



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

Volume 43, No. 7

Published Monthly

July 2019

Meeting Member Linda Lee

Long ago, Linda's friend, Ann Foster, taught Yoga at Heritage Place but when she had to move from the area, she recruited Sarah Nemecek, a highly regarded instructor. Linda continued to attend the beloved Yoga class and while Yoga is what got Linda to Heritage Place, it was just the beginning. She also enjoys chair aerobics and benefitted from the computer class. The Civic Theater performances are a delightful benefit and she keeps trying to get herself to go to Joanie's Balance and Stability class. Maybe the week after next.



At one time in the recent past, Heritage Place offered chorus classes and Linda always enjoyed singing. She and others practiced with the volunteer director, Paulo Castro. They performed at Heritage Place Spring Flings and Holiday Celebrations. It was truly a delight for her and inspired her to join her church choir, organize a sing along group and take voice lessons. While the chorus group is on sabbatical, Linda continued to remain involved and joined the Programs Committee because she enjoys the many programs and values the variety of people

LINDA continued on page 7 ➔

A Message from Outgoing Board President Christina Fugate

Heritage Place offers strong and vibrant services because of all the community members who support our efforts. As the Heritage Place board welcomes incoming President, Mike Davis, we offer our thanks to Christina Fugate for her years of service. After five years of service on the Board, she will continue as Director of the Board. Below are a just a few questions we asked Christina and her heartfelt answers she offered.



What has been your favorite project to work on and why?

Transitioning of our new executive director. I see a lot of growth opportunity in the organization. Putting together a strategic plan and working with Ed to further his strategic view of the organization, has been really fun. The opportunities for enhanced services and maintaining the high standards of Heritage Place must continue.

What would you say has been most gratifying and/or what has inspired you as a result of your board experiences?

The members – hearing stories of why they joined Heritage Place, what keeps them going back to Heritage Place. That is what inspires me to continue supporting the organization. This really is a family and support system for a population that of-

CHRISTINA continued on page 7 ➔

Inside

Birthdays	9
Calendar	8
Center Services	14
Home Services	4
Membership	10
Weekly Class Descriptions. .	11

FROM THE OFFICE OF OUR EXECUTIVE DIRECTOR

Happy July Everyone!

This month marks my one year anniversary as your Executive Director...and what a year it has been!

Capped off by a wonderful and inspiring 35th Annual Hoosier Heritage Night we had on June 19, our inductees into the Hoosier Heritage Hall of Fame were Joyce Sommers, Wallace McLaughlin and Lloyd Wright. Their stories are certainly inspiring with their numerous and continuous contributions to the Indianapolis Community and far beyond. But what really inspires me the most are all of you! That's right, it's the membership of Heritage Place of Indianapolis who I have had the sincerest pleasure of getting to know this year. All of you, the men and women who make Heritage Place a vibrant community of people, really do inspire me every day.

The stories people tell (and I love stories!), the history that makes people who they are, it's hearing about someone who first came with a parent to HP, loved it, stayed and became a member, and now they're children are members. A truly multi-generational organization! And this is a great story to tell!

I'm inspired by the willingness of our members to step up and make things happen. Everything from planting flowers in the spring, to serving on committees to planning programs and services. Honestly, I've never had anyone come to my door with just a problem, but they also bring solutions, too. We may be a small staff, but we have an army of supporters who will help us get things done.

From an Executive Director's standpoint, this is important to have! In the coming months we not only welcome a new Board President in Mike Davis but we will launch our strategic planning process and will be looking at alternative funding sources to keep Heritage Place going and growing. As we expected, our United Way funding has significantly diminished. We cannot solve this alone. All of you, along with community stake holders, will be looking at ways to make up for this significant shortfall. As many of you have already told me, WE can do it. I agree, our Army is behind us!

Have a terrific and safe July 4th Holiday, and come see us soon.

Edward Alexander, Executive Director



Save the Dates

Driver Safety Training by AARP

Wednesday, July 24

11:00 am to 3:30 pm

Call the office to register
(317) 283-6662.

2019 Holiday Closure Dates

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



Hoosier Heritage Night was a huge success! Watch for more in the August Informer"

Driver Safety

This Month, Heritage Place is hosting their 4th annual Driver Safety Class. The class will be held Wednesday, July 24 from 11 a.m. to 3:30 p.m. Lunch will be provided by Oasis at 56th and you can register by calling Heritage Place.

If you're like many older drivers, it has probably been several decades since you last took "driver's ed." The roads, traffic laws and the very cars we drive have changed. In preparation for your class, below are FIVE Driving Tips that you can apply today and that will be discussed in class.

1. **Use a three-second following distance to help spot driving hazards and give you time to**

react. When the car ahead of you passes a landmark, such as a tree or sign, start counting. If you pass the same spot before you count to three, you're following too closely.

2. **Adjust your fit.** Adjust your seat so that you are greater than 10 inches away from the steering wheel. This provides the best vantage point for observing the road and also minimizes the chance of injury due to airbag deployment.
3. **Avoid distractions.** Stay alert, aware and ready to react to the actions around you. Avoid texting, talking on your cell phone (even with a hands-free headset), eating, adjusting the radio, and other

distracting activities.

4. **Get your vision checked.** At age 40, your vision starts to change in ways that can impact your driving. Common changes include difficulty seeing at night, changes in color perception and medical conditions like glaucoma and macular degeneration.
5. **Refresh your driving skills** (and save money in the process). For more tips on how to stay safe on the road, take the AARP Smart Driver course, available in a classroom or online setting. You may be eligible for a multi-year insurance discount upon course completion.

Spring Fling

On May 22nd, Heritage Place hosted their 12th Annual Spring Fling at Meridian Street United Methodist Church. With Ed Alexander as our emcee, the room was filled with ongoing laughter. Harp performances by Classical Music Indy, The Cathy Brown Fashion Models c/o Gail Guynn, who kept the models grooving, followed by enjoyable music of The Majestics and food from Matt Mills Catering, left everyone with much to be thankful for.



Barbara Eppes makes her fashion debut.



Ann Homrighous, Ed Alexander and Nicole Cox helping at Spring Fling.



Fashion Models share their fine fashions and good looks.



Indiana Hearing Aid Company representatives at Spring Fling.



Fashion model Cathy Brown dazzles the crowd.



Gail Guynn calls all fashions to the floor.



Marvena Washington of Mary Kay participates in Spring Fling every year.



Vicki Lauray represents Lauray Insurance at Spring Fling.



Sylvia Poindexter shares her good looks with the crowd.



Susie Dye shares her fine fashions with the Spring Fling crowd.



Golden Living supports Heritage Place.

Home Services

Heritage Place Home and Yard Services Graced with Community Volunteers

Heritage Place members and clients are recipients of service groups from all over the Indianapolis area and United States to complete home and yard projects. We always ask for good weather days as most of their work is outdoors. Here are some features of groups Heritage Place hosted during the month of June.

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.



At left, Sigma volunteers help with home & yard projects!

Below, Sigma volunteers pulling weeds for our clients.



Sigma Global Nursing Excellence

This group was founded as Sigma Theta Tau International Honor Society of Nursing in 1922. Today it is known as Sigma at the Indiana University School of Nursing in Indianapolis. Potential members who meet our eligibility are invited to join Sigma-baccalaureate and graduate nursing students who demonstrate excellence in scholarship and to nurse leaders exhibiting exceptional achievements in nursing. They have chapters globally and offer products and services to advance the learning and professional development of members and all nurses who strive to improve the health of the world's people. Their home office is in Indianapolis.

Week of Hope Group Mission Trips

Group Mission Trips has been working with and helping communities across the United States and the world since the early 1990s. They bring meaningful service to the com-



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

munities they serve and people in need. Week of Hope is packed with practical acts of love and service. Teen students build meaningful connections as they serve through their partnerships. Heritage Place members and clients specifically ask for Week of Hope services year after year and love hosting these wonderful youth and their adult supervisors. The groups from Week of Hope Group Mission Trips come to us from all over the United States.

SHIP

SHIP counselors are on hand to help Medicare beneficiaries know your options so you can make the best choice for yourself. They can also help you apply for Medicare Low-Income Subsidy programs including Extra Help to help with drug costs and Medicare Savings to help with premium costs. Call to schedule an appointment at (317) 283-6662.

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.

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!



Three Wishes *By Linda C. Lee*

At night this brain tumbles laundry
In a washer that can't quit—
Frayed seams, fragile fabric, stains
that never wash out—unwanted memories
given again and again to Goodwill.

This morning, as I drink green tea on the porch
while gazing at the lake, a merganser arches her body—
sleek, quick—she dives toward a fish.
A minute or so later, she emerges.

When I fade into sleep, I want to sink deep,
stay long, come up clean.

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.

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.

Broccoli Casserole

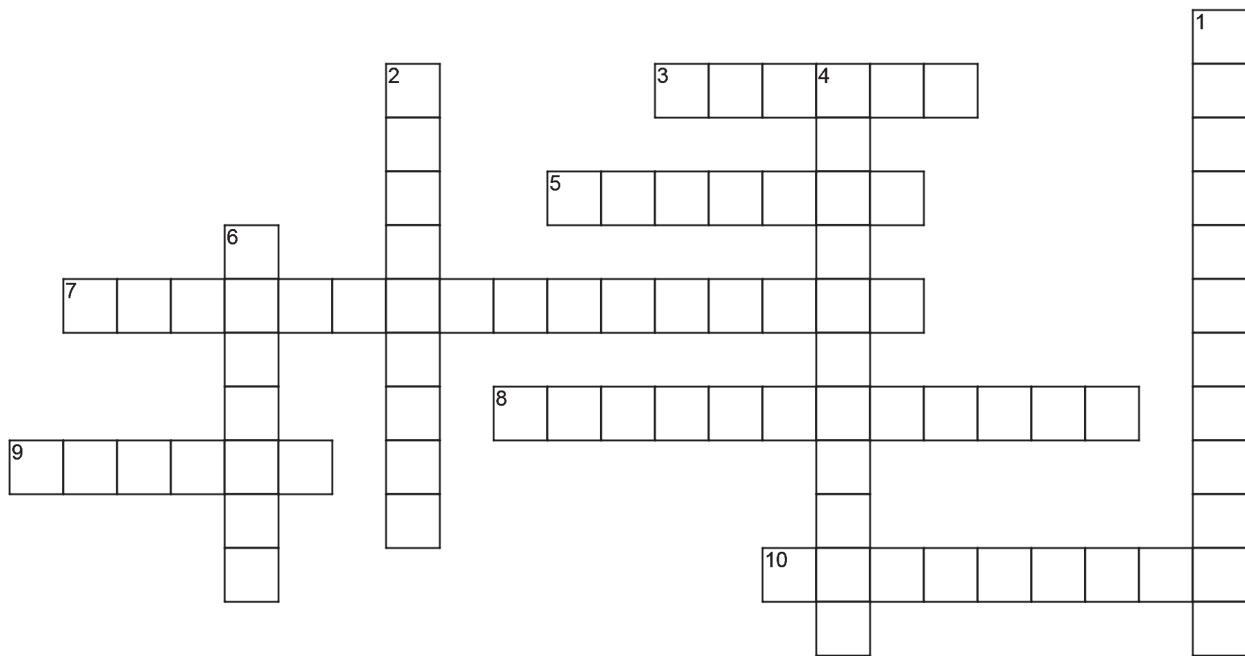
Ingredients

- 1 Bunch Broccoli, chopped
- 2 large Eggs
- 1 Cup Mayonnaise
- 1 10oz can Cream of Mushroom Soup
- 1/4 Cup Grated Sweet Onion
- 2.5 Cups Sharp Shredded Cheddar
- 1/2 cup Bread crumbs
- Dash Salt and Pepper

Instructions

- Preheat oven to 350. Steam Broccoli in salted water until crisp tender. Drain.
- Combine eggs, mayo, soup, and onion.
- Fold in broccoli, 2 cups of the cheese and pepper.
- Spoon into a lightly greased 13x9x2 baking dish.
- Bake for 30 minutes.
- Top with crumbs and remaining cheese, bake 10 more minutes
- Servings: 5
- Cook time: 30 mins

Fourth of July Crossword



ACROSS

3. An outing or occasion that involves taking a packed meal to be eaten outdoors.
5. The Statue of _____.
7. _____ was the first president of the United States of America.
8. Consists of thirteen equal horizontal stripes of red alternating with white, with a blue rectangle bearing fifty small stars.
9. A public procession, especially one celebrating a special day or event.
10. The Fourth of July is considered a _____ holiday.

DOWN

1. The Declaration of _____ was adopted on July 4, 1776.
2. A device containing gunpowder and other combustible chemicals that causes a spectacular explosion, used typically for display or in celebrations.
4. Independence Day is the _____ of the United States.
6. Independence also means _____.

Exciting Fitness Opportunity!

Our 5-year Balance & Stability and Walking instructor, Joanie Belle, will be rolling out new exercises for all of her Tuesday, Thursday and Friday classes. She will be adding new exercises in this educational series that will help you prevent falls or the risk of falling anywhere anytime.

The Fall Prevention program is 10-week series and requires your attendance for that duration. If you are already taking Joanie's classes, then this should be a welcome addition to your training. If you think you would like to commit to doing this, please register in our office. Start date will be Tuesday, July 9 at 10 a.m.

LINDA continued from page 1

who are served by Heritage Place. She feels a strong desire to offer input into all that is done at Heritage Place.

Before Linda retired, she worked as a Librarian. She was responsible for outreach programs at Indianapolis Public Library (IMCPL), reference desk at Butler University and conducted business research for the Chamber of Commerce. She has served on the boards of BTNA and the Indiana Writer's Center. While at the Chamber of Commerce, she developed sensitivities to all perfumes, scented products, newsprint, etc. and was deemed disabled for the next six years. But life was not over. She set out on an adventure that would take her to places with clean, outdoor air.

Linda purchased an electric motor home, put her belongings into storage and set out across the United States. She interviewed more than a hundred people about their lives and spiritual journeys. Then she published a book about those

experiences titled, "Mystics, Me and Moby: A Spiritual Road Trip." Through it all, she learned very important life lessons. It came to her that her mission in life is to be a presence of Love to anyone she encounters. She will tell you that she is certainly not "Saint Linda," and "As soon as you think you're perfect, you have to start working on perfectionism." The year-long solo trip was healing for her. She spent time seeing this beautiful country--camping, hiking, perched on rocks next to flowing streams; she learned to connect with and listen deeply to people with a variety of experiences. Today, she is active in her church and enjoys writing and revising poems. Some have been published in respected journals like Tipton Review and New Laurel Review as well as in several anthologies and now including Heritage Place (found in the newsletter). Her own book of poems is "What Happiness Required."

When Linda is not at Heritage Place,

she keeps in touch with her two sons who live in opposite ends of the U.S. (Michigan and Texas). With her partner of 18 years, Ed Morris, she enjoys birdwatching. She loves being an extra Grandma to a 6 month old baby who is 16 pounds of fun one day each week.

When asked why anyone should come to Heritage Place, Linda immediately states, "There is such a balanced choice of different things to do. The activities are good for body, mind and soul, from foot to brain, there are muscles to build. There is such a sense of friendliness in the community that is really important to everyone's health and wellness. It's definitely growing and the need for programs like Heritage Place will continue to grow well into the next several centuries. She is thankful for her good health and wellness and attributes much of that to Heritage Place. At 80 she is grateful to be alive, celebrating this amazing earth in all its diversity and a special Birthday this month! Happy Birthday!

CHRISTINA continued from page 1

tentimes gets forgotten about and overlooked. Seeing the smiles on the faces of members when I visit Heritage Place; seeing the Ladies of the Dance – that is what keeps me going.

What would you like to share with anyone who is thinking about becoming a member, a volunteer or board member of Heritage Place?

Just do it. You will meet people from all walks of life and have opportunity to give back to the community. It is a wonderful organization and I am proud to have been a long-time board member.

What would you like to see Heritage Place do and offer the community in

the next 5 to 10 years?

I would like to see Heritage Place have more recognition in the community and begin offering services not just in the mid-town area, but across the city.

Who has had the most impact in your life and what wisdom did they impart that has helped you in your life's work and for the community at large?

This is a hard question! I would have to say my dad's step-dad. My biological grandfather passed away before I was born and my dad's step-dad was a major part of my life since I was very little. He really pushed my siblings and me to do our very best. I still remember my older sister talking to him one day

(before she was getting ready to go to college) about what she wanted to study. She said she wanted to be a nurse. His response was, why a nurse? Why not be a doctor (which she ultimately did)?! He did the same with me. Every time I had any hesitation or reservation about doing something, he always questioned why and gave me the confidence to pursue the grandest aspiration I had.

Thank you Christina for your commitment and years of hard work on behalf of all members of Heritage Place! Your efforts and many contributions will carry us for years to come.



July 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 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	3 10:00 Total Body – Chair Aerobics 11:30 Spanish Class 12:00 Learn and Play Bridge
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 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 1:30 Bingo Lunch hosted by Crestwood Village and Humana	10 10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 Spanish Class 12:00 Learn and Play Bridge 1:00 Legal Assistance – by appointment 1:00 Sign Language class
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 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	17 10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies Class 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 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	24 10:00 Total Body – Chair Aerobics 11:00 Overcoming Cellphone Phobia 11:30 Driver Safety Course 11:30 Spanish Class 12:00 Learn and Play Bridge 1:00 Legal Assistance – by appointment 1:00 Sign Language class
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 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	31 10:00 Total Body – Chair Aerobics 11:30 Spanish Class 12:00 Learn and Play Bridge

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	
4		5	
Heritage Place Closed		Heritage Place Closed	
11		12	
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	
18		19	
9:00 Foot Care with Deb Ryan 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	
25		26	
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 Computer Class: Technology Club 12:00 Friday Open Bridge Club 1:00 Sewing	
<div><div><div>July Birthdays of 2019 members</div></div><div><div>Marilyn Cooksey 7/1 Sheryl Miles 7/1 Arleen Posley 7/3 Frazier King 7/3 Joanie Belle 7/4 Rita Tipple 7/5 Daisey Evans 7/5 Vonzella Howard 7/6</div><div><div>David Litsey 7/7 Thomas Bridgewater . . . 7/7 Deborah Bradley 7/7 Margie Ford 7/14 Evelyn Turner 7/15 Evelyn Morford 7/15 Linda Lee 7/17 Christine Scott 7/23</div><div><div>Lloyetta Warren 7/25 Carolyn Williams 7/29 Ruth Cosby-Taylor 7/29 Mary McElroy 7/31 Dianne Brown 7/31 Nona Dottery 7/31</div></div></div></div></div>			

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



Marian Carey with hats she knit for the Pacer's NCAA 2021 Tournament.

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**

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
On Summer Sabbatical until Friday, Sept. 6, 2019
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 and Wednesdays

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

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: \$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

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

AARP Smart Driver Course

Wednesday, July 24th

11 a.m. to 3:30 p.m.

Cost: \$15 for AARP and Heritage Place (HP) Members
\$20 for Non-AARP but HP Members
\$25 for Non-AARP and Non-HP Members.

Space is limited, so register now by calling (317) 283-6662.

**Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.*

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

New!

Mondays offer Open Bridge

12 noon to 3:30 p.m.

Group Leaders: Debbie Bouie,
Lila Okolo, Yolanda Wallace

Learn and Play Bridge

Summer 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

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.

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



Inspirational Studies Group working on a project.

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:

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



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.

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 crossword on page 6

AMERICAN FLAG
FIREWORKS
PATRIOTIC

PICNIC
INDEPENDENCE
FREEDOM

NATIONAL DAY
PARADE

GEORGE WASHINGTON
LIBERTY



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.



Harpists from Classical Music Indy perform for Heritage Place members at Spring Fling.

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

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

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

☐ \$1,500

☐ \$1,000

☐ \$500

☐ \$200

☐ \$50

☐ \$ _____

*Thank you
so much!*

☐ Gift by Check

Payable to Heritage Place of Indianapolis

☐ Gift by Credit Card

☐ monthly gift ☐ one-time gift

☐ MasterCard ☐ VISA ☐ Discover ☐ AMEX

Acct# _____

Exp. Date _____ 3-Digit Code _____

Heritage Place of Indianapolis, Inc.,

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

Visit us at:

www.heritageplaceindy.org

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

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



HERITAGE PLACE
of Indianapolis, Inc.
4550 N. Illinois St.
Indianapolis, IN 46208

Nonprofit Org.
US POSTAGE

PAID

Indianapolis, IN
Permit No. 9424

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.

Staff

Edward Alexander, Executive Director
Ann Homrighous, Home Services Manager
Gretchen Meitzler, Program Manager
Ellen Morley Matthews, Business Manager
Fred McDowell, Staff Assistant
Samuel Abron, Goodwill SCSEP

Heritage Place

4550 North Illinois Street
Indianapolis, IN 46208
(317) 283-6662
admin@heritageplaceindy.org
www.heritageplaceindy.org

Doors open 9 a.m. to 4 p.m. Monday – Friday

To receive this publication digitally, email us at
admin@heritageplaceindy.org.

To unsubscribe to this publication, please email your
name and address to admin@heritageplaceindy.org.

*"The art of being wise is knowing
what to overlook."*

– William James



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