



The Informer

March 2020
Volume 44 | No. 3

Monthly News for Heritage Place Members

www.heritageplaceindy.org

Investing in Heritage Place

Why is investing in Heritage Place so important? It's a fairly easy answer, but first, how do we define "investing?"

It's due to the investment of time, talent and financial resources that Heritage Place is so unique and has stood the test of time since 1976. Men and women coming together with an idea on how to fill a need for older Hoosiers. They had a vision and made an investment. We would never be here today if that investment had not been made. Today, we continue to celebrate our remarkable members, their interests, ideas and involvement with the organization.

As with everything else, being able to offer unique education programs, health & fitness classes and accommodating an increasing demand for home & yard assistance costs more than it did 44 years ago. We are extremely grateful for the support of the central Indiana philanthropic community, and the corporate community who invest in Heritage Place in so many ways. Our membership dues are purposely kept reasonably priced as to be accessible to nearly everyone. But the need is great, so we ask you to consider a financial gift to Heritage Place. Here at HP, we've tried to be creative in ways people can give. Sure, we welcome the check or credit card gift (always!). Some people have made us the beneficiary of their garage sale proceeds. Families have hosted a pizza night or wine and cheese for the neighbors, asking that guests make a charitable gift to HP. Others designate their shopping points that convert to cash, to Heritage Place. Several of our HP friends regularly make honor and memorial gifts to Heritage Place, while others remember loved ones on Mother's and Father's days.

Involvement is a vitally important form of investment. Volunteering as a program instructor, event volunteer, office assistant, committee member...I could go on and on about these

So, these are just a few examples of investing in Heritage Place. We invite you to join us!

Ed Alexander, Executive Director



Upcoming Highlights

Vegetable Gardening

2nd Wednesday of the month at 1:00 p.m.

March 11 through August.

Learn about the importance of soil and preparation. Topics include cool weather vegetables for spring and fall, herbs, companion planting, tomatoes and pests and diseases.

Classes are instructed by Master Gardeners.

3 Mantras Program

Wednesdays 11:15-11:45 a.m. starting March 4.

30 minute fitness class intended to stimulate feelings of well-being and happiness! Improve your overall health of both mind and body through a combination of Music, Movement and Meditation

Instructor, Samantha Purevich Stipp

Meet Our Interns

Kurtis Bowling — Hi, I'm Kurtis Bowling, a spring semester intern at Heritage Place. I am studying at the University of Indianapolis (Uindy) majoring in Exercise Science with a concentration in Pre-Physical Therapy. This is my senior year, graduating in May and earning a Bachelor of Science degree. Past opportunities to volunteer include assisted living facilities and a Community Health Network clinic. I am an ACSM (American College of Sports Medicine) Certified Personal Trainer. My hope is to eventually earn my Masters of Science degree in Exercise Science. I was born and raised in Scottsburg, Indiana and graduated from Scottsburg Senior High School in 2016. Some of my favorite hobbies include jogging, watching movies, playing tabletop board games, and filming videos with friends. I am greatly enjoying my internship thus far, and am looking forward to working with Heritage Place through to my graduation!



Molly Taylor — Hi, my name is Molly, and I'm happy to be spending time at Heritage Place! I currently work as a registered nurse at Ascension St. Vincent on a Cancer Care unit, and I am also a full-time student at Vanderbilt University in the Adult-Gerontology Primary Care Nurse Practitioner program. I chose to volunteer at Heritage Place because I was particularly drawn to the mission of promoting "healthy lifestyles, independence, well-being, and quality of life." Heritage Place meets the physical, social, mental, and spiritual needs of its members - the same holistic perspective I believe is important when caring for patients. Besides being a student and nurse, I am also a wife of 25 years and a mother to three children - a daughter and two sons. My family is my joy in life and bring me blessings every day. In my spare time, I enjoy trail running, canoeing, reading, puzzling, and occasionally binge-watching Netflix.





March 2020

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

MONDAY	TUESDAY	WEDNESDAY
2	3	4
<p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>10:00 Balance and Stability 10:00 Overcoming Cell Phone Phobia 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Learn N’ Play Bridge 11:00 Mind and Body – Senior Yoga Class 1:00 Piano Lessons 2:00 Silver Foxes Still Rock’n It Line Dance</p>	<p>10:00 Total Body – Chair Aerobics 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only 2:00 Memoir Writing Class (Registration closed)</p>
9	10	11
<p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Learn N’ Play Bridge 11:00 Mind and Body – Senior Yoga Class 1:00 Piano Lessons 2:00 Silver Foxes Still Rock’n It Line Dance</p>	<p>10:00 Total Body – Chair Aerobics 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only 12:00 Bingo Lunch by Oasis at 30th Street 1:00 Vegetable Gardening Class</p>
16	17	18
<p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>10:00 Balance and Stability 10:00 Overcoming Cell Phone Phobia 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn N’ Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock’n It Line Dance</p>	<p>10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only</p>
23	24	25
<p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn N’ Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock’n It Line Dance</p>	<p>10:00 Total Body – Chair Aerobics 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only 12:00 Bingo by Oak Street Health</p>
30	31	Home & Yard Project Sign Up
<p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club</p>	<p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn N’ Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock’n It Line Dance</p>	<p>Service is for Heritage Place members on a first come, first serve basis as volunteer groups are available. Call Ann Homrighous, Director of Programs and Services, at (317) 283-6662 for questions or to get on the list. The member will provide tools, supplies and materials needed to complete the job.</p>

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

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



Visit us on Facebook
HeritagePlaceIndy

THURSDAY	FRIDAY
5	6
<p>10:00 Grocery Shuttle (must pre-register) 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 2:00 Belly Dancing Class</p>	<p>10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices</p>
12	13
<p>10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 2:00 Belly Dancing Class</p>	<p>10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices</p>
19	20
<p>9:00 Foot Care with Deb Ryan, RN 10:00 Grocery Shuttle (must pre-register) 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 2:00 Belly Dancing Class</p>	<p>10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices</p>
26	27
<p>10:00 Balance and Stability 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 Scrabble Club 2:00 Belly Dancing Class</p>	<p>10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Using Mobile Devices 11:00 Tai Chi EnerChi 11:00 Out to Lunch Group 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices</p>

Heritage Place Gardening Club

Flowers, vegetables or both? Novice and experienced gardeners are welcome and needed to help with the flower beds in front of the Heritage Place entrance. You can also help with the super raised beds and/or community beds at SHarP Community Garden.

Planting starts mid to end of May.

Vegetables from the super raised beds come back to Heritage Place for sharing and community beds support Boulevard Place Food Pantry.

Heritage Place will provide the soil, amendments, seeds, plants and tools. Sign up on the board when you are visiting Heritage Place or contact Ann Homrighous, Director of Programs and Services, at (317) 283-6662 or ann.homrighous@heritageplaceindy.org.



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 a monthly publication of Heritage Place of Indianapolis, Inc.

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, Programs and Services Director
Ellen Morley Matthews, Business Manager
Fred McDowell, Staff Assistant
Samuel Abron, Goodwill SCSEP
Larry Parks, 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

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.

Weather Closings & Delays

Heritage Place closings and delays for inclement weather will be submitted to the following news stations:

WISH-TV 8	WTTV-CBS 4
MyINDY-TV 23	WTHR 13
Fox 59	WRTV-TV 6

Daylight Savings Time begins March 8
Spring forward 1 hour

Happy St. Patrick's Day March 17

Vernal Equinox March 20 – Happy Spring!

Printing of *"The Informer"* is underwritten, in part, by our friends at OASIS At 56th. Offering gracious, affordable Assisted Living, OASIS At 56th emphasizes health, wellness and personal independence.



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