



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

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Changes

Happy July Everyone!

As our world slowly starts bringing back some of our traditions that we've not had in the last several months, all of us at Heritage Place are grateful for those of you who have renewed your membership and have started to return to traditional face to face classes. We are here, we're open for business and we look forward to seeing each of you!

As mentioned in June, our dear friend and colleague, Ann Homrighous, decided to retire. As you read this, I suspect she's relaxing at home, not so much concerned about when she needs to return to the office! Ann is a hard act to follow, and she will be working with us in the publication of the Heritage Place *Informer* each month. I am, however, happy to introduce and welcome Lynnette Lewis as our Interim Director of Programs & Services. Some of you may have met Lynnette as she has been working with Ann for the last couple of weeks. I've known and worked with Lynnette for a long time, and know all of you will enjoy her immensely. Welcome to Heritage Place, Lynnette!

You might be asking, why the word "Interim"? Well, the reality is, due in part to the COVID Pandemic, Heritage Place simply does not have the capacity of business right now to justify a full-time Director. We've known that this might take a few months to get to the point that we are ready for another



position. Until then, Lynnette will be on staff 15 hours per week, ready to help you anyway she can! We will keep everyone informed when we start the process of recruiting and selecting the next full-time Director of Programs and Services.

You might have also seen a familiar face at Heritage Place in June...Fred McDowell has returned as a regular volunteer! You will remember that Fred was a Goodwill Trainee, then became a part-time Staff Assistant. Fred left us to have surgery in December of 2019, followed by some medical complications, but he is back on Wednesdays and Fridays, so stop by and say hello!

A word about memberships and why they are important...Heritage Place was technically never totally closed during the pandemic. From the very beginning we worked with our volunteers and the Heritage Place Community to make sure some of the basic needs of our members and the neighborhood, were being met. Food and medication delivery, friendly check in, rides to essential appointments, anything that we could do, we did our best to coordinate them. We worked with individual instructors and the Common Ground Church to create "virtual" or "Zoom" based programs. We also made significant changes to our offices in order to provide the safest, most efficient space possible. Bottom line, your staff kept on going! This is why your membership is vitally important! Please take a moment and consider what you value about your membership. If you receive a letter indicating that it's time to renew, please do so.

Thanks everyone, have a wonderful July!

Ed Alexander
Executive Director

Fresh Bucks

If you have a Hoosier Works/ SNAP Card you can receive FREE fruits and vegetables at local participating Farmer's Markets. You can get your Fresh Bucks coupons at the market by visiting the information table.

Binford Farmers Market

Saturdays 8 am-12 noon
May-October

Broad Ripple Farmers Market

Saturdays 8 am-12 noon
May-November

Garfield Park Farmers Market

Saturdays 9 am-12:30 pm
May-October

Fort Ben Farmers Market

Thursdays 4 pm-7 pm
June-October

Original Farmers Market Downtown

Wednesdays 9:30 am-1:30 pm
May-October

North Church Farmers Market

1st & 3rd Thursdays 4 pm-6 pm
July-September

The Farmer's Produce Market

Saturdays 10 am-2 pm
June 19-September 25



Thanks to our Board Members

With the end of the fiscal year at Heritage Place, we say goodbye and thank you to four Heritage Place Board Members who have served two consecutive, 3-year terms. A very special Thank You to:

Angela Goodwin, IU Health

Latrice Baxter, Adult & Child Mental Health Centers

Joe Pettygrove, Kroger Gardis & Regas, LLP

Lisa Watts, Old National Bank

We are grateful for the continued service and support of all we do at Heritage Place.

Meet Joanne Sommers

Joanne Sommers is the incoming President of the Heritage Place Board of Directors. Her two-year tenure begins on July 1, 2021. Joanne has been a member of the Board of Directors since 2017. She previously served as Vice President (2019-2021) and Secretary (2018-2019) and co-chaired the Hoosier Heritage Night committee from 2018-2020.



Joanne is looking forward to helping Heritage Place return to a post-pandemic normalcy. As with every organization, COVID took a toll on Heritage Place. Through the tireless efforts of its staff and trust of its members, Heritage Place is once again showing signs of being the thriving community it was prior to March 2020. Heritage Place began its impressive legacy in 1976. It is Joanne's goal as Board President to ensure that Heritage Place is in the best position possible to continue its mission of providing programs and services to older adults for the next 45 years!

Outside of Heritage Place, Joanne is an attorney at Plews Shadley Racher & Braun LLP. She represents organizations and individuals in insurance cost recovery litigation, environmental litigation, commercial litigation, and other complex litigation matters. Joanne and her husband, Eric, keep busy with their lively and curious one-and-a-half-year-old daughter. In the summer, Joanne is often found at her family lake house on Lake Maxinkuckee where she loves to ski, kayak, and spend time with family.

Oops & Sorry

After publishing a wonderful bio for **Manolo Santalla** in the June issue, we failed to list him as a member of the Board of Directors in the 2021-2022 list on page 2. Our apology, Manolo!

And, **Kathy Rucker** has NOT retired as instructor for Ladies of the Dance Line Dance; she is simply on an extended leave of absence. We look forward to Kathy's return in the future.

COVID Updates

Due to the State, County and local decision to lift the mask mandate, our landlord, Common Ground Midtown Church, has lifted the mask mandate for those who are fully vaccinated, in the general public areas of the building. The Church does ask those not fully vaccinated to continue wearing a mask. It is a personal choice for those who are fully vaccinated. There may be different protocols for classes and strictly at the discretion of the instructors and group leaders as to mandates in their classes.

Know your Heritage Place staff is 100% vaccinated. If you have not yet been vaccinated and have questions or concerns, contact us at (317) 283-6662 and we can connect you to resources to address your questions and concerns.

Congrats HHN Honorees & Thanks

It was great to once again be in person for Hoosier Heritage Night. Congratulations to our 2021 honorees for their outstanding achievements and service to our Hoosier community.

Dennis Bland, President, Center for Leadership Development

Teresa Lubbers, Commissioner of Higher Education, State of Indiana

David Resnick, Chairman of the Board, Katz Sapper & Miller

Myra Selby, Partner, Ice Miller LLP; Former Associate Justice for the Indiana Supreme Court

Joanna Taft, Executive Director, Harrison Center for the Arts; Founder, Herron & Riverside High Schools

Robbie Williams, Realtor, Keller Williams Indy Metro; Community activist

And a gracious thanks to our sponsors:

R.B. Annis Educational Foundation, Event Title Sponsor

Kroger Gardis & Regas LLP, Heritage Auction Sponsor

Plews Shadley Racher & Braun LLP, Heritage Auction Sponsor

Ice Miller LLP, Heritage Auction Sponsor

Hoover Hull Turner LLP, Heritage Souvenir Sponsor

Federal Home Loan Bank of Indianapolis, Heritage Souvenir Sponsor

Mid-North Shepherd's Center

Our friends and neighbors at the Mid-North Shepherd's Center invite Heritage Place members to participate in their programming. You can find out more about them at www.mnscenter.org or by emailing info@mnscenter.org. Their telephone number is (317) 924-0959. Charlie McDonald is the Interim Executive Director. The Shepherd's Center operates out of the North Meridian Street

United Methodist Church located at 38th & Meridian Streets and they hope to resume normal operations in the building soon! Several Heritage Place members are also members of the Mid-North Shepherd's Center. As always, we too, extend an invitation to their members to participate in Heritage Place programming.

Gleaners CARE Mobile Food Pantry

Open to the public. Drive thru distribution.

Dates: June 1-August 31

Mondays, 3-5 pm

Ivy Tech Community College

101 W. 28th St. 46208

Enter from 28th St.-Closed July 5

Tuesdays, 4-6 pm

Marion County Election Board

3737 E. Washington St. 46201

Enter from E. Washington St.

Wednesdays, 12-2 pm

Avondale Meadows YMCA 46205

Saturdays, 10 am-12 pm

John Marshall High School

10101 E. 38th St. 46236

Enter from E. 38th St.-Closed July 3

SHarP Community Garden

Vegetables, herbs and flowers are growing at SHarP! It has been a great season so far. There has already been harvests for the Boulevard Place Food Pantry. The HP VegTrugs are looking good with green beans, cucumbers, tomatoes, peppers and lettuce. As always, we encourage you to stop by and visit the garden. Donations for the garden are gladly accepted. If donating, you can send to us at Heritage Place or donate online through our website at www.heritageplaceindy.org. Be sure to indicate it is for SHarP Garden.



Health and Wellness Coaching

Heidi Martinez is inviting you to a free *Health & Wellness Coaching Conversation*. What will a health coach do for you?

Empower you to discover your own wisdom and strength.

Help you create your own solutions to problems.

Support you without judgement.

Hold you accountable to your goals.

What can you expect?

The first consulting conversation, a chance to ask questions and see if coaching is for you, takes place on Zoom and lasts about 45 minutes.

For those who begin coaching before August 1, 2021, you will receive 6 practice coaching sessions by Zoom, each lasting 45 minutes, at no cost.

You can expect real, lasting lifestyle and behavior change.

Who is Heidi Martinez?

She is a health and wellness coaching student in the practicum portion of her training.

She is offering her time to practice clients ready to explore making at least one change in their health or well-being.

She is a resident of the Butler-Tarkington neighborhood.

She committed over a decade ago to end her family's tradition of passing down Type 2 diabetes.

She now shares her passion for changing personal health histories and family lines for good within the community she loves.

To contact Heidi call or text (317) 833-7172 or email heidismartinez@gmail.com.

Look for an announcement in future issues of the *Informer* about an in-person presentation at Heritage Place.

The Indiana State Fair Returns!

Heritage Place Dance Groups will be performing at the 2021 Indiana State Fair Dance Stage.

Belly Dance Fitness

August 5	5-6 pm
August 7	1-2 pm
August 8	4-5 pm
August 13	5-6 pm
August 20	5-6 pm
August 22	5-6 pm



Ladies of the Dance Line Dancers

August 5	1-2 pm
August 12	1-2 pm
August 19	1-2 pm

Come out and support our Heritage Place Dancers!

SHIP at the State Fair

The Indiana State Fair is back! If you visit the fair from July 30-August 22, you can find the SHIP booth in the lobby of the Home & Family Arts building. The fair is closed on Mondays and Tuesdays.



July 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 4 Independence Day July 5 Heritage Place Closed July 6 Nat'l Fried Chicken Day July 8 Liberty Bell Day July 16 Fresh Spinach Day July 21 Nat'l Hot Dog Day	July 23 Summer Olympics Opening Ceremony July 25 Nat'l Chili Dog Day July 28 Nat'l Hamburger Day July 29 Nat'l Chicken Wing Day July 30 Int'l Day of Friendship		1 11:00 Ladies of the Dance (in person)	2 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Club (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
5 Heritage Place Closed	6 12:00 Indy Silver Foxes (in person)	7 10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)	8 11:00 Ladies of the Dance (in person)	9 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Club (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
12 12:00 Golden Line Dancers (in person) 1:00 Tai Chi EnerChi (Zoom)	13 12:00 Indy Silver Foxes (in person)	14 10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)	15 11:00 Ladies of the Dance (in person)	16 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Club (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
19 12:00 Golden Line Dancers (in person) 1:00 Tai Chi EnerChi (Zoom)	20 12:00 Indy Silver Foxes (in person)	21 10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)	22 10:00 Good Grief Talks from Heartland Hospice (Teleconference) 11:00 Ladies of the Dance (in person)	23 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Club (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
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Programs and Services

Heritage Place is making a comeback, although we are still not at full capacity of programs and services. It is still a bit quiet in the building at times, but great to hear chatter, laughter and music. So far, a steady following for the in-person classes and we will be adding additional classes as instructors become available. Look for some in-person presentations coming in August. Doors are unlocked 30 minutes prior to the start of class and are locked 30 minutes past class start time.

Most classes have plenty of spaces so no pre-registration required except for Bridge and Spanish until we determine class capacity.

Don't forget we still have Tai Chi EnerChi, Knit, Loom Knit and Crochet for a Cause and Technology Club on Zoom and Through the Ages Fitness via online video. Good Grief Talks from Heartland Hospice and SHIP counseling assistance is available via conference call.

Inspirational Studies

Group Leader: Rev. Samuel Murray

This class is on summer break. Returns Monday, September 13.

Look for details in upcoming issues of the *Informer*.

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

Call (317) 283-6662 to learn more.

Monday: 12 pm-1 pm

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

Instructor: Carolyn Meeker

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

<https://us02web.zoom.us/j/81310317601?pwd=Z0tlQWJlZMzVaQ25wVVVtSmJUZZ20vUT09>

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)

Call (317) 283-6662 to learn more.

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

Through the Ages Fitness: Chair Yoga & Flow (In-Person)

Call (317) 283-6662 to learn more.

Wednesday: 10 am-11 am

Instructors: Samantha Stipp & Julie Gordon

During this class session participants will keep the body moving while improving their range of motion, flexibility and cognitive function in a seated position. Participants will feel restored and refreshed as they engage in cognitive meditations and/or activities along with the pleasant sound of music and song for an overall sense of well-being and happiness. This class is adaptable if you prefer to use a mat on the floor.

Cost: \$3.00 Member & Non-member

Spanish: El Club de la Tercera Edad (In-Person)

Must pre-register. Call (317) 283-6662 to learn more.

Wednesday: 11:30 am

Starts: July 7

Instructor: Dorian Pinner

It's never too late to learn a new language. Learn conversational Spanish incorporating everyday expressions, vocabulary, grammar and culture through study, practice and experiences. All levels welcome!

Cost: Members \$1.00

Non-Members \$5.00

Book fee \$10.00 & Dictionary fee \$5.00

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

continued from previous page

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 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 Club (Zoom Platform)

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 (In-Person)

Call (317) 283-6662 to learn more.

Friday: 1 pm-2 pm.

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. Must pre-register.

Friday: 12 pm

Group Leaders: 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.

Through the Ages Fitness (Online Video Platform)

Any time at Heritage Place Facebook page

www.facebook.com/HeritagePlaceIndy or Fitness

Through the Ages website <https://throughtheagesfitness.com>

Instructor: Samantha Purevich Stipp

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.

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

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