



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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Meet member and instructor Madora Lewis

Have you been to a Knitting and Crochet class yet? Did you know that Miss Madora Lewis has been teaching that class for the last 12 years? Not only does she crochet for fun but if you trace Madora's steps to Heritage Place, you will learn that she started out line dancing at Shirley Ward's line dance classes! Madora really enjoyed the dance classes and then found out there was more offered at Heritage Place... like art, painting, Spanish classes, etc." After Heritage Place learned of Madora's knitting and crochet skills, the rest is history ... she now teaches students how to knit or crochet for causes like hats for Riley Children's Hospital, The Pacers organization and hats and mats for the homeless.



Prior to retirement, Madora worked for IPS for 42 years. She did everything from being a teacher to guidance counselor, to Vice Principal to Assistant Principal at Arsenal Tech then Howe High School where she later became the school Principal. After the district divided into 5 regions, she became the Regional Director for schools like Crispus Attucks, Martin Luther King, Manual, and at one time, was

MADORA continued on page 7 ➔

Meet Board Member Jonathan Sundheimer

Jonathan learned of Heritage Place through a program called Leadership United, which connects local professionals to nonprofits throughout central Indiana. He became interested with Heritage Place because it was located so close to Butler University, his alma mater, and he sees the real opportunity for connectivity with the university. Second, and more importantly, he realized the great impact Heritage Place had on the community. The population of Indiana is getting older and people are living longer. There must be a means to keep this growing community active and engaged. Heritage Place has been doing this, and is continuing to do this. The services that Heritage Place provides are becoming more and more necessary. Realizing this, Heritage Place is a great cause to champion.



His favorite project has been helping with Hoosier Heritage Night where great Hoosiers are recognized for their impact on the community. Currently, he is working on the Trivia Bowl committee. Trivia Bowl is a friendly competition for everyone on subjects like music, food, Hollywood, sports, etc. Questions are geared over many decades. It's not just a test of what you know or can recall individually, its team based so that everyone has a good chance of offering a right answer. We eat, we laugh, we test our intelligence, and we raise funds for Heritage Place. The top

JONATHAN continued on page 7 ➔

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FROM THE OFFICE OF OUR EXECUTIVE DIRECTOR

September Song

One of my favorite lyrics of song comes from a Kurt Weill standard, "September Song". You might know it? It was popularized best by Ella Fitzgerald, Bing Crosby, Frank Sinatra, and later, by Willie Nelson. The line in the chorus "when autumn weather turns the leaves to flame" always struck me as cathartic. You know, September rolls in hot as blazes, and often, if we are lucky, we might have a few cooler days with a touch of color by the end of the month. It's just the best time of the year!

Here at Heritage Place, September is pretty special, too! Many of our popular classes and programs return after a well-deserved hiatus. New activities and opportunities are launched, and, as you will read in this issue of *The Informer*, plans are well underway for one of the most popular Heritage Place events, the 11th Annual Heritage Place Trivia Bowl Challenge!

Why is trivia so popular? It's just a wonderful way for people to have a good time, meet new friends, learn about Heritage Place and maybe, just maybe, win the coveted Trivia Trophy! As an autumn tradition (at least for the last 11 years), you can count on meeting people from all over Central Indiana, while the event supports and celebrates Heritage Place. You will be sure to enjoy great food, terrific prizes and who knows, you might win that coveted trophy!

This year's 2019 Trivia Bowl event is on Thursday, November 7, 6 to 9 pm and will again be at St. Paul's Episcopal Church, 6050 N. Meridian Street. If you would like to form a team, play as an individual or be an event volunteer, give us a call at Heritage Place (317) 283-6662, and we can give you more information.

Have a great September, and thank you for being part of the Heritage Place family!

Edward Alexander, Executive Director



Save the Dates

Life in the 3rd Quarter Planning

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

Wednesday, September 11
Noon to 2 pm

Come learn about Medicare, Estate Planning, End of Life Planning and Funeral Planning. Hear from the experts. Evergreen Crossing, SHIP, Neighborhood Christian Legal Clinic (NCLC), Heartland Hospice and Newcomer Funeral Services.

Lunch is provided by Newcomer Funeral Services

Register in the Office!

Trivia Bowl

Pull your team together on **Thursday, November 7** and come play from 6 to 9 pm. We will again be at St. Paul's Episcopal Church, 6050 N. Meridian Street. You can play on your own team, join a team, play as an individual or be an event volunteer. Just give us a call at Heritage Place (317) 283-6662.

September Song

By Kurt Weill and
Maxwell Anderson

But it's a long, long while
From May to December
And the days grow short
When you reach September

And I have lost one tooth
And I walk a little lame
And I haven't got time
For the waiting game

And the days turn to gold
As they grow to few
September, November
And these few golden days
I'd spend with you
These golden days I'd spend
with you



Ladies of the Dance Line Dancers having fun at the State Fair!



2018 Trivia Bowl Winners Sue and Greg Holbrook.

2019 Holiday Closure Dates

Labor Day

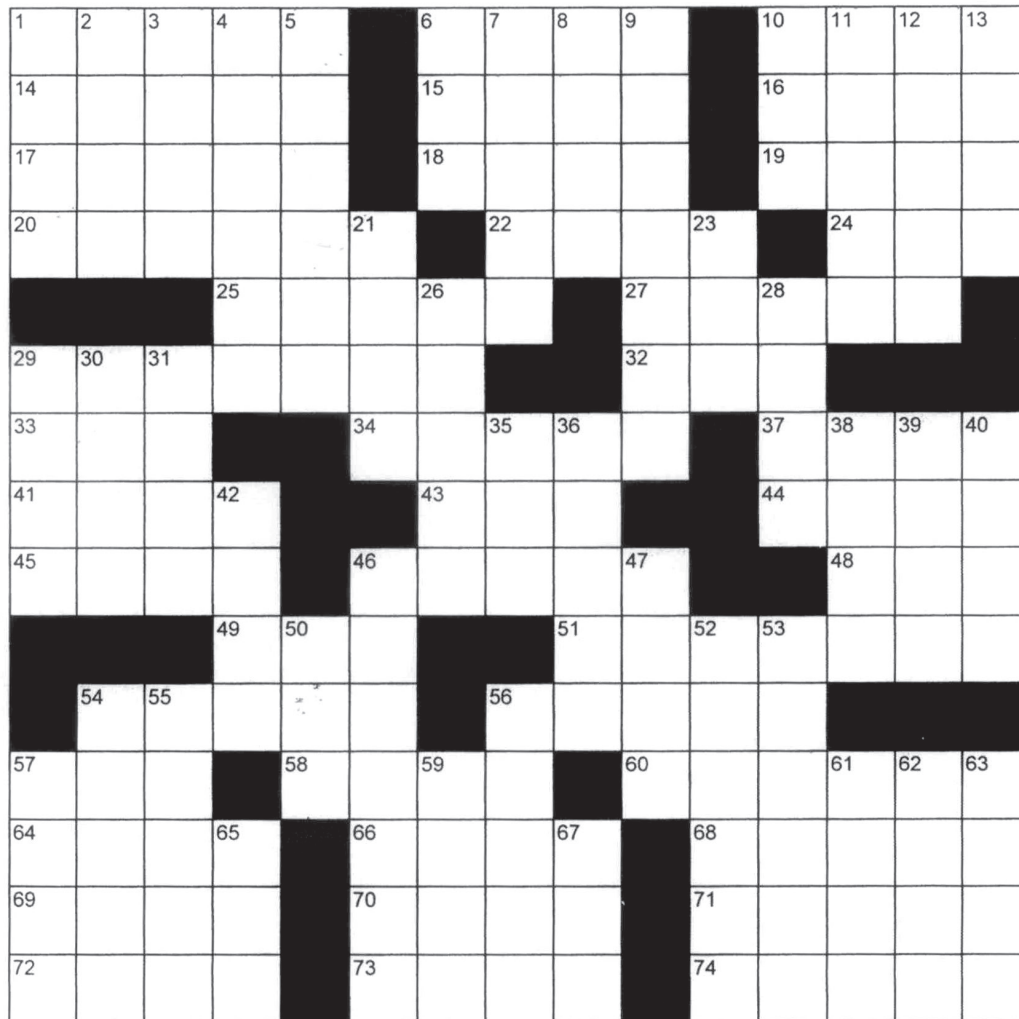
Monday, September 2

Thanksgiving

Thursday–Friday, November 28–29

Christmas/New Year's

Tuesday, December 24–Wednesday,
January 1, 2020

**ACROSS**

- 1 Teacher
6 Baby powder
10 Aurora
14 What people do in their sleep
15 Continent
16 Notion
17 Speak without preparation
18 Covered with ice
19 Inane
20 Cowboy shows
22 Bucks wives
24 Lingerie
25 Hanging knot hangman's rope
27 Smelled
29 Overeater
32 Big Apple (abbr.)
33 Possessive pronoun
34 Racket
37 At sea
41 Omelette need
43 Compass point

- 44 Hook part
45 Stink
46 Bidden
48 Chest bone
49 Terror
51 More fortunate
54 Strong rope fiber
56 Radical
57 Danish krone (abbr.)
58 Stable gear
60 Small farer
64 Long time
66 No
68 Having wings
69 Cover the interior
70 Tiny branch
71 Metric weights
72 Institution (abbr.)
73 Yin's partner
74 Trims

DOWN

- 1 Tyrant
2 Reverse
3 Spoke

- 4 East
5 Turn on the computer, again
6 Sticky black substance
7 Side note
8 Stretched car
9 _____ pepper
10 Division (abbr.)
11 Mud brick
12 Unearthly
13 Naught
21 Anon
23 Chinese sauce
26 Winter time precipitation
28 Replace a striker
29 Movie ____
30 Sled
31 Goad
35 Pen stuff
36 Bloat
38 Dress
39 Canal
40 Shorten (abbr.)
42 Skier's need

- 46 In abundance
47 Tax
50 Damage
52 Squeaks
53 China clay
54 Bundle of yarn
55 Wrinkle removers
56 Remove pins from
57 Painter of melting clocks
59 Hawkeye State
61 African nation
62 On top
63 Loch ____ monster
65 Gauze
67 Poached food

(compliments of ASC)

Home Services

Home and Yard Groups Breaking Tradition

What do you do with H&Y volunteer service groups when it's pouring down rain or simply too hot to work outdoors in the afternoon? Our solution is to send them to a Heritage Place class for an intergenerational experience and to see if they can keep up with our members!



Home Services Volunteers learn to Belly Dance with the Heritage Place students.

On a rainy day after working on site doing indoor projects, one of the Week of Hope groups attended the Senior Urban Line Dance-Golden Line Dancers class. We haven't decided who had more fun; the members or the teenagers?



IndyFluence volunteers take time for Judy Hanna's Belly Dance Class

On a very dangerously hot day our Indyfluence college interns joined the Belly Dancing Aerobics class in the afternoon. We have some priceless videos and these new students were as serious as the seasoned dancers.

On both occasions we heard some heavy breathing from our younger generations and comments they could barely keep up! They were rather surprised and the members were eating it up. What a great demonstration our members don't just sit around. Love it there were participants ranging from teens to 90's. When our members work out they mean it!



IndyFluence makes a difference for Heritage Place Home & Yard Work Recipients



Week of Hope students provide assistance for Barbara Boyd



Senior Pilgrim Volunteers assist with yard work

SHIP

Are you a new beneficiary to Medicare? Or maybe you have been receiving Medicare benefits and want to look at other Medicare options? Medicare choices can be very confusing and Plans change every year. A SHIP counselor can help you compare options so you can make the best informed choice for yourself. 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.

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.

Open enrollment will be October 15 to December 7, 2019 to make changes for 2020. Appointments are limited so call Heritage Place at (317) 283-6662 to schedule ahead.

SHarP Community Garden

Heritage Place is growing lemon balm, curled parsley, dill, rosemary and sweet basil. Herbs are aromatic, savory and great for culinary purposes. If you don't like to cook, put a bouquet of herbs in a vase and simply enjoy the aroma. Look for cuttings on the hallway cart to enjoy.



Here are some uses for these fragrant and tasteful plants:

Lemon Balm: Salads, fruit salads, tea, marinated chicken or fish and used to flavor baked goods and jams.

Curled Parsley: Parsley is more than a garnish! Use it in soups, sauces and to flavor vegetables or salad.

Dill: Great on vegetables, in soups, fresh baked bread, flavor vinegar, and potato salad.

Rosemary: Soups, casseroles, salads, stews, use with chicken, pork, steaks or fish.

Sweet Basil: Pesto, tomatoes, chicken, eggs, fish, and pasta.



Collards for the Food Pantry



Herb Bed

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, paying bills, or simply need some company. The program is focused on helping seniors live independently longer and provide assistance to family caregivers. Call Ann Homrighous, Home Services Manager, at (317) 283-6662 to request a senior companion or to see about becoming a senior companion.

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

Look what's "Cooking" at Heritage Place!

Do you enjoy books and do you enjoy cooking? If so, there is opportunity for you! Heritage Place will soon be working on a "Heritage Place Cookbook!"

Our Cookbook will be a collection of recipes from our members, for our members and friends of Heritage Place. To do this, we are forming a Women's Auxiliary Committee to make this project fun, easy and successful.

If you are interested in participating in the auxiliary and/or want to submit your recipes, please stop by the office to register. You will be contacted by Marty Montgomery with more information.



Victoria Ehlerding with TouchPoint, Joe Phillips, our VITA Tax Volunteer and Lisa Shneekloth with CICOA present Joe with the Marion County Volunteer of the Year Award.

Joe Phillips wins Marion County Volunteer of the Year Award

At the Marion County Council on Aging (MCCOA) meeting in August, the council presented another Marion County Volunteer of the Year Award to Joe Phillips for his outstanding volunteer service to Seniors during the 2018 VITA tax season. Joe was known for going above and beyond to help seniors complete their taxes by the tax deadline. He often worked on them until midnight to ensure a 24 hour submission and was willing to help resolve tax issues, long after tax season was over. In June, Joe was recognized and honored by CICOA at their statewide Volunteer recognition event.



Volunteers make an impact

Second Helpings volunteers delivered 2,436 pounds of food with an estimated value of \$4,555 for the 2018-19 fiscal year.

Slow Cooker Moo Shu Chicken

Ingredients

- 1/2 Cup Hoisin Sauce
- 2 Tbsp Water
- 4 tsp Toasted Sesame Oil
- 1 Tbsp Cornstarch
- 1 Tbsp Reduced-sodium Soy Sauce
- 3 Large Minced Garlic Cloves
- 1 16-oz Pkg. Shredded Cabbage Coleslaw mix
- 1 Cup Shredded Carrots
- 2 Small Sliced Red or Green Onions
- 12 oz Boneless, Skinless Chicken Thighs
- 6 – 8" Whole Wheat or Multi-grain Tortillas

Instructions

In a bowl combine Hoisin sauce, water, sesame oil, cornstarch, soy sauce and garlic

In a 4 qt. slow cooker, combine cabbage mixture and carrots. Cut chicken into 1/8" slices and cut in half lengthwise. Place chicken on top of cabbage mixture. Drizzle with 1/4 cup of the Hoisin sauce mixture.

Cover and cook on low for 6 hours or on high for 4 hours. Stir in remaining Hoisin mixture halfway through.

Spoon chicken onto warmed tortillas. Top with extra green onions.

Servings: 6

Per Serving:

269 Calories, 8 g Fat (1 g Sat. Fat), 54 mg Cholesterol, 579 mg sodium, 34 g carbs, 5 g fiber, 16 g protein

Answer key for Crossword on page 3



Sneeze, Cough, Watery Eyes – Allergy Season Continues!

By Sam Abron

Fall allergy season ends after the first frost but until then, here are a few facts and home remedies to help you through this season.

An allergy is essentially the immune system's over-reaction to an "allergen" when it comes in contact with pollen, plants, pets, insects and medications, anything that inflicts stress on our immune system. Some of the most common al-

lergens cause irritations to our eyes, ears, nose, skin and throats. In addition to the usual over-the-counter medications, a few simple home remedies can offer some relief:

- Anise, Fennel, Horseradish and Hot mustard can act as natural decongestants
- Vitamin C can help with itchiness and hives as it inhibits histamines

- Almonds, cashews, wheat bran and kelp provide magnesium that acts as an anti-histamine and calms bronchial tubes
- Cold water fish like salmon (rich in omega 3 fatty acids) has been shown to reduce swelling

One sure way to improve the negative effects of allergies is by improving your diet and adding fruits and vegetables daily!•

MADORA continued from page 1

responsible for 19 schools. She knew she could really make a difference and wanted to make things better but it had to be a collective effort. "The goal was to get the team to believe what I believed." She viewed learning on a continuum and started the development process by first identifying the problems; things that interfered with learning (like safety, tardiness, eliminating learning disruptions between semesters and class room structures) all affected test scores. A few simple changes in class start times, creating intercession activities and creating a culture that was safe and fun made all the difference in improving test scores. There was no such thing as an "accelerated" program because EVERYONE was going to experience accelerated courses. The outcome worked in Madora's favor and her school was removed from a probation status, test scores were up and she cre-

ated a positive culture for learning. Her motto was "Don't complain unless you have something to offer."

If Madora wasn't at school, she was raising her three children - Two girls and a boy. They are now into their 50's and she now has 5 grandchildren and 5 great grandchildren. Today, they do fun things like paint ornaments, build gingerbread houses or take a vote to decide that it's better to make the gingerbread and eat it before the house is made. Madora observes that when her son was growing up, he loved trains but kids today love phones. She said, "When they come over, I take away their phones and we read or go bike riding, swing on swings or play with dolls and they learned to swim – I am certain that they all can float."

In her spare time, Madora bowls in a bowling league. Her fall/winter league will start soon and last year her team came in 1st place; her personal best

score was 165. If she isn't bowling, she is traveling to exotic places like Alaska, England, France, Paris, Germany (and saw the Berlin Wall), Austria, Australia, Egypt (and saw the Pyramids), Spain, Italy, China, Turkey, Africa (South and Ghana). When she travels, she goes there to learn something about the country and the people who live there. She tries to view each country through a clear lens and their personal perspectives without any cultural expectations.

Have you been to a Knitting and Crochet class yet? Madora will say, "It's not too late to learn." She always tells her friends that there are lots of things to do at Heritage Place. People are friendly, classes are supportive of each other. The facility is well kept. Staff are pleasant and the membership fee is affordable! It's not a day care... but you can walk, run, come with your wheelchair or cane and you'll be guaranteed to learn something or just have fun. •

JONATHAN continued from page 1

three teams walk away with prizes. Worst case scenario, you may learn something.

During the weekday, Jonathan has been practicing law since 2010 and is a partner at Barnes & Thornburg LLP. His work is in the Finance, Insolvency, and Restructuring, which means if you loan money or are owed money, he could represent you.

In his spare time, he tends to his two girls, Harper, 6, and Quinn, 5. While they keep him busy, there is no one he would rather have ice cream with.

When asked about his vision for the future of Heritage Place, he states, "I would like Heritage Place to continue expanding, offering more and more services to more and more individuals. I would like to see the participants of Heritage Place become more and more

involved in the community, continuing to give back. Whether this means tending to the community gardens or making at-home visits to members that have difficulty with mobility, I think Heritage Place members have amazing gifts to share. Heritage Place should be the community's point of contact for engagement, for development, and for a continuing opportunity to allow members to give back to the community." •



September 2019

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

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>CLOSED to observe LABOR DAY</p>	<p>3</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 2:00 Silver Foxes Still Rock'n It Line Dance 3:30 Learn and Play Chess</p>	<p>4</p> <p>10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Overcoming Cellphone Phobia</p>
<p>9</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Ballroom Dancing 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>10</p> <p>10:00 Fall Prevention Program 11:00 Mind and Body – Senior Yoga Class 12:00 Learn and Play Bridge 12:15 Bingo Lunch hosted by Crestwood Village and Humana 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 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>11</p> <p>10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 12:00 Life in the 3rd Quarter Panel Discussion</p>
<p>16</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Ballroom Dancing 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>17</p> <p>10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:00 Learn and Play Bridge 12:30 Piano Lessons (<i>see details, page 13</i>) 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It Line Dance 3:30 Learn and Play Chess</p>	<p>18</p> <p>10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:30 Spanish Class 11:30 SHIP – By Appointment Only</p>
<p>23</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Ballroom Dancing 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>24</p> <p>10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:00 Learn and Play Bridge 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 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>25</p> <p>10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Overcoming Cellphone Phobia</p>
<p>30</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Ballroom Dancing 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>Save the Date</p> <p>Trivia Bowl</p> <p>Thursday, November 7 6 to 9 pm.</p> <p>St. Paul's Episcopal Church 6050 N. Meridian Street. Call (317) 283-6662 to register your team.</p> 	

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Indianapolis, IN 46208

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EMAIL admin@heritageplaceindy.org



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
5		6	
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 12:00 Friday Open Bridge Club 1:00 Sewing	
12		13	
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: Topics in Technology 11:00 Tai Chi 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet	
19		20	
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: Topics in Technology 11:00 Tai Chi 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet	
26		27	
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: Topics in Technology 11:00 Tai Chi 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet	



September Birthdays
of 2019 members

Beverly James. 8/17
Michael Uggen. 9/1
Pamela Perkins. 9/2
Marcia Gorrill 9/4
Paula Saffire. 9/5
Jeri Shipp 9/5
Joyce Ferguson. 9/7
Pamela Allen 9/8

Georgina Anderson 9/8
Edna May. 9/8
Flora Bryant. 9/10
Catherine Brown 9/16
Carol Allender 9/19
Evelyn Keels. 9/19
Georgia Armstead 9/23
Jacquelyn Cain. 9/23

Lucia Wellington 9/23
Dale Clay 9/24
Benedetta Holder 9/24
James Donelson 9/26
Mary Gillot 9/26
Harold Bickham. 9/28

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



Knit & Crochet class works on projects

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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**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 an instructor fee and a nominal Heritage Place fee of \$5 per class.

Arts & Crafts

Knit, Loom Knit and Crochet for a Cause

Fridays: 11 am to 1 pm

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, the Pacers or individuals who are homeless, this class will provide all the opportunities to create and contribute.

Cost: FREE for Members

\$5.00 for Non-members

(Additional fees for materials as needed)

Sewing

Fridays: 1 pm to 3 pm

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

You've heard the saying "exercise is the best medicine," right?

Did you know that exercise can reduce your risk for 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. It referenced in the journal Brain, Behavior, and Immunity that just 20 minutes of moderate exercise activates your sympathetic nervous system, which releases hormones into your bloodstream and boosts your immune system. 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?

We now offer Silver Sneakers, Silver & Fit, Active & Fit, UHG's Renew Active and now PeerFit 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.

Chair Aerobics

Mondays, Wednesdays and Fridays: 10 am to 11 am

Instructors: Colela Bouye and Joanie Belle

This very popular one-hour workout offers a solid low-impact cardiovascular workout, set to up-tempo music. Whether you choose to sit or stand to work out, expect to increase your stamina, muscle strength, endurance and flexibility. Fitness bands, small hand-held weights or any extra equipment may be used. Instruction can be tailored for adults with limited mobility or confined to a wheelchair.

Cost: There is a nominal class fee of \$1 per class or \$5 per month that may be paid for by your advantage or supplement insurance fitness program. Stop by the office for details.

\$5.00 for Non-Members

Mind and Body Senior Yoga

Tuesdays: 11 am 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 joints and exercise our muscles while others include still positions to gently stretch a particular set of muscles. Breathing and relaxation techniques are taught to help 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 free standing or while holding onto a chair for support. Students who are unable to stand can participate in postures with adaptations.

Cost: There is a nominal class fee of \$3 per lesson that may be paid for by your advantage or supplement insurance fitness program. Stop by the office for details.

\$5.00 for Non-Members

Fall Prevention Program

Tuesdays, Thursdays and Fridays: 10 am to 11 am

Instructor: Joanie Belle

The final weeks of fall prevention exercises wraps up this month. Movements taught in class are designed 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: There is a nominal class fee of \$3 that may be paid for by your advantage or supplement insurance fitness program. Stop by the office for details.

\$5.00 for Non-Members

Tai Chi

Fridays at 11 am to 12 noon

Instructor: Carolyn Meeker

This unique class is designed to help with movement while alleviating pain and stiffness often associated with arthritis and other joint conditions. A chair may be used for balance and support.

Cost: There is a nominal class fee of \$3 that may be paid for by your advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members

Line Dance Groups

Senior Urban Line Dance – Golden Line Dancers

Mondays: 12 noon to 1 pm

Lead by Shirley Ward

This senior urban line dance group is for both men and women. Learn the latest dances and participate in community performances at community events like the Indiana State Fair!

Cost: There is a nominal class fee that may be paid for by your advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members
(Modest fee for performance T-Shirts)

Ballroom Dancing

Mondays: 11 am to 12 noon

Instructor: Todd Travis

If you have always wanted to learn how to ballroom dance, now is your opportunity! Whether you are a beginner or have had training, this class will surely help you define and refine your skills. Register in the office or stop by for details.

New!

Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dancers

Tuesdays: 2 pm to 4 pm

Instructor: Linda Oglesby

The Silver Foxes are still Rock'n It! Whether you are a beginner or more advanced in your skills, you can learn dance moves that will help with balance, coordination and memory. Opportunities are available to perform in the community at the Indiana State Fair and health fairs! Stop by the Heritage Place office to learn more!

Cost: There is a nominal class fee that may be paid for by your advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members
(Modest fee for performance T-Shirts)

Ladies of the Dance Line Dancing

Thursdays: 11 am to 12 noon

Instructor: Kathy Rucker

Learn the latest line dances set to popular music. Review and

Prepare for community performances at the Indiana State Fair, Indiana Black Expo and other venues.

Cost: \$3.00 for Members

\$5.00 for Non-members

(Additional cost for Costumes and Accessories)

Ladies of the Dance Line Dancing

Thursdays: 12 noon to 1 pm

Practice Leader: Katie Davis

Practice 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: \$3.00 for Members

\$5.00 for Non-members

Belly Dancing Aerobics

Thursdays: 2 pm to 3 pm

Instructor: Judy Hanna

Want a more rigorous workout? Belly dancing offers the same level of aerobic activity that a standard aerobics class offers and builds upon coordination and memory skills. Once you learn all dance routines, you will be ready to perform at annual community events like the Indiana State Fair!

Cost: \$20 for six weeks for Members

\$50 for six weeks for Non-members



Computer Training

Presented by

IUPUI Computer and Information Technology

Overcoming Cell Phone Phobia

**First and Third Wednesday of each month
11 am to 12 noon**

Instructor: Nolan Taylor, PhD

Indiana University Kelley School of Business

Bring your cell phone and your questions!

Cost: Free for Members

\$5 for Non-Members

Topics in Technology

Instructor: Sally Caitlin

Fridays: 11 am to 12:30 pm

Have fun with IUPUI Technology Team as you learn and discuss a variety of new topics weekly. Hands-on learning using cell phones, e-readers, tablets or your own device. Topics include but are not limited to: current events, scams on the web, web security, social media (Facebook, Instagram, Twitter, Pinterest), job search tools, Google and G-mail, videos and games, health & technology.

Laptops and a limited number of iPads, tablets and kindles are available. Bring your own device.

Pre-registration is required as space is limited.

Classes run for 11 weeks.

Cost: Free for Members

\$10 for Non-Members

Using the Internet

Instructor: Sally Caitlin

Fridays: 1 pm to 2 pm

Explore the many ways to search and use the internet. Great personal hands-on learning for all technology levels.

Laptops and a limited number of iPads, tablets and kindles are available. Bring your own device.

Pre-registration is required as space is limited.

Classes run 11 weeks.

Cost: Free for Members

\$10 for Non-Members

Social and Enrichment Activities

Duplicate 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 include brain exercise that can delay the on-set of dementia, socializing with old friends, making 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

Monday Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda

Wallace, Cassandra Wallace and Duane Brolin

Learn & Play Bridge

Tuesdays: 12 noon to 3:30 pm

Group Leader: Charles Williams and Cassandra Wallace

Friday Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda

Wallace, Larry Cooke

Learn & Play Chess

Tuesdays: 3:30 pm to 4:30 pm

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: \$5 per class or \$15 for 4 weeks if you pre-register

\$10 per class for non-members

Genealogy Studies Group

Third Wednesday of each month: 10 am to 11 am

Instructor: Rick France

Discover your family history for yourself and generations to come! Imagine the new things you might learn about your past! The Heritage Place Genealogy Studies Group learns

research techniques, tips for how to document the facts, and getting it written down.

Cost: Free for Members

\$5.00 for Non-Members

Good Grief Talks from the Heartland

Fourth Thursday of every month: 10 am to 11 am

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

Class resumes September 9

Mondays: 11 am to 12:30 pm

Group Leader: Pastor S.J. Murray

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

Piano Lessons

Tuesdays: 12 pm to 3:30 pm – every half hour

Beginner or advanced, Robbie Edwards will help develop your musical talent!

Cost: Members \$10 per half-hour lesson

Non-members \$15 per half-hour lesson

Book Cost: \$10

Keyboard Cost (not required): \$60

Scrabble

Thursdays: 1 pm to 4 pm

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 am to 12:30 pm

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 various events throughout the year. This year, Heritage Place has offered tickets to Dance Kaleidoscope, Civic Theatre, Indiana Pacers, Indiana Fever, Indianapolis Indians, Home Shows, the Indiana State Fair and more!

2019-20 Civic Theater Performances will 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

Blue Members must register in the Heritage Place Office!
Doors open one half hour before show performance.

Center Services Daily, Weekly & Monthly

Blood Pressure and O2 Screenings

Third Thursday of the month, 2 pm

Presented by ASC American Village

Cost: Free for members

Book Lending Library

Available Monday through Friday, 9 am to 4 pm

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 pm

Second Helpings, as an ongoing partner, provided between July 2018 to June 2019, more than 2,436 pounds of food, an estimated value of \$4,555.32. Thank you Second Helpings for feeding our neighbors in need!

Cost: Free while items last



Corporate Partner Kiosk

Available Monday through Friday, 9 am to 4 pm

Partners provide valuable information and include IA AAA, 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.Pm

Call the office to make an appointment

Tuesdays 10:30 am to 3 pm

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 am to 4 pm

Cost: \$20.00 for members

\$25.00 for non-members



Legal Assistance

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 pm to 3 pm

Thursdays, 11:30 am to 1:30 pm

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 Anteple



Wilma Kidd



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.



Ladies of the Dance perform at the Indiana State Fair August 8.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

☐ \$1,500

☐ \$1,000

☐ \$500

☐ \$200

☐ \$50

☐ \$ _____

*Thank you
so much!*

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Heritage Place of Indianapolis, Inc.,

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

Visit us at:

www.heritageplaceindy.org

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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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*"No one is useless in this world
who lightens the burden
of another."*

– Charles Dickens



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you're supporting us.**