzler, Joe Phillips and Mary Durell – Joe receives his Marion County Volunteer of the Year Award



Far Left: Joe Phillips pictured with County Volunteer of the Year Award recipients.

MARTY continued from page 1

she will soon offer services again.

Prior to Heritage Place, Marty had a full life working for the State of Indiana – Public Employees Retirement Fund. She began there in 1964 and served in numerous operations, ultimately becoming responsible for one-third of the entire membership of the Fund, including its largest employer, The State of Indiana. She operated with a spirit of cooperation and an abiding faith in God to help thousands navigate with confidence through the uncertain road moving from active service to retirement. After 44 years of faithful service, she retired in July 2008. Then in June 2010, she was elected to serve on the Board of Directors for the Retired Indiana Public Employees Association and currently serves as Chairman of the Foundation Board. She is the first African American female to serve on the Board of

Directors and continues to strongly advocate for retirees statewide.

A plethora of awards for her life's work include: The Public Service Achievement Awards from Former Governor Evan Bayh and Former Governor Frank O'Bannon, Indiana Retired Public Employees Association Meritorious Service Award, National Council of Negro Women- Woman in the Bethune Tradition Award, Bethune "Height-Clay-Award for outstanding community service, Indy Reads Volunteer of the Year Award, and many other recognitions and awards. She is a member of the Indiana Chapter of Kappa Silhouettes, Gamma Phi Delta Sorority, and a life-time member of The National Council of Negro Women. She is a member of Mt. Carmel Church and serves as a Sunday School Teacher and teaches in other ministries.

In her spare time when she is not at

Heritage Place, you can find Marty reading, cooking, traveling and spending time with her family and friends. She has been married to Charles B. Montgomery, Sr., for 37 years. She said the guiding quote of her life comes from Proverbs 3:5-6, "Trust in the Lord with all your heart, and lean not unto your own understanding. In all your ways acknowledge Him, and He shall direct your paths."

If someone would ask her about her time at Heritage Place, she would simply state that it's a wonderful opportunity for her to connect with others. In addition to the rewards found in educational classes, health services and fitness programs, "many of us make friends that offer encouragement and support to take charge of our lifestyles, independence, well-being and our quality of life." Don't forget to wish Marty a Happy Birthday on August 27!

MIKE continued from page 1

What would you like to see the board accomplish on behalf of Heritage Place in the next year?

"Increase Board level engagement. This is something we can move forward with right away."

What is your long-term vision for Heritage Place?

"To continue servicing our current members, build on community outreach and membership recruitment. We will continue to evaluate all program areas, the scope of membership recruitment

and the scope of services we're providing – based on member and community feedback. We are here for the community and want to be prepared to serve in the best ways possible for years to come."



August 2019

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

MONDAY	TUESDAY	WEDNESDAY
 <p>August Birthdays of 2019 members</p> <p>Juanita Hardiman 8/1 Darlene Smith 8/2 Delores Buchanan 8/2 Darjshai Jordan 8/4 Emma Timberlake 8/5 Kristina Turner 8/5 Delores Phillips 8/7 Rosemary Bickham 8/9 Fannie MaKinde 8/14</p>	<p>Frances Goldberg 8/15 Gwendolyn Hill-Moore 8/17 Exiello Bates 8/19 Janice Ross 8/20 Ray Albritton 8/20 Beverly Timberlake . . . 8/22 Edward Alexander 8/22 Mary Squires 8/22 Minnie Bledsoe 8/22</p>	<p>O. Terrell 8/22 Lois Evans 8/23 Bernice Walton 8/26 Betty Henry 8/27 Marty Montgomery . . . 8/27 Joan Tower 8/28 Gerald Dupree 8/29 Judy Hanna 8/31</p>
<p>5</p> <p>10:00 Total Body – Chair Aerobics 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>6</p> <p>10:00 Fall Prevention Program 11:00 Mind and Body – Senior Yoga Class 12:30 Piano Lessons (<i>see details, page 13</i>) 1:00 Healthy Feet – Foot Care with Dr. Litsey 1:00 SHIP – By Appointment Only 1:30 Bingo Lunch hosted by Crestwood Village and Humana 3:00 Learn the History of Chess 3:30 Learn and Play Chess</p>	<p>7</p> <p>10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only</p>
<p>12</p> <p>10:00 Total Body – Chair Aerobics 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>13</p> <p>10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:30 Piano Lessons (<i>see details, page 13</i>) 1:00 SHIP – By Appointment Only</p>	<p>14</p> <p>10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Legal Assistance – by appointment</p>
<p>19</p> <p>10:00 Total Body – Chair Aerobics 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>20</p> <p>10:00 Fall Prevention Program 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 Piano Lessons (<i>see details, page 13</i>) 1:00 SHIP – By Appointment Only 3:30 Learn and Play Chess</p>	<p>21</p> <p>10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Massage, Manicure, Make-Up and Jewelry Mischief</p>
<p>26</p> <p>10:00 Total Body – Chair Aerobics 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>27</p> <p>10:00 Fall Prevention 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:30 Piano Lessons (<i>see details, page 13</i>) 1:00 SHIP – By Appointment Only</p>	<p>28</p> <p>10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Legal Assistance – by appointment</p>

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Indianapolis, IN 46208

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EMAIL admin@heritageplaceindy.org



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Place Inc. on Facebook

THURSDAY		FRIDAY	
1		2	
10:00 Grocery Shuttle (must pre-register) 10:00 Fall Prevention Program 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 2:00 Belly Dancing Class		10:00 Fall Prevention Program 11:00 Computer Class: Technology Club 12:00 Friday Open Bridge Club 1:00 Sewing	
8		9	
10:00 Fall Prevention Program 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 2:00 Belly Dancing Class		10:00 Fall Prevention Program 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	
15		16	
10:00 Grocery Shuttle (must pre-register) 10:00 Fall Prevention Program 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 2:00 Belly Dancing Class		10:00 Fall Prevention Program 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	
22		23	
9:00 Foot Care with Deb Ryan 10:00 Fall Prevention Program 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 2:00 Belly Dancing Class		10:00 Fall Prevention Program 11:00 Out to Lunch Group 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	
29		30	
10:00 Fall Prevention Program 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 2:00 Belly Dancing Class HERITAGE PLACE FOUNDERS DAY!		10:00 Fall Prevention Program 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	

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



Darlene, Earlene Sears and Jo Cabbell enjoy a Fever game!

Blue Membership

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

Cost: \$60.00 for 2019

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

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



To register, or for more information, contact Heritage Place

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\$6.00 per lesson for Non-members (participants must register for a minimum of four lessons and pay in advance, cash only)

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 Renew Active members
\$5.00 for Non-Members

Fall Prevention Program

Tuesdays, Thursdays and Fridays: 10 a.m. to 11 a.m.

Instructor: Joanie Belle

Ten weeks of fall prevention exercises. 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: \$1 for **Members** or \$5 for the month or FREE if you are a Silver Sneakers, Active & Fit or UHG Renew Active member. **Non-Members:** \$3 instructor fee PER CLASS plus \$3 Heritage Place fee PER CLASS

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

On Summer Sabbatical until Tuesday, Sept. 10, 2019

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

Second and Fourth 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 and Enrichment 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**

Learn and Play Bridge

Fall session will begin soon. Check the bulletin board for details.

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

Learn & Play Chess

Tuesdays, 3:30 p.m. to 4:30 p.m.

Learn the basics, strategy and details of playing Chess from Master Chess coach and math teacher Rev. Michael Gant.

On Aug. 6, come at 3 p.m. to learn about the history of Chess from Dr. Litsey.

Register on the Heritage Place bulletin board.

Cost: \$10 per person for members, \$15 for non-members.

Costs go down if more than 5 people attend each class.

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

Mondays: 11 a.m. to 12:30 p.m. Class resumes Sept. 9

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



Members went on a trip to the Ark, organized by Ginger Evans.

Piano Lessons

Tuesdays, 12:30 p.m. to 3:30 p.m. – every half hour

Beginner or Advanced, Robbie Edwards will help you grow your musical talent!

Call the office for an appointment (317) 283-6662.

Cost: Members - \$10 half-hour lesson

Non-members - \$15 half -hour

Book Cost: \$10

Keyboard Cost (not required): \$60

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 Theatre, Indiana Pacers, Indiana Fever and the Indiana State Fair.

The Civic Theater Performances include:

Thurs., Oct. 3, 2019

Mamma Mia

Thurs., Dec. 6, 2019

Elf The Musical

Thurs., Feb. 6, 2020

Much Ado About Nothing

Thurs., March 12, 2020

A Few Good Men
(in the Studio Theater)

Thurs., April 23, 2020

Roald Dahl's Matilda

Mon., June 22, 2020

Frozen, Jr.

Wed., July 29, 2020

Saturday Night Fever (presented
by the Young Artists Program)

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.

Call the office to make an appointment

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



Legal Assistance

Every 2nd & 4th Wednesday of the month, 1 p.m. to 3 p.m.

Need Legal Advice? Assistance for Wills & Estate Planning?

Offered by Neighborhood Christian Legal Clinic

Call the office for an appointment (317) 283-6662.

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.

Thursdays, 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 Antelept



Wilma Kidd

Answer key for Pantry Peeking on page 6

- | | | | |
|------------|-----------------|-------------------|----------------|
| 1. Ketchup | 6. Pretzels | 11. Peanut Butter | 16. Popcorn |
| 2. Syrup | 7. Potato Chips | 12. Jelly | 17. Ice cream |
| 3. Flour | 8. Peanuts | 13. Honey | 18. Carrots |
| 4. Pasta | 9. Crackers | 14. Cheese | 19. Pizza |
| 5. Oatmeal | 10. Cookies | 15. Lunch meat | 20. Left-overs |



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.



Katherine Lockett came for Chair Aerobics.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

- ☐ \$1,500
- ☐ \$1,000
- ☐ \$500
- ☐ \$200
- ☐ \$50
- ☐ \$ _____

*Thank you
so much!*

☐ Gift by Check

Payable to Heritage Place of Indianapolis

☐ Gift by Credit Card

- ☐ monthly gift ☐ one-time gift
- ☐ MasterCard ☐ VISA ☐ Discover ☐ AMEX

Acct# _____

Exp. Date _____ 3-Digit Code _____

Heritage Place of Indianapolis, Inc.,

4550 North Illinois Street
Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

Visit us at:
www.heritageplaceindy.org

*Heritage Place of Indianapolis, Inc. is
a 501©3 not-for-profit organization. All
financial gifts are tax deductible to the
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Indianapolis, IN 46208

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

Mission Statement

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

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*“The most profound technologies
with the greatest impact on
human life are those as simple as
a well-laid garden.”*

– Theoretical Physicist



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you're supporting us.**