



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

June 2021
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Greetings to all and Happy June!

At Heritage Place, June will be seeing the return of more in-person classes and programs at Heritage Place. Ann, Ellen and I have been very happy with the number of Instructors who have arranged to return! This issue of *The Informer* includes an up-to-date calendar with both in-person and virtual classes that all members can take advantage of, so be sure to take some time and check it out!



ored Hoosier men and women who are certainly leaders in their fields, and 2021 is no different as you will see in the large promotional logo for our event in this issue. Our event will be held at Meridian Hills Country Club in Indianapolis, and also available via livestreaming. Most importantly, this event raises vital program and service dollars. Plan to attend in person or tune in from home!

We've much more to share, but I've agreed to turn over some of my airtime to my colleague, Ann Homrighous, Director of Programs and Services, for a special announcement.

Ed Alexander
Executive Director

June also marks the return of a more traditional *Hoosier Heritage Night* on Wednesday evening, June 23. For 37 years, this event has hon-

Meet Manolo Santalla

Heritage Place member, Manolo Santalla, is excited to join our Board of Directors and looks forward to working with the staff and board. Manolo describes himself as a proud American who was born in Cuba; he is a naturalized US citizen. He and his family settled in the Washington DC area in the 1960's after fleeing Castro's communist regime.



Manolo received a Bachelor's in Business Administration from Averett University. Manolo worked for almost 27 years at The Bureau of National Affairs, Inc. (BNA), an employee-owned publisher of information services on government regulations; he retired in 2003

as product manager for Business and Health Care Products.

Post retirement he embarked on an acting career based in Washington DC where he worked primarily on stage performing in con-

temporary, classical, and children's plays. Manolo had trained as an actor in the 1970s, and had started performing but his BNA career demands made it difficult to pursue acting. Most recently he was cast in an audio-recording of "The Tempest" with the Prince George's County "Shakespeare in the Parks" Festival. He toured four summers with this group performing Shake-

more **MANOLO** page 2

Farewell



Yes, I, Ann Homrighous, Director of Programs and Services will officially retire from the front lines of Heritage Place on June 30. Retirement is certainly a bittersweet

concept. I will miss the wonderful members, instructors, Board and staff at Heritage Place. Don't think this is a spur of the moment decision; it has been in the planning stages for quite some time. It has, however, been strange not to see everyone and hear the buzz in the hallways over the last year. I am so happy classes are slowly starting up again and there is life in the building!

Have no fear I will have plenty to keep me busy. I will still be gardening at SHarP this season as well as in my personal (and Mom's) garden space up north. The first thing will be to BREATHE! I said I wanted to retire and read books, sketch and draw, take a writing class, play the piano, learn how to play that guitar I have had for some time and grow stuff!

I sure am glad Heritage Place has been part of my life's journey. Everyone has always made me feel "at home" and I could not have met a more outstanding group of people. You have all enriched my life.

Thanks for the opportunity to work at Heritage Place and for all the support I have received. I certainly will miss everyone. Who knows, maybe I will sneak down to HP for a class now and again.

Wishing Ed, Ellen and all of you the best and Heritage Place continued success in providing programs and services to a cherished demographic.

Hoosier Heritage Night

The 37th Annual Hoosier Heritage Night is Wednesday, June 23, 6:00 p.m. at the Meridian Hills Country Club, 7099 Spring Mill Road, Indianapolis, IN. Dinner, event program and live auction is all outside on the Terrace. Individual price is \$100.00 and the seating is limited. Livestream is available at \$50.00 and includes program and live auction. Additional information and livestreaming link will be sent with reservation confirmation.

Please join us to recognize the outstanding achievements and contributions of 6 remarkable Hoosiers:

Dennis Bland
Teresa Lubbers
David Resnick
Myra Selby
Joanna Taft
Robbie Williams

Call Heritage Place at (317) 283-6662 for more information on how to register. Hope to see you there.



HERITAGE PLACE
PRESENTS THE **37th ANNUAL**
HOOSIER
HERITAGE
Night
2021

- 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**

Welcome Back!

When you come to Heritage Place for classes on Wednesday or Friday you will be greeted by Fred McDowell at the front door. Fred returns to Heritage Place as a volunteer on June 9. We are so happy to have him back and know you will too!



MANOLO continued from page 1

spare plays at various parks in Prince George's County, Maryland.

Since moving to Indianapolis, Manolo enjoys playing bridge at Heritage Place with "the most welcoming group of people I've ever met who helped a novice contract bridge player navigate through the discipline required to play duplicate bridge." He also volunteered with the Indianapolis Symphony, Phoenix Theatre, IRT, Indianapolis Ambassadors, and through his church, All Saints Episcopal, at Dayspring Center. Manolo looks forward to volunteering again once it's safe to gather in person.

A Tribute and Thanks

Heritage Place members and staff say thanks to four instructors who retired. We cannot thank them enough for their dedicated service to Heritage Place. Keep these wonderful ladies in spirit and we wish them all the best in their continued life journeys.

Joanie Belle, Balance & Stability and Chair Aerobics Instructor

Colela Bouye, Chair Aerobics Instructor

Katie Davis, Heritage Place Ladies of the Dance Line Dance Practice Leader

Kathy Rucker, Heritage Place Ladies of the Dance Line Dance Instructor



Belle



Bouye



Davis



Rucker

Board of Directors 2021-2022

Joanne Sommers, President
Attorney, Plews Shadley Racher & Braun LLP

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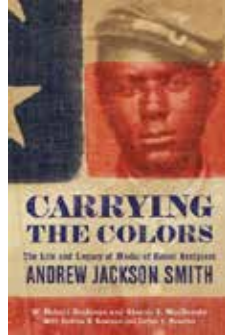
MaryBeth Wott, Director
Senior Vice President, Community Investment Officer
Federal Home Loan Bank of Indianapolis

Edward Alexander
Executive Director, Heritage Place of Indianapolis, Inc.

Special Juneteenth Presentation & Interview

Carrying the Colors: The Life and Legacy of Medal of Honor Recipient Andrew Jackson Smith by Sharon S. MacDonald, W. Robert Beckman, Andrew S. Bowman and Ester L. Bowman.

Don't miss this fascinating interview of Heritage Place member, Andrew S. Bowman, grandson of Andrew Jackson Smith, in honor of Juneteenth. This is a story about one man's journey from slavery to a White House ceremony. Learn about this slave, soldier, landowner and father who dedicated his life to the service of his community and country.



Date: Wednesday, June 17

Time: 2:00 p.m.

Co-Moderators: Curtis Strother & Doty Simpson-Taylor

Join Zoom Meeting

<https://us02web.zoom.us/j/89105106603>

Meeting ID: 891 0510 6603

One tap mobile

+13017158592,,89105106603# US (Washington DC)

+13126266799,,89105106603# US (Chicago)

SHarP Community Garden

SHarP is sporting all kinds of new additions this season. A new banner is in place to honor major funders who are helping the garden grow. The corner sign garden has a new facelift and there is a newly planted Liberty apple tree. The apples won't produce this season but it looks so promising with buds and new growth. A few bed frames are replaced and gardeners have planted and seeded beds with warm weather vegetables and herbs. The native plant bed facing Illinois Street is coming on strong and the Zinnia flower bed has moved down to the front facing Illinois Street. Heritage Place is proud to be a part of this great community effort!



COVID Vaccine



Heritage Place encourages anyone who is eligible to receive a COVID-19 vaccine to do it! You can contact 211 or go to <http://www.ourshot.in.gov> to schedule an appointment. Medicare will pay for the vaccine. You will personally not pay for it, but they may ask you for your Medicare card in order to bill Medicare. If you still have hesitancy about receiving the vaccine, call us at (317) 283-6662 and we can connect you to resources to address your questions and concerns.

If you have received your vaccine, keep your vaccination card safe just like you would your Medicare card or Social Security card. The scammers are out there and trying to get access to personal information. Don't share a photo of your COVID-19 vaccination card online or on social media. If you suspect COVID-19 health care fraud, report it to (800) 447-8477.

Food Desert Challenges

There are at least 208,000 people living in Indianapolis neighborhoods that fall into the category of food deserts. This was a 10% increase from 2016-2019 before the COVID-19 pandemic. This event further makes food access a challenge.

Several developments and initiatives are coming to areas designated as food deserts. These efforts can make a significant impact in health outcomes for people in neighborhoods with no access to grocery stores and healthy food options. It is the hope that various entities and individuals are likely to continue as the benefits of healthy food access become evident.

Source: *Charitable Advisors Not for Profit News*

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



June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>12:00 Indy Silver Foxes (in person)</p>	<p>2</p> <p>10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>3</p> <p>11:00 Ladies of the Dance (in person)</p>	<p>4</p> <p>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)</p>
<p>7</p> <p>12:00 Golden Line Dancers (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>8</p> <p>12:00 Indy Silver Foxes (in person)</p>	<p>9</p> <p>10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>10</p> <p>11:00 Ladies of the Dance (in person)</p>	<p>11</p> <p>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)</p>
<p>14</p> <p>12:00 Golden Line Dancers (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>15</p> <p>12:00 Indy Silver Foxes (in person)</p>	<p>16</p> <p>10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>17</p> <p>11:00 Ladies of the Dance (in person) 2:00 Special Juneteenth Presentation & Interview (Zoom)</p>	<p>18</p> <p>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)</p>
<p>21</p> <p>12:00 Golden Line Dancers (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>22</p> <p>12:00 Indy Silver Foxes (in person)</p>	<p>23</p> <p>10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>24</p> <p>10:00 Good Grief Talks from Heartland Hospice (Teleconference) 11:00 Ladies of the Dance (in person)</p>	<p>25</p> <p>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)</p>
<p>28</p> <p>12:00 Golden Line Dancers (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>29</p> <p>12:00 Indy Silver Foxes (in person)</p>	<p>30</p> <p>10:00 Yoga (in person) 11:30 Spanish (in person) 1:00 Tai Chi EnerChi (Zoom)</p>	<p>Healthy Brain Initiative Month</p> <p>June 14 Armed Forces Day/Flag Day June 20 Father's Day</p> 	

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. 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

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)

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

Must pre-register. No walk-ins.

Monday: 12 pm-1 pm

Starts: June 7

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=Z0tlQWJZMzVaQ25wVVVtSmJUZ20vUT09>

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

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

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

Must pre-register. No walk-ins.

Wednesday: 10 am-11 am

Instructors: Samantha Stipp & Julie Gordon

Starts: June 2

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)

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

Must pre-register. No walk-ins.

Wednesday: 11:30 am

Starts: June 2

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

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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)

Limited class size. Call (317) 283-6662 to learn more. Must pre-register. No walk-ins.

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. Call (317) 283-6662 to learn more.

Must pre-register. No walk-ins.

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.

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