



# The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

May 2021  
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## Happy May!

We had a wonderful experience at Heritage Place in April...we had noise in the building! The sound of the door opening, the greetings and warm hellos from



members and friends. Often when I would sit at my desk and I would hear one of these sounds, it was with excitement that I'd jump up and join the conversations and extend my arms for a virtual, socially distant hug. Yep, we're back and really happy about it!

As you saw in our April *Informer*, we've started slowly, making sure everyone is comfortable when they return. In May, we have additional returns planned. We could not be more pleased! We're on a limited hours schedule, so please remember to check out your favorite programs and classes to see if they are in-person or virtual. As always, you can contact

anyone on the staff for additional information or to answer your questions.

The month of May brings other opportunities, too. If you enjoy **Panera Bread**, then remember to order dinner from their location at 3824 E. 82nd Street on **Tuesday, May 11, 4:00-8:00 PM** in support of Heritage Place. This location will donate 20% of designated sales to Heritage Place! You can only go to this location, and if you order online for Rapid Pick-Up®, Curbside, or Delivery, use the code PRFUND at checkout. Don't want to order online? You can order at the café. Print off the flyer from the link [https://events.panerabread.com/attachment/8abab13d-d785-4a0d-a1ad-49cc6fa62e85/event\\_flyer.pdf](https://events.panerabread.com/attachment/8abab13d-d785-4a0d-a1ad-49cc6fa62e85/event_flyer.pdf) and present when you order on location. For more information, give us a call at the office.

Be sure to join us on **Sunday, May 23 for *Walking For Dreams***. We've got a new twist on

this wonderful family and pet friendly event (and a new route!), we will be gathering at **1:00 PM** in the west parking lot and doing our walk in the neighborhood! Check out the story in this issue of the *Informer* for details and specifics on how to register. Remember, all money raised will benefit the programs and services of Heritage Place of Indianapolis. Please come walk with us!

Heritage Place is a member-based organization of remarkable men and women. Now that we are starting to return to a more traditional schedule, don't forget about your membership! Renewals are accepted anytime during the year. If you are unsure when you last renewed, please give Ann Homrighous a call or email her at [Ann.homrighous@heritageplaceindy.org](mailto:Ann.homrighous@heritageplaceindy.org). We look forward to seeing you, too.

**Ed Alexander**  
Executive Director

## Meet Margaret Francis

Heritage Place member, Margaret Francis, joined our Board of Directors. She is a retired educator with the New York City Board of Education.



Margaret worked in the capacity of Staff Developer and Director of Reading and Writing Program in elementary and junior high schools. She received a Bachelor's from Indiana University and a Master's from Columbia University, City of NY. Volunteer contributions in-

clude hosting a remedial reading program with Wayne Township Schools, Indianapolis, and Women's Urban League Guild in New Rochelle, NY. She held leadership positions as VP of IU Alumni Assoc., NYC, IU Kelley School of Business Alumni Assoc., NYC, Shortridge H.S. Alumni Board and OASIS Planning Committee. Goals as an HP Board member include ensuring programs continue and grow and fulfilling the needs of HP members, especially those in need of social interactions. Margaret's personal vision for Heritage Place is activities giving the opportunity for

members to interact, to meet new people, to support one another and to feel needed. As an HP member, she particularly enjoys her participation in Inspirational Studies and Technology classes. She has a passion for travelling and has visited 57 countries. She had a unique experience of visiting the Soviet Union and lived in Portugal for a year; a real favorite including Norway and Croatia. Margaret has been married to John for thirty-one wonderful years, has two great daughters and five wonderful grandchildren.

## Butler-It's a Wrap

Heritage Place members **Carol Evans Conley** and **Andrew Bowman** participated in the Butler Family Stories Project this spring. Here's what they have to say about their involvement with Professor Tom Mould's students and the project.

**Q: How was your overall experience?**

**A:** "Appreciated having someone listen to my stories." "Refreshing." "All good." "Amazing." "Chance to talk with young people."

**Q: What insights did you learn from the experience?**

**A:** "Brought back a lot of memories, especially some that were suppressed."

**Q: How do you feel you contributed to the students' experience?**

**A:** "Hearing life experiences the students have never had and hearing things for the first time." "They learned we all come from different family dynamics, neighborhoods and life experiences, even being of the same race and culture." "Learned about history of Indianapolis and the State of Indiana." "Opportunity for students to see life in a person's fourth quarter of life." "Sparked their interest in genealogy studies." "Self-awareness." "Can't take things for granted."

**Q: What was your most valuable takeaway?**

**A:** "Opportunity to have experience with strangers." "To make a better community and country through dialogue." "Form new friendships." "Opportunity to talk and tell my stories."

**Next project:** Dr. Mould is already collecting names of senior community members interested in participating in the Spring 2022 Family Stories Project. You will work with students who are enrolled in "The Power of Everyday Storytelling" classes to tell your stories. Don't miss this marvelous inter-generational chance encounter. Contact Heritage Place at (317) 283-6662 for information.

## SHarP Community Garden

What a beautiful day for opening day at the garden on April 18!

Thanks to volunteers from Common Ground Midtown who did some prep work on April 17 and for helping with replacement of several bed frames and other odd jobs. When you visit the garden, be sure to try out the new bench in honor of William "Bill" Scott, founding member of the garden. His family commissioned a bench in honor of a milestone birthday. It is a beauty! We also have a new banner recognizing our funders helping us grow. We are excited to be part of this Butler-Tarkington Neighborhood community effort and supporting Boulevard Place Food Pantry.



## Walking For Dreams

**WHAT:** We're Walking For Dreams, and we'd love you to join us! We are joining other Central Indiana organizations again this year in bringing awareness to



Heritage Place, enjoying the fresh air, and raising valuable program dollars as part of this wonderful, family and pet-friendly Walk-A-Thon on **Sunday, May 23 at 1:00 p.m.**

**WHERE:** As part of "Team Heritage Place" gather in the Heritage Place/Common Ground parking lot at 4550 N. Illinois St. at 12:45 p.m. We will step off shortly after 1:00 p.m. and head west to Sunset Avenue, south to Buckingham Dr., East to Illinois St. and back to Heritage Place. If you prefer to walk in your own neighborhood, favorite park or path, you can still register as "Team Heritage Place" and let us know when you are walking so we can support you!

**DONATIONS:** Visit the Walking for Dreams/Heritage Place dedicated and secure website <https://www.walkingfordreams.org/OrganizationProfile?id=1d95a2c3-918b-4799-8ff0-69d092d03748> to make your contribution. To make it all the easier, we're all one team so whether you walk from Heritage Place or do your own thing, register as "Team Heritage Place" when you visit the site. If you prefer, you can donate via personal check, payable to Heritage Place with "WFD" in the memo line. You can also pay by credit card by calling the Heritage Place office at (317) 283-6662 and Ed, Ann or Ellen can take your information over the phone. You can also collect money and bring it with you if you walk from Heritage Place on May 23.

**SHARE:** Create your own email and invite friends near and far to join and support us! If you need assistance in doing so simply call us at (317) 283-6662 and we will assist you.

**WHY:** All money raised will support the programs and services of Heritage Place of Indianapolis! Now more than ever, we ask that you walk with us, and support our wonderful organization. Get out those walking shoes and join your Heritage Place Family and do something healthy for yourself while contributing to a great cause.

## Centers for Medicare & Medicaid Services

CMS (Centers for Medicare & Medicaid Services) has a new URL for people with Medicare to log into or create secure



Medicare accounts at Medicare.gov. If you have links to MyMedicare.gov it will still work, but people will be automatically redirected to the new URL, Medicare.gov. For reference, the hyperlink is <https://medicare.gov/account/login>.

## Programs and Services

As Heritage Place very slowly brings back programs, services and classes to the building we ask for your continued patience as we navigate through this process. This past year has brought a myriad of challenges. Our top priority has been and continues to be keeping our members, instructors, and staff as safe as possible. Some of our dance groups are coming back, but with class size limitations, restrictions, pre-registration and building protocols in place. Additional programs will return as we have instructors and group leaders available and our community partners begin to re-engage in outreach. We are still providing some virtual opportunities, although there are some changes starting in May. Please read the information under each class, program, and service to keep abreast of the most current schedule. **Keep in mind with COVID still out there, all schedules are subject to change.**

### Inspirational Studies (Audio Conference)

**Monday: 11 am-12 pm**

**Group Leader: Rev. Samuel Murray**

**Dial-in: (978) 990-5000**

**Access Code: 752581**

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.

**Cost:** Currently free for audio conference class.

### Yoga (Zoom Platform)

**Monday: 11:45 am-12:45 pm**

**Instructor: Marsha Pappas**

**<https://us02web.zoom.us/j/89898979231?pwd=OXBMSVQqL1Zvd3gyZWsxOGJnWW03QT09>**

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

**Cost:** Typically, the in-person class is \$10.00 per session, however there is no official fee for the online class, but donations are welcome. You can visit [www.meridianstreet.org](http://www.meridianstreet.org) or mail a check to Meridian Street UMC, 5550 N. Meridian St., Indianapolis, IN 46208.

### Senior Urban Line Dance-Golden Line Dancers (In-Person)

**Limited class size. Call (317) 283-6662 to learn more.**

**Must pre-register. No walk-ins.**

**Monday: 12 pm-1 pm**

**Starts: TBD**

**Instructor: Shirley Ward**

This senior urban line dance group is for both men and women. Learn the latest dances.

**Cost:** Member \$1

Non-member \$5

### Tai Chi EnerChi (Zoom Platform)

**Monday & Wednesday Only 1 pm-2 pm**

**Summer schedule effective May 3**

**Instructor: Carolyn Meeker**

Join Zoom Meeting — **Note: New link**

**<https://us02web.zoom.us/j/81310317601?pwd=Z0tlQWJlZMzVaQ25wVVVtSmJUJ20vUT09>**

**Meeting ID: 813 1031 7601**

**Passcode: 329753**

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. Some classes will be held in person on the HP driveway as weather permits.

**Benefits:** Improves balance and control, alleviates joint pain and provides calming techniques to promote stress reduction.

**Cost:** Currently free for online class.

### Indy Silver Foxes Line Dance (In-Person)

**Limited class size. Call (317) 283-6662 to learn more.**

**Must pre-register. No walk-ins.**

**Tuesday: 12 pm-2 pm**

**Instructor: Linda Oglesby**

The Silver Foxes are still Rock'n It! Whether you are a beginner or more advanced in your skills, learn dance moves that will help with balance, coordination and memory.

**Cost:** Member \$3

Non-member \$5

### 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.

**Cost:** Free

### Ladies of the Dance Line Dance (In-Person)

**Performance Practice Only for Pre-Registered Performers. No walk-ins.**

**Class will open to new participants in September**

**Thursday: 11 am-1 pm**

**Instructor: Ginger Evans**

New participants are welcome beginning in September. The spring and summer class is for seasoned and established performers as they are preparing for the Indiana

continued from previous page

State Fair! We are excited to have Heritage Place members representing us out in the community again!

## Knit, Loom Knit, and Crochet for a Cause (Zoom Platform)

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

**Friday: 11 am-11:45 am**

**Instructor: Madora Lewis**

Join the knitting class for socialization and fun while knitting for a cause. You provide the skill and needles and we will supply the yarn and pattern.

**Cost:** Currently free for online class.

## Technology Class (Zoom Platform)

**Topics in Technology**

**Last class this spring is May 14.**

**The Summer Technology Club will begin May 21.**

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

**Friday: 11 am-12:30 pm**

**Instructor: Sally Catlin**

A great way to get familiar with Zoom. You are welcome to join the summer club, but student presentations will not begin until fall.

**Cost:** Currently free for online class.

## Belly Dancing Fitness

**Limited class size. Call (317) 283-6662 to learn more.**

**Must pre-register. No walk-ins.**

**Friday: 1 pm-2 pm. Starts: May 7**

**Instructor: Judy Hanna**

Want a more rigorous workout? Belly dancing offers the same level of aerobic activity that a standard aerobics class offers. It builds coordination, memory skills and improves posture. Once you learn all dance routines, you will be ready to perform at annual community events.

This class can help you lose weight and inches by having fun in a fun-loving environment.

**Cost:** Member & Non-Member \$5

## Bridge Club (In-Person)

**Limited class size. Call (317) 283-6662 to learn more.**

**Must pre-register. No walk-ins.**

**Friday: 12 pm**

**Start Date: May 28**

**Group Leader: Carlotta Lanier & Nolan Taylor**

The Indianapolis Bridge Unit is at home at Heritage Place! Members of the American Bridge Association play duplicate bridge and earn points for national competitions. The more you play, the more you learn strategy and complex moves. All bridge player levels are welcome.

**May 21 12 pm Information Session**

**<https://iu.zoom.us/j/88465734182>**

**By Phone: +1 312 626 6799**

**Meeting ID: 884 6573 4182**

## Through the Ages Fitness (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>**

**Instructor: Samantha Purevich Stipp**

Here are some opportunities for the month of May:

### Happy Does

Through the Ages Fitness is teaming up with Carmel Restorative Massage Studio! We are holding a virtual session on how to create happiness through engagement and interaction as we all figure out our own personal groove!!! Looking for some new self-care tips and tools? This is the place for you!!! Follow the link <https://throughtheagesfitness.com/happy-does>.

### Let's Celebrate Mother's Day in a FIT Way!!!

Through the Ages Fitness wants to celebrate all MOMS this year for Mother's Day! Starting NOW till the end of May grab your mom, daughters or a group of moms for an EXTRA memorable workout session!!! For available days, times and pricing you can contact Through the Ages Fitness at [throughtheagesfitness@gmail.com](mailto:throughtheagesfitness@gmail.com) to plan your special and customized event!!!

## Special Programs (Zoom Platform)

**Moderators: Doty Simpson-Taylor & Curtis Strother**

Look for announcements about quarterly programs. Programs run for three consecutive weeks or are a one-time opportunity.

**Cost:** Free for online offerings.

## 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. Heritage Place currently has no in-person appointments.

### In Sympathy

It is with sadness we announce the passing of long-time SHIP counselor and VITA Tax volunteer, Wilma Kidd. She will be greatly missed. Our heartfelt sympathy to her family.





# May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>12:00</b> Indy Silver Foxes (in person)	<b>1:00</b> Tai Chi EnerChi  <b>Cinco de Mayo</b>	<b>11:00</b> Ladies of the Dance (in person)	<b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Topics in Technology <b>1:00</b> Belly Dancing Fitness
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>12:00</b> Indy Silver Foxes (in person) <b>4:00-8:00</b> Heritage Place Night at Panera Bread	<b>1:00</b> Tai Chi EnerChi	<b>11:00</b> Ladies of the Dance (in person)	<b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Topics in Technology <b>1:00</b> Belly Dancing Fitness
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>12:00</b> Indy Silver Foxes (in person)	<b>1:00</b> Tai Chi EnerChi	<b>11:00</b> Ladies of the Dance (in person)	<b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Technology Club <b>1:00</b> Belly Dancing Fitness
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>11:00</b> Inspirational Studies <b>11:45</b> Yoga <b>1:00</b> Tai Chi EnerChi	<b>12:00</b> Indy Silver Foxes (in person)	<b>1:00</b> Tai Chi EnerChi	<b>10:00</b> Good Grief Talks from Heartland Hospice <b>11:00</b> Ladies of the Dance (in person)	<b>11:00</b> Knit, Loom Knit, and Crochet for a Cause <b>11:00</b> Technology Club <b>12:00</b> Bridge Club (in person) <b>1:00</b> Belly Dancing Fitness
<b>31</b>				<b>31</b>
<b>Memorial Day</b> <b>Heritage Place Closed</b>  <b>National Smile Day</b>	<b>Older Americans Month</b> <b>May 2</b> World Laughter Day <b>May 9</b> Mother's Day <b>May 15</b> Armed Forces Day <b>May 23</b> 1:00 Walking For Dreams			

## Hoosier Heritage Night

June 23-Watch for more information.



- 37th Annual Hoosier Heritage Night  
Wednesday, June 23, 6:00 PM
- Meridian Hills Country Club,  
7099 Spring Mill Road, Indianapolis, IN
- Limited In-Person Seating on the Terrace,  
Livestreaming at Home Available

**In person or online!**

TITLE SPONSOR: **R.B. ANNIS EDUCATIONAL FOUNDATION**

## Let's Smile and Laugh Together

Thanks to those who joined us for any or all of this special 3-part series moderated by Heritage Place's own Doty Simpson-Taylor and Curtis Strother! We shared lots of smiles, laughs and great conversation. For those of you who missed it, here are some highlights.

**Session 1:** In session one we were entertained by FoSho (Don Martin), Christian comedian, with laughs that hit home. In addition to some laughs, we shared what has made us smile or laugh during the pandemic, what has made us smile or laugh at ourselves during the pandemic and reflections back on our own lives over the years which have made us smile or laugh. We learned how resilient we are and in spite of the challenges, we still have a sense of humor. One take away is "Who knew I'd ever have to practice social distancing from my REFRIGERATOR?!"

**Session 2:** In session two we welcomed The East Coast Players, Jennifer Palmer and Frank Mitchell, from New Bedford, MA to hear the humorous reading, "One Tennis Shoe" by Shel Silverstein. This session focused on random acts of kindness we have done or experienced to keep us going during the pandemic. We also planted the seed to think about who is your COVID-19 hero? Benefits of laughing cited include boosts your physical and psychological health, boosts short-term memory, indicates resilience and better ability to face adversities, and the release of endorphins attribute to pain relief.

**Session 3:** In session three we learned some great tips and techniques from Shanna McCarroll, representing the Marion County Health Department, in keeping positive and engaged to look at better days ahead. Some of the tips and techniques include set goals for yourself, keep an in-

viting physical environment, laugh, celebrate small wins, stay informed without overloading, keep a structured schedule, feed the body and brain, exercise and listen to music, especially songs reminding us that things will be alright. The Serenity Prayer can help keep everything in perspective and we all enjoyed some smooth music making everyone smile!

*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

### Heritage Place of Indianapolis, Inc.

4550 North Illinois Street  
Indianapolis, IN 46208  
(317) 283-6662  
admin@heritageplaceindy.org  
www.heritageplaceindy.org

### 10 am to 2 pm Monday – Friday

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