



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Homeward Bound

All of us at Heritage Place of Indianapolis, and many of you, have been working very hard to bring everyone back to programs and classes at 4550 N. Illinois Street.



Working to welcome everyone home, starting in April, we take one big step toward this goal as we open our doors to our first dance class in the building and start our slow return to Heritage Place. Participants must be pre-registered with instructors.

Over the last several months, Ann, Ellen, members of the Heritage Place Board of Directors and myself have prepared the training spaces, made the necessary changes and alterations to provide the safest and most efficient environment. The building does look different, and will continue so as we slowly bring more classes back in over the next few months.

Here is a sneak peek at what our classes will find when they return. First, we will have shorter office hours and the building doors will remain closed. All class participants

will enter the north door (the Heritage Place entrance). As everyone enters, masks will be required. All guests will be asked to sign in when they arrive. We will have a supply of masks and hand sanitizing solution should anyone need them. In the case of the dance programs, all will be conducted in the community room, located in the lower level of the building, with access via the stairs outside of the sanctuary. Once class is complete, everyone will need to exit via the west doors to the parking lot.

Our offices have changed, too. Ellen, Ann and I are in three different spaces. We have marked areas in the doorways of each office that simply reminds everyone that they need to stop as they walk into the office. At least for now, we are asking that only the designated program instructor should come to the office. This will change as we expand services to our members.

I know all of this sounds impersonal, but for now, it's how we can start resuming classes, keep safe, and truly become **Homeward Bound**. Be sure to review the class schedule as the day of the week and time of your dance program may have changed.

Also, be sure to check out our other virtual offerings.

Other dates to remember include the 2021 Walking For Dreams Community Walk on Sunday afternoon, May 23. This is both a live walk (at the Indianapolis Canal OR with your Team Heritage stepping off at 4550 N. Illinois Street) or a Virtual Walk at your own pace on your own route! Heritage Place Members Judy Hanna and Brad Romine are coordinating "Team Heritage" this year. You can find out more about the walk in this issue of **The Informer**.

Finally, we are very happy to report that the 37th Annual Hoosier Heritage Night is set for Wednesday, June 23, 6:00 PM, on the Terrace at Meridian Hills Country Club in Indianapolis. This year we will be hosting a Hybrid event, with opportunities to attend in person (following social distancing guidelines) or via a live stream platform. It's going to be an exciting evening, so stay tuned for more information!

Thanks everyone and Happy Spring!

Ed Alexander
Executive Director

Meet Nolan Taylor

Heritage Place member, Nolan J. Taylor, has joined our Board of Directors. Nolan is a clinical assistant professor of information systems in the Kelley School of Business at the Indiana University Indianapolis campus. He received his Ph.D. in Management Information Systems (MIS) from the University



of Georgia, his MBA from California State University, San Bernardino, and his BS in Electrical Engineering from the University of Alabama. Nolan served 9 years in the US Air Force as a project engineer before coming to academia.

In addition to being a regular contributor to the *Indianapolis Recorder*, Nolan's research has appeared in such journals as *Journal of Management Information Systems*, *Information System Research*, *Communications*

of the ACM, and *Information & Management*. Nolan serves on the editorial board of the *Journal of Information Systems Education*.

Nolan is a huge college football fan, especially when it comes to his alma maters, the University of Alabama (Roll Tide!) and the University of Georgia (Go Dawgs!) He found his way to Heritage Place as an avid bridge player, is a beekeeper, and enjoys growing vegetables in his salsa garden.

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/83951950349?pwd=cjg5bUMwbTZCVzE4dk8wSnlqaG8xUT09>

Meeting ID: 839 5195 0349

Passcode: 408763

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.

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.

SHIP-State Health Insurance Assistance Program

Monday-Friday: 9 am-3 pm

SHIP Call Center: (800) 452-4800

Free counseling services to Medicare beneficiaries. Counselors guide individuals through Medicare options, answer questions about Medicaid and insurance, and help with applications for Medicare Savings Program and Extra Help.

Technology Class (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 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!

Let's Smile and Laugh Together Session 3

April 7 at 2:30 p.m. wraps up Let's Smile and Laugh Together. Join us for Better Days Ahead: Keeping Positive and Engaged. Join us on Zoom or call in.

<https://us02web.zoom.us/j/86165205045>

Meeting ID: 86165205045

Call in: 1 (312) 626-6799

Meeting ID: 86165205045#





April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Happy Spring!</i></p>			1 1:00 Tai Chi EnerChi April Fool's Day	2 Good Friday Heritage Place Closed <hr/> April 4 is Easter
5 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi	6 1:00 Tai Chi EnerChi	7 1:00 Tai Chi EnerChi 2:30 Session 3 Let's Smile and Laugh Together World Health Day and National Walking Day	8 11:00 Ladies of the Dance (in person) 1:00 Tai Chi EnerChi	9 11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi
12 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Ramadan Begins at Sunset	13 1:00 Tai Chi EnerChi	14 1:00 Tai Chi EnerChi National Gardening Day	15 11:00 Ladies of the Dance (in person) 1:00 Tai Chi EnerChi World Art Day	16 11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi
19 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi	20 1:00 Tai Chi EnerChi	21 1:00 Tai Chi EnerChi	22 10:00 Good Grief Talks from Heartland Hospice 11:00 Ladies of the Dance (in person) 1:00 Tai Chi EnerChi Earth Day	23 11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi
26 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi	27 1:00 Tai Chi EnerChi	28 1:00 Tai Chi EnerChi	29 11:00 Ladies of the Dance (in person) 1:00 Tai Chi EnerChi	30 11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi Arbor Day

COVID-19 Vaccines



To register for a vaccine visit
<http://www.ourshot.in.gov>
 or call 211.

Heritage Place encourages everyone who is eligible to sign up and receive the COVID-19 vaccine. If you have questions or apprehensions about the COVID-19 vaccine watch the video produced by the American Red Cross and the collaborative agencies, including Heritage Place, who have been meeting about the COVID topic for the last year. To view the video, click here <https://www.coronavirus.in.gov/vaccine/2686.htm>. If you still have questions whether it is right for you, consult with your primary care provider.

Walking For Dreams

Lace up those sneakers and get ready to Walk for Team Heritage as part of the 2021 Walking For Dreams Community Walk! Join us in person as we walk from the Heritage Place Parking Lot to Butler University and back on Sunday, May 23, 1:30 PM, all to benefit the programs and services of Heritage Place of Indianapolis!



Not quite ready to walk with a big group of people but still want to participate? No problem! Simply decide when you want to walk, the route you prefer, gather up some sponsorship dollars, and do it! Just tell us when you are walking so we can support you!

Heritage Place members Judy Hanna and Brad Romine are coordinating this year's walk and we are thrilled to have them do so!

Regardless of when you walk, start asking family and friends for their support of Heritage Place! No minimum amount is required, but we do ask that everyone secure individual sponsorship dollars. We will soon be launching a "Team Heritage" walk website for everyone to make individual contributions. Just as soon as this site is ready to launch, it will be sent out to all HP Members and Supporters electronically.

Collecting donations has never been easier! You set your own financial goals, then ask neighbors, friends and family for their support. No dollar amount is too small.

Looking forward to walking with all of you! If you have any questions, give us a call here in the office and we will direct them to Judy and Brad!

Hoosier Heritage Night Returns!

A Heritage Place of Indianapolis and Central Indiana Tradition for 37 years, will be held on Wednesday evening, June 23 on the Terrace at Meridian Hills Country Club, Indianapolis.

Six remarkable and talented individuals will be honored for their lifetime achievement and continued contribution to Central Indiana. Our annual fundraising event, with Title Sponsorship by The **R.B. Annis Educational Foundation**, will be a Hybrid model with limited outdoor attendance at Meridian Hills and live stream opportunities.

Be sure to mark your calendar and watch for details for this opportunity for you to participate in this remarkable evening that celebrates a remarkable group of men and women, all in support of Heritage Place of Indianapolis!

SHarP Community Garden

Spring is here! Opening day at SHarP Community Garden is Saturday, April 10. Take advantage of the social, physical and mental benefits of gardening. The Veg Trugs need some TLC this summer! Take a moment to stroll through the garden this year and sit to relax and enjoy the atmosphere.



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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