



The Informer

August 2020
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

From the Executive Director: Founders Day, 2020!

To commemorate the 44th Birthday of Heritage Place (also known as “Founders Day”), we invite you to a Drive-Thru Celebration! It’s not exactly the kind of celebration we had in mind, but we still want to commemorate our birthday! On Tuesday, August 18, 2:00 – 3:00PM, drive on over to Heritage Place, pull into the west parking lot and receive a special “Founders



Day Treat Gift Bag”. No one will need to leave their car, we will come to you all socially distanced, with face shields and gloves. Bags will have individually packaged treats and other items you can enjoy. The best part is that we will have the opportunity to see you and you can wave to your other friends attending! No need to register, but supplies will be limited, so plan to arrive at

2:00 PM. We do ask that you stay in your car and visit as long as you wish. No admittance to the building.

Heritage Place of Indianapolis opened for the first time on August 29, 1976 for 44 years of united and interesting programs and truly remarkable people. We look forward to seeing you and Happy Birthday Heritage Place!

Edward Alexander
Executive Director

Walking For Dreams 2020

We are pleased to announce that Heritage Place of Indianapolis will be participating in the 2020 Walking For Dreams virtual family & pet friendly walk on Sunday, August 16! What is a “Virtual Walk”? Simply put, you walk at a location where you are most comfortable; your neighborhood, your local park, anyplace!

How does this benefit Heritage Place? Easy, by Walking for us, you are demonstrating your commitment to the mission of the organization. Better yet, ask for support from your family, friends and neighbors to give on behalf of your Walk Team, to Heritage Place. No donation is too small!

Our volunteer Walking for Dreams Coordinators this year are **Joanie Belle and Judy Hanna**. If you know these two, you know that both have a bundle of energy and are looking forward to building individual teams all around Central Indiana! Give one of our Walk Coordinators a call. You can reach them at the following numbers:

Joanie Belle: 317-908-1638
Judy Hanna: 317-710-1704

Judy and Joanie can answer any of your questions about the event and how YOU can join us! You can also visit the Walking for Dreams web-

site at www.walkingfordreams.org, and register your team (remember to indicate you are walking for HERITAGE PLACE OF INDIANAPOLIS) or simply make your donation via this website or drop your donation in the mail and send to:

Heritage Place
Walking for Dreams
4550 N. Illinois Street
Indianapolis, IN 46208

How does all of this work?
Plan on Walking for Heritage Place on Sunday Afternoon, August 16.

If you want, you may join Ed Alexander (and maybe one of his dogs) in the Heritage Place parking lot at 2:00 PM Sunday afternoon. For those of you who want to walk with Ed to Butler and back, masks will be provided as well as chilled water. Shortly before our step off, we will be “Zoom-Introduced” with other WFD teams, around Central Indiana and at the Indianapolis Canal.

Walk in your neighborhood or any location you wish, if you prefer. Ask your family and friends to join you, just remember to socially distance and have a mask with you should you need it.

The objective of this event is to raise important service dollars for

Heritage Place of Indianapolis. Ask your neighbors, family and friends to “sponsor” you as you walk! You may make your pledge and that of your team’s by visiting www.walkingfordreams.org. Indicate that you are supporting the INDIANAPOLIS WALK. You can support a specific walker or specific team. Be sure to use the drop-down box and select HERITAGE PLACE OF INDIANAPOLIS. If you prefer, simply send your contribution to Heritage Place with donation instructions, and we will add it to the organization total!

Don’t live in Marion County but would love to walk? NO PROBLEM! Regardless of where you live, plan on “walking” with us on the afternoon of August 16. Just make sure you let us know that you will walk so we can give you a SHOUT OUT on Zoom and Facebook LIVE.

You want to walk but have a conflict on the afternoon of August 16? NO PROBLEM! Find an alternative date and make that your Walk Date! Simply let us know when so we can promote it!

Thanks to all of you for your continued support, and we look forward to “seeing you” on Sunday, August 16!

Heritage Place Virtual Classes and Services

Heritage Place instructors, counselors, group leaders and community partners continue to provide classes and services for our members and the community as we find ourselves exploring new avenues on how to keep physically, mentally and emotionally balanced. It is certainly challenging us to learn new things and do something different. All virtual classes and services are currently free of charge thanks to our generous volunteers. Heritage Place is working on adding more virtual classes so watch for email blasts and the monthly *Informer* to learn more.

Inspirational Studies (Audio Conference)

Monday: 11 am-12 pm
Dial-in: (978) 990-5000
Access Code: 752581
Group Leader:
Rev. Samuel 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 as well as manifestation in real life experiences.

Yoga (Zoom Platform)

The Meridian Street United Methodist Church has extended an invitation for Heritage Place members to join their weekly yoga class on Zoom.

Monday: 11:45 am-12:45 pm
<https://zoom.us/j/360962632>
Instructor: Marsha Pappas

Typically, the in-person class is \$10.00 per session, however since there is currently only an online format offered, they ask you donate to Meridian Street UMC and send to 5550 N. Meridian St., Indianapolis, IN 46208 or give online www.meridianstreet.org. If you are unable to donate, you can still participate.

Tai Chi EnerChi (Zoom Platform)

Intermediate-Advanced
Monday, Wednesday, Friday:
1 pm-2 pm
<https://us02web.zoom.us/j/82986987480?pwd=V2dIanhrbUVuUFRPeXpDL0lkNHpvdz09>

Meeting ID: 829 8698 7480
Password: 207785
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. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. A chair may be used for balance and support. **Benefits:** Improves balance and control, alleviates joint pain and provides calming techniques to promote stress reduction.

Good Grief Talks from Heartland Hospice (Teleconference Platform)

4th Thursday: 10 am-11 am-check-in no later than 10:15 am

Dial-in: 1 (877) 381-1617
Conference Code: 6156778834 and press the # key
Group Facilitator: Gene Million

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 some extra help coping with loss of any kind. Confidential or group conversations available.

Technology Classes (Zoom Platform)

Fall Semester Classes—
Call (317) 283-6662 to sign up

Classes are hosted in a senior-friendly environment. Use your computer, tablet or smartphone.

Topics in Technology

Friday: 11 am-12:30 pm
Instructor: Sally Catlin & IUPUI Students

Using the Internet

Friday: 1 pm-2 pm
Instructor: Sally Catlin & IUPUI Students

Just Move at Home – August 4-27 (Zoom Platform)

Beginners EnerChi

Tuesday and Thursday:
10:30 am-11:30 am
<https://us02web.zoom.us/j/88964682829?pwd=dHNna2k1VC9vVjZlVHEzTmhUT0czZz09>
Meeting ID: 8896468 2829
Password: 015293
Instructor: Carolyn Meeker

A Silver Sneakers formatted class combines easy to learn, short tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing short forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Chair support is offered to facilitate standing stability and seated exercise options. **Benefits:** Increased mobility, flexibility, stability and improved balance recovery as well as a calm mind.

Fitness Through the Ages (Online Video Platform)

Any time at Heritage Place
Facebook Page www.facebook.com/HeritagePlaceIndy or

Fitness Through the Ages Website
<https://throughtheagesfitness.com/boot-camp-series>

Instructor: Samantha Purevich Stitt

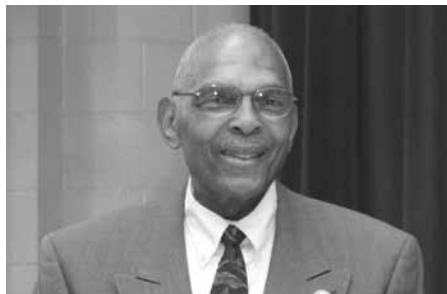
Short clips of certain exercises that can be done at home with modifications. The videos can be watched by those who are looking to create their own exercise routine at-home or for caregivers looking for fun exercise ideas for their loved ones!

Meet Rev. Murray

Rev. Samuel J. Murray has graced the halls of Heritage Place and now the “air waves” by leading the Inspirational Studies class. He has not missed a beat since COVID-19 and has continued to lead our group on Mondays through MyFreeConference-Call. His attendance is strong and we appreciate his continued leadership during the coronavirus pandemic.

Rev. Dr. S. J. Murray was born May 3, 1949 in Birmingham, Alabama to the Rev. Earl and Mrs. Roberta Murray. He received his B.S. in Political Science from Tuskegee University, Master of Divinity and Doctorate of Ministry degrees from Lexington Theological Seminary and is certified in Clinical Pastoral Education. He is an ordained Minister of The Disciples of Christ Christian Church. He has served for more than 35 years in important church/civic leadership positions, served congregations in five different states, most recently at Light of the World Christian Church and has received numerous awards and recognitions.

Rev. Murray was commissioned as an officer in the U.S. Air Force in 1972 and proudly served his country as a decorated combat pilot during the Vietnam War flying B-52 Bombers.



As recognized for outstanding military leadership achievements, records of his meritorious service are on display at the U.S. Library of Congress, Washington, D.C.

Rev. Murray has served for more than 35 years in important church/civic leadership positions. He served congregations as an ordained pastor in the Christian Church (Disciples of Christ) in five different states. He also served as Campus Minister at Berea College, Berea, Kentucky; as a clinical chaplain in the Veterans Administration Hospital; Mississippi State Hospital; North Carolina Department of Correction, and the North Carolina Wake County Medical Center. Currently, Rev. Murray serves as an Elder at Light of the World Christian Church; Chaplain of the TNAA and Chaplain for the ITAC and the Tuskegee Airmen Inc., Indiana Chapter.

Awards and Recognitions:

Awarded the “Indianapolis Veterans Administration Medical Center Certificate of Excellence” for serving as guest speaker during the Rev. Dr. Martin Luther King Jr. Day Celebration Program, 2017

“Letter of Special Recognition from the National Convocation of the Christian Church (Disciples of Christ) for Faithful Ministerial Leadership”, 2017

“The Advancement in Biblical Studies Certificate” for research and providing religious instructions on “The Black Presence in the Bible” at LWCC, 2016 - 2017

“President Barack Obama’s 50th Anniversary Recognition/Commemoration for Veterans of the Vietnam War”, 2016

An Aviation Training Scholarship has been established and named in honor of Rev. Dr. S. J. Murray, and is awarded annually to outstanding student(s) enrolled in the Young Eagles Experimental Aircraft Association (EAA), Greenwood Airport, Greenwood, IN, 2014

Certificate of Recognition for serving as guest speaker during the “Indianapolis NAACP Parents and Youth Achievements Program”, 2007

Inducted into the Tuskegee University Athletic Hall of Fame, 2006

Selected as “Who’s Who in Black Indianapolis” 3rd Edition, 2006

Awarded “Certificate of Congressional Recognition” and a “Letter of Special Recognition for Religious Leadership and Community Service” by the U.S. House of Representatives (sponsored by deceased U.S. Congresswoman Julia M. Carson, D-Indiana), 2006

Received U.S. Senator Richard L. Lugar (R-Indiana) award for decorated military service during the Vietnam War and Military, 2005

Awarded recognition as a “Kentucky Colonel,” Frankfort, KY, 1988

Awarded “Keys to the City” of Louisville, KY, while presiding as President of Kentucky Christian Missionary Convention in Louisville, KY, 1988

“Outstanding Church & Civic Leadership Award” from the Kentucky Legislative Assembly, Frankfort, KY, 1988

“Who’s Who” in American Colleges & Universities while studying for ministry at LTS, Lexington, KY, 1985

He is married to Mrs. Ellynn Osborne Murray and they reside in Indianapolis and Noblesville. Rev. Murray is the father of eleven children. Although Rev. Murray is humble about his basketball skill, he played in the NBA for the New York Knickerbockers. Somehow, we think we know he is a big Pacer and Fever fan!

VIRTUAL continued from prev. page

SHIP-State Health Insurance Assistance Program (Conf. Call)

Monday-Friday: 9 am-3 pm
SHIP Call Center: (800) 452-4800
Counselor: Wilma Kidd, currently counseling on remote through the SHIP Call Center.

Offers free counseling services to Medicare beneficiaries. Counselors help guide individuals through Medicare options and answer questions about Medicaid and health insurance. SHIP can help with applications to Medicare Low Income Subsidy (LIS) Programs, including Medicare Savings Program and Extra Help.



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

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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.

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Special 3-Part Series

From the Mouths of Matures: What Are Seniors Saying?

Wednesday: August 19, 26 & September 2: 1 pm-2 pm

<https://us02web.zoom.us/j/88627736255>

Meeting ID: 886 2773 6255

1 (929) 205-6099 (Free call using a Cell Phone)

Co-Moderators: Dorothy Simpson Taylor and Curtis Strother, HP Members

Join us on Zoom or via conference call for a 3-part series of community conversation to share your voice about what seniors are saying and what they are telling their grown children and grandchildren. Who is asking seniors? Who is listening to seniors? What do seniors have to say about being part of the community of humanity? Topics to be focused on include isolation, resiliency, and what seniors are doing for mental and intellectual stimulation. Seniors have lots of stories to tell about overcoming challenges and how events impact their lives. Join the conversation!



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