



# The Informer

Monthly News for Heritage Place Members and Friends

[www.heritageplaceindy.org](http://www.heritageplaceindy.org)

## The Shortest Month of the Year

February is the shortest month of the year, and I am grateful for that. Unlike some, I do not enjoy the weather we normally have in February. I don't like snow, and I do not like to feel as if I can never be warm again. So, February can be even shorter in my book.



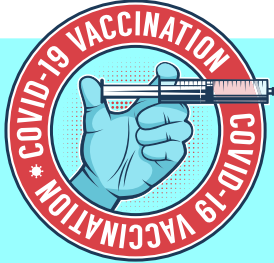
Regardless of it being the shortest month, Heritage Place in February is looking to be busier than ever! Of course, we are extremely encouraged that more and more of our members and friends are becoming eligible to receive the COVID Vaccine, ultimately allowing for more traditional programs. If you have not yet scheduled your vaccination, do it now. If you have any concerns or questions related to your own health situation, contact your health care provider prior to

scheduling your appointment, but do it right away! As the inoculation process progresses into more age groups, we plan (and obviously no dates yet) on slowly inviting small numbers of our program instructors to acquaint them with the protocols in place and to finalize any changes of their classes. Following this, small groups of members and friends will be invited to also see changes made to how Heritage Place does business. Instructors and members will receive detailed information about these slow openings, when the time is right, via US Mail.

For now, our program offerings are ever expanding thanks to the creativity and hard work of many of you! Be sure to check out the monthly calendar and catch the newest and returning program favorites. We think you will like what you see!

Have a safe (and warm!) February!

**Edward Alexander**  
Executive Director



### COVID-19 Vaccines

To see if vaccines are available in your age group and to register for a vaccine visit  
<http://www.ourshot.in.gov>  
or call 211.

## Mental Health

### Seasonal Affective Disorder (SAD)

According to Mayo Clinic, SAD is more than the "winter blues"; it is a type of depression. It is related to changes in seasons and most often occurs in fall and early winter. Symptoms include feeling depressed most of the day, almost every day, loss of interest in activities you enjoy, low energy, problems sleeping, changes in appetite or weight, feeling sluggish and agitated, difficulty concentrating and feelings of hopelessness. Causes are unknown, but some factors, such as reduced sunlight, may disrupt your body's internal clock and affect a drop in serotonin and an imbalance of melatonin levels can play a role in sleep patterns and mood. It is normal to have days when you are down, but feeling down days at a time or inability to get motivated might be a sign to check in with your doctor. Treatment can help prevent complications so recognize SAD and take care of your mental health.

## Feed Your Brain

During our continued isolation due to the COVID-19 pandemic, it is more important than ever to feed your brain. We have shared resources and offered suggestions in past issues of the *Informer* which can be found at [www.heritageplaceindy.org](http://www.heritageplaceindy.org). On the landing page, look for the *Informer* on the top menu bar and simply click.

In addition to taking advantage of online fitness classes and education opportunities through Heritage Place, do you know you can take free online courses from prestigious institutions like Yale and Harvard? Visit Coursera at [www.coursera.org](http://www.coursera.org) to learn more. You can also visit <https://moneypantry.com/free-online-classes-for-seniors/>. To learn more about ideas in education, business, science, technology and creativity, visit TED Talks at <https://www.ted.com/talks>. You can also obtain audio or e-books so check with your local library branch.

Share what you learn with others. Continue to reach out and talk to family and friends. Stay connected. Feed your brain!



## Butler Family Stories Project

Over the last several issues, we have promoted the upcoming Butler Family Stories Project. As a member of Heritage Place, don't miss this opportunity. The deadline to sign up is February 24, but plan to attend a Zoom presentation on Tuesday, February 23 to learn more. See below for timeline, details and links for the project. Contact **Ann Homrighous** at (317) 283-6662 or email [ann.homrighous@heritageplaceindy.org](mailto:ann.homrighous@heritageplaceindy.org) or **Dr. Tom Mould** at (317) 940-8231 or email [tmould@butler.edu](mailto:tmould@butler.edu) for more information and to sign up. We are happy to help with online registration.

As a result of Heritage Place participating in last year's Butler Family Stories Project, Ann Homrighous, Director of Programs and Services, will be presenting alongside Dr. Tom Mould and five students at this year's Campus

Compact Indiana Summit, a consortium of Indiana Colleges and Universities. This is an annual forum to showcase innovative programs, projects and initiatives for student experiences and how such projects can impact student learning and development and how it contributes to a larger scholarly discussion about service-learning and community-based learning. Furthermore, it demonstrates how these types of projects contribute to the common good focused at the societal level and specifically with this project, how interpersonal relationships can serve as building blocks of the common good.

Below, you will find the timeline for the project and a detailed account of what happens at each stage of the project.

Date	Activity	Details
Now	<b>Sign Up open:</b> Participants will sign up online: <a href="https://butler.qualtrics.com/jfe/form/SV_brtYh6Dz4Yd1V9r">https://butler.qualtrics.com/jfe/form/SV_brtYh6Dz4Yd1V9r</a>	Register online. Let Ann or Tom know if you need help. (See phone numbers above.)
Tu. Feb. 23	<b>Zoom Presentations:</b> Students introduce the project, answer questions, and help people sign up. Participants do not have to attend, but it is encouraged. They can choose from 3 possible slots.	<b>10:00 am – 10:45 am</b> <a href="https://butleru.zoom.us/j/92122125167">https://butleru.zoom.us/j/92122125167</a> <b>1:15 pm – 2:00 pm</b> <a href="https://butleru.zoom.us/j/91916608470">https://butleru.zoom.us/j/91916608470</a> <b>2:45 pm – 3:30 pm</b> <a href="https://butleru.zoom.us/j/99687725537">https://butleru.zoom.us/j/99687725537</a>
Wed. Feb. 24	<b>Deadline to Sign Up:</b> First come first served. We will have a waiting list if need be. Participants will sign up through an online survey that asks them for their contact info and availability (see link above).	Flexible if we don't have enough.
Mon. Mar. 1	<b>Matching:</b> Matching student pairs and participants is complete. Students will begin contacting participants.	
Mar. 2 – Mar. 26	<b>Interviewing:</b> Students will conduct three 1-hour long conversations with participants to record their stories.	The duration of the conversations is flexible
Apr. 1 – Apr. 14	<b>Stories for Review:</b> Students will email copies of all the stories for participants to review and offer suggestions for revisions if they desire.	Participants do not have to offer revisions.
Wed. Apr. 14	<b>Revisions submitted to student:</b> If participants have any revisions to suggest, they must be shared by this date.	
Th. Apr. 22	<b>Zoom Presentations:</b> Students will present their findings for participants. Participants should plan to attend the time slot aligned with the pair of students with whom they have been working.	<b>10:00 am – 10:45 am</b> <a href="https://butleru.zoom.us/j/92122125167">https://butleru.zoom.us/j/92122125167</a> <b>1:15 pm – 2:00 pm</b> <a href="https://butleru.zoom.us/j/91916608470">https://butleru.zoom.us/j/91916608470</a> <b>2:45 pm – 3:30 pm</b> <a href="https://butleru.zoom.us/j/99687725537">https://butleru.zoom.us/j/99687725537</a>
Fri. Apr. 23	Booklets & Thumb drives mailed: Participants should receive them in a week from this date.	

## 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](http://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.



**American  
Heart  
Month**

F E B R U A R Y

## Technology Classes (Zoom Platform)

**Friday: 11 am-1 pm**

**Call (317) 283-6662 to sign up**

### Topics in Technology

**Instructor: Sally Catlin & IUPUI Students**

Classes are hosted in a senior-friendly environment. This class will explore varying topics in technology including Zoom, using a smartphone, laptop, computer, tablet, internet, social media and much more.

### Fitness Through the Ages (Online Video Platform)

**Any time at Heritage Place Facebook Page** [www.facebook.com/HeritagePlaceIndy](http://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.



# February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>2</b> <b>1:00</b> Tai Chi EnerChi	<b>3</b> <b>1:00</b> Tai Chi EnerChi	<b>4</b> <b>1:00</b> Tai Chi EnerChi	<b>5</b> <b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Topics in Technology <b>1:00</b> Tai Chi EnerChi
<b>8</b> <b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>9</b> <b>1:00</b> Tai Chi EnerChi	<b>10</b> <b>1:00</b> Tai Chi EnerChi	<b>11</b> <b>1:00</b> Tai Chi EnerChi	<b>12</b> <b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Topics in Technology <b>1:00</b> Tai Chi EnerChi
<b>15</b> <b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi  <b>President's Day</b> <b>Heritage Place Closed</b>	<b>16</b> <b>1:00</b> Tai Chi EnerChi	<b>17</b> <b>1:00</b> Tai Chi EnerChi	<b>18</b> <b>10:00</b> Good Grief Talks from Heartland <b>1:00</b> Tai Chi EnerChi	<b>19</b> <b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Topics in Technology <b>1:00</b> Tai Chi EnerChi
<b>22</b> <b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>23</b> <b>1:00</b> Tai Chi EnerChi  <b>Butler Family Stories Project</b> <b>Zoom presentations.</b> <b>See page 2 for details.</b>	<b>24</b> <b>1:00</b> Tai Chi EnerChi  <b>Signup deadline for Butler Family Stories Project.</b> <b>See page 2 for details.</b>	<b>25</b> <b>1:00</b> Tai Chi EnerChi	<b>26</b> <b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Topics in Technology <b>1:00</b> Tai Chi EnerChi

## Calendar Notes:

View Fitness Through the Ages at your convenience.

American Heart Month

Black History Month

Feb. 2-Ground Hog Day

Feb. 4-Thank a Mailman

Feb. 7-Send a Card to a Friend

Feb. 14-Valentine's Day

Feb. 15-President's Day  
Heritage Place Closed

Feb. 17-Ash Wednesday

Random Acts of Kindness Day



## BLACK HISTORY MONTH



## SHarP Community Garden

Spring is inching closer!  
We are pleased to announce SHarP Community Garden is the recipient of two grants so far for 2021. Funding has been received from the Indy



Food Fund to begin replacing 12 raised beds, which are starting to deteriorate. The Butler Tarkington Neighborhood Association approved a grant to help pay for water and to pilot an irrigation system for part of the garden.

We are grateful to SHarP Community Garden for providing two super raised beds to Heritage Place. In a typical time when we are meeting face to face, the produce grown from those beds come to Heritage Place for members to enjoy. Consider getting involved in the garden and help support the community where Heritage Place has "lived" for the last 45 years. It is a great place to learn as we have six Master Gardeners involved in the garden. If you are experienced, get involved to apply your seasoned skill and knowledge.

If vegetables aren't your thing but flowers are, we will be re-planting the corner perennial flower garden, another bed is dedicated to flowers, help with the native plant bed and we hope to be planting a fruit tree this year. Take advantage of the social, physical and mental benefits of gardening.

It is estimated that approximately 200 families in the Butler Tarkington neighborhood benefit from the Boulevard Place Food Pantry where the produce from SHarP is donated. The pantry has not restricted, based on address, throughout the pandemic and has been open and available to anyone in the community needing food.

Contact Ann Homrighous at (317) 283-6662 or email [ann.homrighous@heritageplaceindy.org](mailto:ann.homrighous@heritageplaceindy.org) to see how you can become involved.

## Retired Senior Volunteer Program (RSVP)

Does the pandemic have you bored and looking for something to occupy your time? RSVP has some virtual and in person volunteer opportunities. This program is administered by Catholic Charities Indianapolis.

Call (317) 261-3378 or to learn more click here <http://www.archindy.org/cc/indianapolis/RSVPofCentralIndiana.html>.



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

## Ladies of the Dance

A hearty congratulations to Ginger Evans! Ginger has assumed the role of instructor for the Heritage Place Ladies of the Dance group. We would like to thank Kathy Rucker and Katie Davis for their long-time leadership and commitment to this dedicated group of dancers. Click here <https://youtu.be/N6cHC4upwd4> to view a video produced by



Traditional Arts Indiana. We know they are anxious to start performing again. Keep on moving and dancing, everyone, until we are able to meet face to face again!

At the end of each year Ladies of The Dance gather for a year end celebration. Since they were unable to do that this year they decided to sponsor two families for the holiday. Teresa Knox contacted a Social Services representative at Indianapolis Public Schools to assist with this project. The recipients were required to be a grandmother who was caring for her grandchildren. They were able to bless four children; a brother and sister from one family, ages eleven and ten and six-year old twin brothers from the other family. The Ladies purchased coats, hats, gloves, all manner of clothing, as well as toys. It was such a rewarding experience, and the families were so thankful. Thanks to Ladies of the Dance for their commitment to our community.

*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

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### 9 am to 4 pm Monday – Friday

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