



Creating Opportunities
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Education & Learning
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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 Sharon Kidwell

When Sharon lived just 6 blocks away from Heritage Place, it was her friend Jinny who attended exercise classes at Heritage Place. At the time, Sharon was a full-time teacher. It was when she retired that she started coming – only because her friend, Jinny, said it was worthwhile.

Long before Sharon made it to Indianapolis, she lived in California. She was born in Los Angeles but she lived in different parts of California. Her father worked for a glass company that transferred the family a couple times. Upon graduation from High School, she joined the convent at Sisters of Notre Dame where she earned her Bachelor's Degree in teaching from Mount St. Mary's College of Los Angeles.

Living in Hollywood was an exciting place and it was common to see celebrities.



SHARON continued on page 7 ➔

Meet Board Member Lisa Watts

Lisa Watts has been a board member of Heritage Place for more than 4 years. She was referred by Shari Krutulis whose contagious passion for helping the community inspired Lisa to join.

Lisa is one of two chairmen for the Trivia Bowl Committee that takes place on November 7th. As Trivia Bowl is a major fundraiser for Heritage Place, it is by far, Lisa's favorite committee to work on. She said the fun questions they come up with and the excitement of competing within a team is exciting and all the knowledgeable people who attend is what makes it truly worth her time.

By day, Lisa serves as Branch Manager at Old National Bank. She has been there for 16 years and currently serves the Zionsville Community. When she is not at work, she is volunteering for Old National sponsored events or you might find her spending time with her friends and family.

With the growing need for services like those offered at Heritage Place, Lisa envisions a day when Heritage Place programs are offered in all four sides of town! It's a lofty goal but if we continue to do well at events like Trivia Bowl and continue to pursue new funding sources, this goal can soon become a reality.



Inside

Birthdays	5
Calendar	8
Center Services	14
Home Services	4
Membership	10
Weekly Class Descriptions ..	11

TRIVIA BOWL!

Pull your team together on Thursday, November 7, and come play from 6:00–9:00 p.m. We will again be at St. Paul's Episcopal Church, 6050 N. Meridian Street. You can play in 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.



FROM THE OFFICE OF OUR EXECUTIVE DIRECTOR

Embrace Your Traditions

All of us have traditions that we follow, no matter what. What are yours?

For me, this time of the year starts a whole string of traditions that dates back years. College football games, fall festivals, planting fall flowers, picking out that perfect pumpkin, and the best one...buying the first bag of Mellow Cream Pumpkin Candies (I've already had one bag this season)... Road trips to visit apple orchards, you name it, I probably love doing it! About Football. I grew up in a University town in East Central Indiana. No football team at my school. But Saturday afternoons were spent at the University football games. I don't remember assigned seating, we sat with our families and our school friends. I went to college at a large Southern University that had an enormous football stadium. I honestly had never experienced anything so energized and crowded in my life. We never won too many games, but the spirit and traditions were still strong.

Traditions are good for us. I recently saw a news story about a family that had passed similar sport spectating traditions over several generations. At great expense I suspect, as was a command performance for all the children and grandchildren to attend games at a university in a state that none of them lived. The family all said the tradition was really a historical reflection of their family. This is what traditions are. We had to learn them from someone, right? Of course it was from the elders in our family.

Lately I've been reading letters written between my Mother and Father while my Dad was serving overseas during WW II. In 1944, My Mother, in great detail, told my Dad of some of the rather mundane things she was doing. All of a sudden she mentioned preparations for fall activities that included the above mentioned trips to pick out a pumpkin and apple picking. BINGO. Perhaps this was the start of a tradition that I continue today!

Think about your traditions...things you do like clockwork. Maybe you use your best china on Sundays, maybe you make a special persimmon recipe that you remember from childhood? All kinds of things are traditions if you think about it. As I grow older, the more grateful I am to have actually learned about some of the special things that I now consider a tradition. Fun traditions always have a beginning. Remember to pass along your own fun traditions for future generations to enjoy!

We, too, have a couple of "traditions" at Heritage Place this time of year. In this issue of the Informer, you will again read about our **Trivia Bowl Challenge**, benefiting Heritage Place. It's an incredibly fun event that has become a tradition for many of the teams participating. So think about joining us on Thursday, November 7, 6:00 PM at St. Paul's Episcopal Church, 6050 N. Meridian Street, Indianapolis. You just might find yourself a new tradition!

Edward Alexander, Executive Director



Save the Dates

Trivia Bowl

Pull your team together on
Thursday, Nov. 7
and come play from

6:00-9:00 p.m. We will again be at St. Paul's Episcopal Church, 6050 N. Meridian Street. You can play in 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.



Observances in October

10/14	Columbus Day
10/16	Boss's Day
10/19	Sweetest Day
10/31	Halloween

2019 Holiday Closure Dates

Thanksgiving

Thursday–Friday, November 28–29

Christmas/New Year's

Tuesday, December 24–Wednesday, January 1, 2020

Did you know...

Do you have a cat? Did you know that CATS were kept on ships by ancient Egyptians for pest control and it became a seafaring tradition. It is believed that domestic cats spread throughout much of the world via sailing ships during the Age of Discovery (15th through 18th centuries). In English maritime law, a cat is still required for the "seaworthiness" of a vessel. It's an old and unenforced bit of common law which has been replaced by modern pest control techniques, but it's still funny to think how crucial cats were in facilitating international trade!

— submitted by Steve Rupp with
Keller Williams Realty

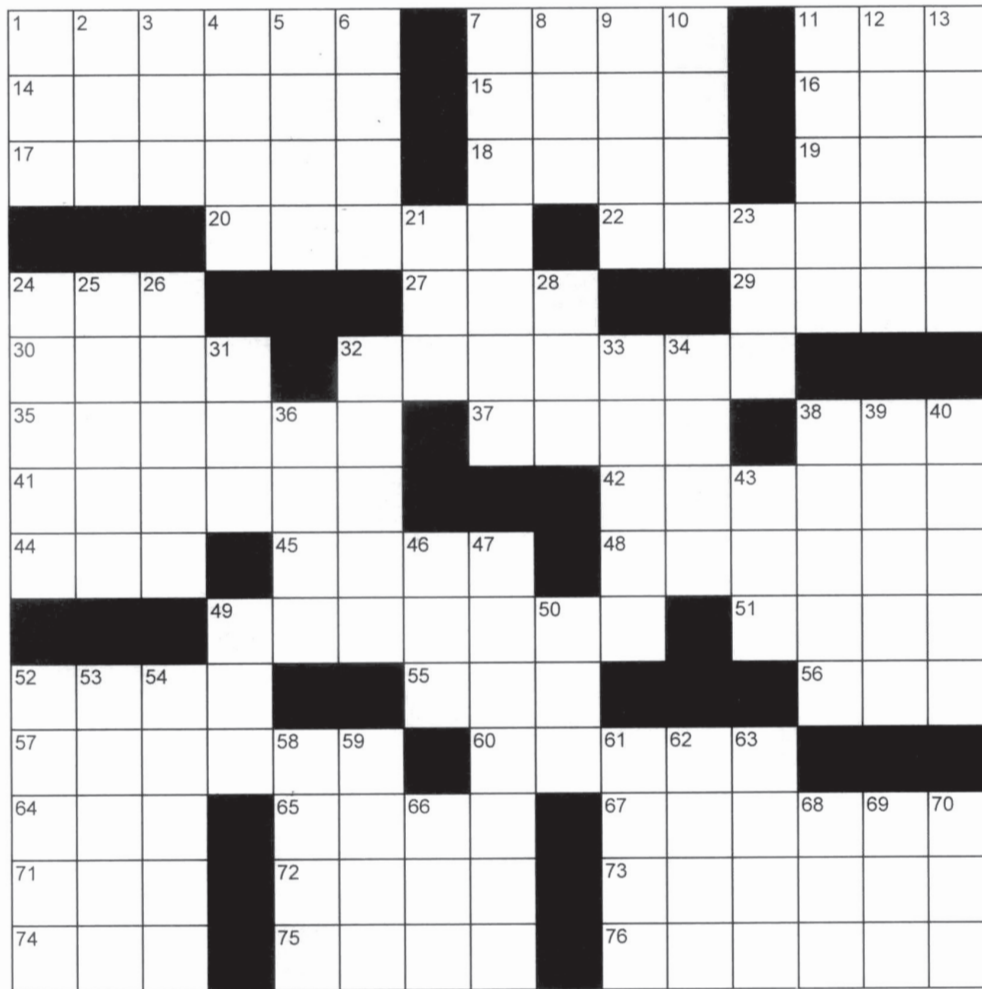
Look what's "Cooking" at Heritage Place!

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 want to submit your recipes, please turn them in to the office. If you are interested in participating in the auxiliary, please call us and I will share your information with Marty Montgomery, our Auxiliary Coordinator.

CROSSWORD 50



ACROSS

- 1 Seer
- 7 Foray
- 11 Weep
- 14 Hasty
- 15 Dr. Jekyll and Mr. ____
- 16 Status ____
- 17 Misrepresented
- 18 Bark
- 19 Card game
- 20 Burial chamber
- 22 Principles
- 24 Large computer co.
- 27 Extremely high frequency (abbr.)
- 29 To incite
- 30 Lack
- 32 Convicts
- 35 Holy tables
- 37 Wall support
- 38 Baboon
- 41 Entry
- 42 Woman supervisor
- 44 Pair
- 45 Heredity component

- 48 Sights
49 Ring
51 Ballet skirt
52 Lawyer (abbr.)
55 Lose moisture
56 East southeast
57 Most tender
60 Land
64 Tint
65 Mined metals
67 Breaks loose
dodges
71 Airport abbr.
72 African nation
73 Belie
74 Concord e.g.
75 Austin novel
76 Spell

DOWN

- 1 Bolus
- 2 Fear
- 3 Sign language
- 4 Stylish
- 5 Stare

- 6 Whirl
- 7 Patterns
- 8 Popeye's yes
- 9 Doing nothing
- 10 Department (abbr.)
- 11 Brief witty writing
- 12 Weight
measurement
- 13 Give a lift
- 21 Pigsty
- 23 In possession of
- 24 Awkward
- 25 Underneath
- 26 Railroad track
- 28 Chubby
- 31 Digital audio tape
- 32 Islands
- 33 Turgid
- 34 Swiss-like cheese
- 36 Anger
- 38 Reason
- 39 Rhymers
- 40 Prove
- 42 Make lace
- 46 Affirmative gesture
- 47 Europe and Asia

- 49 Grain
50 Big Apple (abbr.)
52 Fire residue
53 Vaunts
54 Handle
58 Few
59 Streetcar
61 Lacerated
62 Always
63 Soap Opera
66 Shade tree
68 Newsman Rather
69 And so forth
70 Behold

Home Services

Home and Yard Services

The home and yard project season is winding down. Heritage Place proudly partnered another year with Butler University for the Butler BITS (Bulldogs Into the Streets) to host a group of student volunteers to help one of our members. We are happy to be part of Butler's tradition.



Butler Bulldogs In The Streets (BITS) help member Bernard Wurger



Butler BITS helping with Yark Work

SHarP Community Garden

The Boulevard Place Food Pantry received 245 pounds of produce from SHarP Garden from April 19 to September 5. A variety of produce includes beans, beets, carrots, collards, cucumbers, dill, kale, lettuce, peppers, squash, tomatoes, turnips, turnip greens and zucchini. There are fall vegetables that like cooler weather still growing and producing. SHarP gardeners can barely get in the door when delivering the vegetables as they are in hot demand to pantry patrons. Heritage Place is excited to try out the new VegTrug™ elevated gardens next spring!



Sharp Garden produce that made its way to the 42nd St. Food Pantry

SHIP

Congratulate Wilma Kidd this month for her 10 years of service with SHIP!

Attention Medicare beneficiaries! Open enrollment to change Medicare plans for 2020 begins on October 15 and ends December 7. It is important to review your options each year as plans and options change from year to year. Counselors at Heritage Place can help income qualified individuals apply for Medicare Low-Income Subsidy programs including Medicare Savings and Extra Help. Schedule an appointment with a SHIP counselor by calling (317) 283-6662. Appointments are limited so call today!



Wilma Kidd

Senior Medicare Patrol

Don't Be Scammed or Spoofed By Medicare Fraud and Other Scams

Social Security Scams

Scams have become an unfortunate part of our society. You probably know someone who has gotten a call from a Social Security impersonator. These are some things to remember:

- Talk about it! Social Security scams haven't been as common until recently. Share the message with others to make them aware of this type of scam.
- Government employees will not threaten to take away benefits or ask for money or personal information to protect your Social Security card or benefits.

BEWARE OF THE NEWEST HEALTH SCAM

There's a new fraud scheme out on the street, this time involving genetic testing/cancer screening.

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public that scammers are offering Medicare beneficiaries cheek swabs for genetic testing/cancer screening to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, via Facebook, booths at public events/health fairs and door-to-door visits. If a beneficiary agrees to genetic testing/cancer screening or verifies personal or Medicare information, a testing kit is sent even if it is not ordered by a physician or medically necessary.

One of our partners in scam reporting, WTHR's Bob Segal, has been hot on the trail with this news story.

Here is how to protect yourself:

If a genetic testing/cancer screening kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items.

- Be suspicious of anyone who offers you free genetic testing and then requests your Medicare number. If your

personal information is compromised, it may be used in other fraud schemes.

- A physician that you know and trust should approve any requests for genetic testing. Medicare does cover genetic testing for cancer screening in specific instances.
- Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.
- If you suspect Medicare fraud, contact the Indiana Senior Medicare Patrol program, a federally-funded program at the Indiana Association of Area Agencies on Aging at Indiana SMP at (800) 986-3505 or (317) 205-9201, x207. Ask for Nancy Moore, Indiana SMP program director.



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

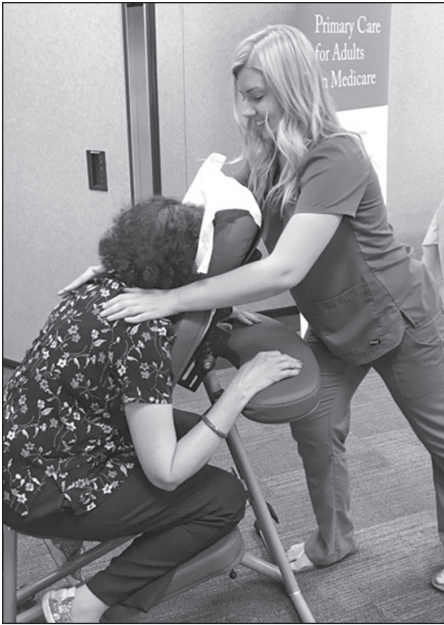


October Birthdays
of 2019 members

Laquita Northington.10/1
 Jacquelyn Byrd.10/2
 Maxine Payne.10/3
 Jeannette Rowe.10/13
 Constance Palmer10/15
 Marilyn Downey10/16
 Patricia Sellman.10/18
 Marjorie Parker10/19

Sharon Jackson.10/20
 Olawunmi Arowolo10/22
 Shirley Hudson.10/23
 LaDonna Dunlap10/24
 Ola Neal10/24
 Carolyn Meeker10/25
 Elaine Baker.10/30

Pamper Yourself Day



Carol Wood receives a Back Massage from Angela Hershey.



Damsel in Defense provided safety tips.



Margaret Francis receives a facial.



Elaine Baker instructs Dorian Pinner on jewelry making.



Margaret Francis and Ann Wilburn visit.



Stephanie McDowell offered make up and jewelry.



Oakstreet Health and Oasis at 56th Street.



Marty Montgomery and Rosie Goldsmith enjoy refreshments.

SHARON continued from page 1

For instance, then Governor Ronald Reagan spoke at her graduation. She can't remember what he said but remembers that his hair was dark as could be (she thinks he used hair color on it). The convent where she was assigned was in Hidden Valley, a land that was donated by Joseph Breen, the first administrator of the "Motion Picture Production Code". It was located on Potrero Road which overlooked the valley of Los Angeles. She remembers seeing Dean Martin's helicopters fly in from time to time and could see the homes of television and motion picture celebrities like Richard Widmark and Eve Arden. These folks were Sharon's neighbors!

After 3 years, she was transferred to St. Tim's in Los Angeles. She stated that "when you're a Nun, you get moved around a lot." They transferred her to St. Bonaventure High School in Ventura, California near the coast of Santa Barbara. There, she was appointed Dean of Girls and got to know students like the daughters of Johnny Cash. She will tell you that Johnny's younger daughter, Kathy Cash was as sweet as can be. Roseanne was active, Cindy would visit her in the office occasionally and Tara was the youngest and most private of them all. Sharon recalls a time when Johnny took the girls out of school for three weeks for a tour in Germany. Sharon gave Kathy a class assignment to keep a journal during her trip and if it was well done, she would get a class grade for it. Kathy got an "A".

Sharon served at St. Bonaventure for 3 years before she

transferred to Ferdinand, Indiana at the Benedictine Monastery of Immaculate Conception in 1974. She served there for a short time before her health interfered with her ability to stay. That's when she moved to Indianapolis where her grandparents and cousins lived. She was 27 at the time and got a job at Pleasant Run Children's Home as a House Parent for 2 ½ years. She then landed a full-time teaching position at Ladywood-St. Agnes High School for girls... but she also worked on weekends at Pleasant Run. She had the energy to do it!

After Ladywood, she began work at St. Mark and taught there for the next 34 years. During her time at St. Mark, she decided to go back to school for her Master's Degree from University of Indianapolis (Indiana Central back then). Tom Landry, coach of the Dallas Cowboys, spoke at her graduation and she remembers he gave his typical Cowboys commendation speech, "A champion is simply someone who did not give up when he wanted to..." She continued teaching at St. Mark when after 40 years, in 2009, she decided enough was enough. She became a University Supervisor at Marian University for the "Teach for America" program, where she worked until 2012.

Though Sharon retired from work and her run-in with celebrities, her adventures continue. It is her life's goal to see every national park in the U.S. Of the 61 national parks, she has visited twenty so far. Her favorites are the Grand Tetons and Yellowstone National Park. She states, "There is a Super Volcano under Yellowstone National Park and it's set to go off anytime." This summer she will see one in South Carolina and one park in West Virginia. If you didn't already know, Indiana now has its first National Park, Indiana Dunes and Sharon will tell you "it's truly a treasure of our state."

In addition to all the traveling, she enjoys going to Indiana Fever games, Pacers games and enjoys time with her many friends across the U.S. But most of all, she enjoys Colela's fitness classes and is convinced that Heritage Place fitness classes have lengthened her life...and everyone else's.

Sharon's book, *Wounded Wings* by Elizabeth Kidwell will soon be published. She shares many of her life experiences and her treasured relationships over the years. Be watching for it on Amazon.com!

Tuna Casserole

By Merlene Gee

Ingredients

- 1 package of shell noodles
- 2 cans condensed Cream of Mushroom Soup
- 2 cans tuna
- ¼ cup of milk
- ¼ cup sour cream
- 1 bay leaf
- 1 – 8 oz package of cheddar cheese
- Sliced Tomatoes
- Hot Biscuits

Instructions

Cook 1 package of shell noodles in water with 1 bay leaf for 10 minutes and then drain.

Heat oven to 400 Degrees

Combine 2 cans of Cream of Mushroom soup undiluted with 2 cans of tuna and ¼ Cup Milk and add it to the drained noodles. Stir thoroughly.

Bake for 20 minutes, sprinkle cheese on top and bake for 5 minutes longer.

Serve with sliced tomatoes and hot biscuits.

Serves 8

Answer key for Crossword on page 3

O	R	A	C	L	E		R	A	I	D		S	O	B
R	U	S	H	E	D		H	Y	D	E		Q	U	O
B	E	L	I	E	D		Y	E	L	P		U	N	O
			C	R	Y	P	T		E	T	H	I	C	S
I	B	M					E	H	E			A	B	E
N	E	E	D		I	N	M	A	T	E	S			
A	L	T	A	R	S		S	T	U	D		A	P	E
P	O	R	T	A	L				M	A	T	R	O	N
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S	O	R	E	S	T		A	C	R	E	S			
H	U	E		O	R	E	S		E	V	A	D	E	S
E	T	A		M	A	L	I		N	E	G	A	T	E
S	S	T		E	M	M	A		T	R	A	N	C	E



October 2019

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


MONDAY	TUESDAY	WEDNESDAY
	1 10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 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	2 10:00 Total Body – Chair Aerobics 11:30 Spanish Class
7 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 3:20 Learn and Play Chess	8 10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn and Play Bridge 12:15 Bingo Lunch sponsored by Oasis at 30th Street and Humana 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	9 10:00 Total Body – Chair Aerobics 11:00 Sign Language 11:30 Spanish Class 1:00 Overcoming Cellphone Phobia
14 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 3:20 Learn and Play Chess	15 10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 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	16 10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:30 Spanish Class
21 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 3:20 Learn and Play Chess	22 10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 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	23 10:00 Total Body – Chair Aerobics 11:00 Sign Language 11:30 Spanish Class 1:00 Overcoming Cellphone Phobia
28 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 3:20 Learn and Play Chess	29 10:00 Fall Prevention Program 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 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	30 10:00 Total Body – Chair Aerobics 11:30 Spanish Class

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Indianapolis, IN 46208

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EMAIL admin@heritageplaceindy.org



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
<p>3</p> <p>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</p>		<p>4</p> <p>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 EnerChi 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet</p>	
<p>10</p> <p>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</p>		<p>11</p> <p>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 EnerChi 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet</p>	
<p>17</p> <p>10:00 Grocery Shuttle (must pre-register) 10:00 Fall Prevention Program 10:00 Senior Companion In-Service 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class</p>		<p>18</p> <p>10:00 Fall Prevention Program 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Topics in Technology 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet</p>	
<p>24</p> <p>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</p>		<p>25</p> <p>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 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Using the Internet</p>	
<p>31</p> <p>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</p>		<p>Save the Date!</p> <p>Trivia Bowl Thursday, November 7 6 to 9 p.m. St. Paul's Episcopal Church 6050 N. Meridian Street. Call (317) 283-6662 to register your team.</p> 	

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



Wednesday Chair Aerobics Class

Blue Membership

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

Cost: \$60.00 for 2019

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

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



To register, or for more information, contact Heritage Place

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**EMAIL admin@heritageplaceindy.org
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**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 Medicare 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 Medicare 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 Medicare 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 Medicare 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 Medicare 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 Medicare 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

**Second and Fourth Wednesday of each month
1 pm**

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 Catlin

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 Catlin

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: 11 am

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

Mondays: 3:20 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

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 and Thursdays, 1 pm to 3 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.



Member Margaret Adeniyi attended the HOPP Conference and stopped by the Heritage Place booth.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

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

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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.

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 am to 4 pm Monday – Friday

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*“Procrastination is the thief
of time...”*

– Charles Dickens



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you're supporting us.**