



The Informer

January 2021
Volume 45 | No. 1

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Happy New Year Everyone!

The month of January is named for the Roman God, **Janus**. If you remember anything about Janus, you will recall that he was the God with two faces. Not the negative idea of being “two faced”, but rather, the God of doorways, gates and passages. Because all doors, gates and passages are two way, a beginning and an end, you can enter and exit, he has two faces. January is the start of the year...the gateway to the year. January has long been a time for “new things”; resolutions, plans and activities. Basically, a clean slate. Personally, I think all of us are ready for this new year, 2021, to be a brand-new entrance; a beginning and certainly an end to the year we’ve



all had. It’s important to think about what we’ve learned in the last year... flexibility, understanding, compassion, all vitally important as we move forward into the new year, and really evolve as people.

At Heritage Place, I can’t begin to tell you how many conversations your staff and board members have had about all of these attributes! Many of you, too, have shared wisdom and encouragement with us, and this is one action I hope will continue into the new year. We have much to look forward to in the coming months!

Keep an eye out for new and returning favorite programs launching after their winter breaks. We have a couple of wonderful events scheduled in January, too. On Monday, January 11, we will be hosting an interview with an Indiana-born author, William Millard, who will speak of his mem-

oir, “My Adventure: An Encounter with Life”. Bill shares his story of unbelievable health issues faced in the prime of his professional and personal life. It’s a remarkable story that all of us can learn from. Watch your email with details on how you can join in this free interview.

One last word about Janus and doorways....I’m very happy to announce that our north door at Heritage Place is now totally accessible and has an outside and inside activation pad! No more stumbling with heavy doors!! Funding, in part, for this modification was made possible by the Building Modification program of United Way of Central Indiana. Another new beginning!

Edward Alexander
Executive Director

Meet Dr. Madora Lewis

I was born May 26, 1943 in Indianapolis, IN. I have three children; two girls and one boy. All of my basic education was done in Indianapolis.



I attended Crispus Attucks High School and Indiana Central College, currently known as the University of Indianapolis, and received a B.A. degree in Mathematics/Chemistry. At that time most degrees were comprehensive.

I later attended Ball State University and received a B.A. degree in Mathematics and a Master’s degree in Teaching Mathematics from Purdue University. I obtained a teaching position in IPS as a teacher of Math-

ematics at Arsenal Technical High School during the first ten years of my career. After about five years it became obvious to me that girls were not taking higher level math classes so I became involved in activities in lower level classes that helped girls see the relevance of mathematics in their lives. This helped remove some of the stigma attached to mathematics for girls. I observed how the number of girls included in Advanced Mathematics went from one or two to half the class size of twenty students. Showing relevance cleared the way for more girls and non-traditional boys to see relevance of mathematics to their lives.

Relevance was important to my success in education as I progressed upward in the administrative struc-

ture of public education. I served as Guidance Counselor, Mathematics Department Chair, High School Vice Principal, High School Principal, Regional Director (responsible for 19 schools from elementary to High School), District Social Work and Counseling supervisor and District Supervisor for High School Mathematics. All of these positions gave me excellent opportunity to help improve the educational opportunities for students across all grade levels. Increase in academic achievement and desire for improvement in student activity occurred during each of these areas of responsibility. My ultimate achievement was completing my EdD degree in School Administration from Indiana University.

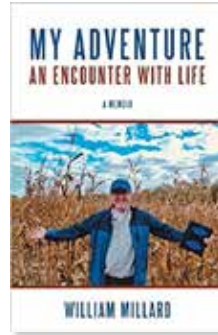
Author William Millard talks with Heritage Place

Join Heritage Place of Indianapolis as we host an interview with William Millard on January 11 at 2:00 pm, whose new book “My Adventure: An Encounter with Life” is now available in many local bookstores and at Amazon.com. You won’t want to miss this one! Join us at <https://us02web.zoom.us/j/87331800047>

Bill Millard is a commercial attorney with an international law firm in Dallas, Texas, and life could not be better.

On top of his lucrative job, he is married with two wonderful children, lives in a nice neighborhood with great schools, and is a proud Texan. But his world comes crashing down as his health starts to decline.

At first, it’s not clear what is wrong, but then he is diagnosed with several near-fatal diseases, including amyotrophic lateral sclerosis, or ALS, which is a progressive nervous system disease that causes a loss of muscle control.



He loses his family, career, home, and health. After a period in a comatose state, he wakes up as a quadriplegic, suffering severe seizures. He is unable to eat, drink, swallow, speak, stand, breathe without respiratory care, or carry on life as he knew it. In this inspiring memoir, Millard reveals how he coped with his diagnosis and made a miraculous recovery, spending seven-plus years fighting for his life in long-term health care facilities, physical rehabilitation facilities, and other centers. Millard’s story also offers a unique first-hand patient’s perspective as to what it is like to live in skilled and senior healthcare facilities today, containing many observations on what he thinks makes a better facility for patients and their families.

Virtual Holiday Celebration

What a wonderful sight to see everyone who participated in our celebration. Thanks to Heritage Place members Carol Evans Conley, Angela Kaup and Manolo Santalla for helping plan our wonderful program!

Thanks to all who attended.

SHarP Community Garden

Thanks to great weather the final harvest at SHarP Garden occurred on November 29. The season’s total was 504 pounds of produce donated to the Boulevard Place Food Pantry!

It’s never too early to start thinking about gardening for the next season. In fact, winter is a great time for planning. We would love to have more Heritage Place members involved in the garden during the 2021 season. We are looking for experienced or novice gardeners to take a lead role to help manage the two Heritage Place super raised beds. No bending or kneeling and the garden hose is right at the end of one of the beds! Find a buddy and help us out! Gardening is a great physical and social activity. SHarP provides the soil amendment and Heritage Place provides the plants and seeds. We just need your hands and heart! Help us meet a local food insecurity issue by becoming involved. Contact Ann Homrighous at (317) 283-6662 or email ann.homrighous@heritageplaceindy.org.



LEWIS continued from page 1

Crafts have always interested me. My mother taught me to sew at a very young age. I went from making aprons to making clothing for myself. I was taller than the average women so that meant I couldn’t find slacks long enough off the rack so I made my slacks. I enjoyed making clothing for my children. First, because I couldn’t find toddler clothes with short pants so I made my son’s suits. As the children grew my girls had the same long legs so I made their slacks and taught the girls to sew so they could continue the procedure

themselves. I also enjoyed making look alike shirts for the family so they could be easily identified in a crowd.

Learning to crochet, I was taught to make doilies and later other items of clothing. I taught my oldest daughter the basics and she progressed to knitting. She now knits beautiful items. I’m not that daring. What I did do after retiring, was look for a way to share my skills with others. During a conversation with some ladies at Heritage Place I found that there were many women who lacked an activity to do during long days. So, I asked how many knew how to knit or were

interested in learning. There were several who were interested so I asked the office if it was possible to start a class. That was five years ago. I learned knitting was not for all the ladies so I introduced crochet lessons and later offered loom knitting. I persuaded the ladies to let me see their mistakes and not rip out the mistake. This gave me an opportunity to see their mistakes and show them how to correct their problems. Sometimes the mistakes become beautiful projects. Needle art is definitely a craft to use when bored, traveling, or watching T.V.

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, Facebook posts 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. Resumes Jan. 11.

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)

Monday through Friday:
1 pm-2 pm

<https://us02web.zoom.us/j/82986987480?pwd=V2dlanhrbUVuUFRPeXpDL0lkNHpvdz09>

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)

3rd 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.

Knit, Loom Knit, and Crochet for a Cause

Friday: 11 am-11:45 am

Call (317) 283-6662 to sign up. A Zoom invitation will be sent to you.

Instructor: Madora Lewis

Join the knitting class for socialization and fun while knitting hats for a cause. The current project is providing hats for Early Learning Day Care. You provide the skill and needles and we will supply the yarn and pattern.



Technology Classes (Zoom Platform)

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-1 pm

Instructor: Sally Catlin & IUPUI Students

This class will explore varying topics in technology including Zoom, using a smartphone, laptop, computer, tablet, internet, social media and much more.

Technology Classes resume in February. Date TBA.

Fitness Through the Ages (Online Video Platform)

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

www.facebook.com/HeritagePlaceIndy or

Fitness Through the Ages Website

<https://throughtheagesfitness.com/boot-camp-series>

Instructor:

Samantha Purevich Stipp

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!

SHIP-State Health Insurance Assistance Program (Conference Call)

Monday-Friday: 9 am-3 pm

SHIP Call Center: (800) 452-4800

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.



January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Calendar Notes: All Tai Chi EnerChi classes will be held Monday-Friday from 1-2 pm effective January 4. Just Move at Home will no longer be held on Tuesdays and Thursdays at 11 am.</p> <p>View Fitness Through the Ages at your convenience.</p> <p>January 10-16 is Letter Writing Week</p> <p>National Hobby Month</p>				1 Heritage Place Closed Happy New Year!
4	5	6	7	8
11:45 Yoga 1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi
11	12	13	14	15
11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi 2:00 Interview with William Millard	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi
18	19	20	21	22
11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	10:00 Good Grief Talks from Heartland 1:00 Tai Chi EnerChi	11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi
Heritage Place Closed Dr. Martin Luther King, Jr. Day				
25	26	27	28	29
11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	1:00 Tai Chi EnerChi	11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi

Heritage Place and Butler University

Heritage Place is partnering again with Butler University Department of History and Anthropology for the *Family Stories Project*. Heritage Place members are encouraged to participate.

What the project is about

A chance to preserve your family stories for future generations. Students will heighten their awareness and understanding of how stories reflect who we are and what we value. It is an exercise to strengthen their communication and writing skills and your opportunity to tell your story.

Why you should participate

The project is a forum to create your family story collection. What former participants have to say about the project:

Cassandra Wallace – “I want to thank Butler for having this project. I am excited and encouraged to continue writing. I have gotten other members of my family excited by this project. I have more stories to tell. I am so happy to see Heritage Place is partnering with Butler again. It was such a wonderful experience. My siblings, nieces and nephews sent me a journal to prompt me to write more.”

Edward Alexander – “WOW! Thanks to each of you for doing such a terrific job. My own experience was very positive (and I did have some reservations), but clearly all of you were well prepared to do a deep dive into a very diverse group of men and women. Thank you, and come back to see us at Heritage Place!”

John Moore – “Thanks so much for putting this project together and getting it completed in such weird times (start of COVID-19 pandemic.) I enjoyed the process, and I am quite pleased with the booklet, zip drive and video. After viewing the video, I was anxious to see the final material. I wish you all continued success.”

Who sees your stories

Only students in the “Power of Everyday Stories” classes and Dr. Tom Mould, professor, will see your stories. They **will not** be published anywhere else. The students will analyze the stories to see how they operate differently in various contexts and look for themes across the spectrum of stories.

Zoom format will be used

All kick offs and student/participant meetings will take place on **Zoom**. This is an opportunity to hone your technical skills with the Zoom platform. You are asked to use the camera mode on your device so that interaction is as close to face to face as possible.

What stories to tell

Students will have leading questions and/or you might already have stories in mind. Think of stories you heard your elders tell when you were growing up and think of your own life stories.



Start and duration

Kick offs begin in February. This gives you the opportunity to meet students on Zoom and ask questions about the project. Student and participant meetings start the first week in March, meeting with a pair of students two to three times for about an hour per session. Interviews and conversations will be finished the end of March.

Editing stories and end product

You will have an opportunity to edit the stories the students have transcribed from your conversations. A booklet and thumb drive of your personal story will be ready for you by the end of April and will be mailed to you.

Final wrap up

Each student group will present their overall findings in May. You will be notified of the dates and information on how you can view the presentations.

Contact Ann Homrighous at (317) 283-6662 or email ann.homrighous@heritageplaceindy.org or Dr. Tom Mould at (317) 940-8231 or email tmould@butler.edu for more information and to sign up.

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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9 am to 4 pm Monday – Friday

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