



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

September 2021
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Heritage Place – Always Planning

Here at Heritage Place we are forever planning for the future; programs we want to launch, new schedules, special events etc. Just like all of you, we at Heritage Place make plans, too. In September, we've got some wonderful and exciting things planned.



Health & Wellness is the focus of Heidi Martinez in her Health Coaching series beginning September 7. Heidi will share her expertise and knowledge in the critical health and behavioral issues so important for all of us, regardless of our stage in life. Check out the calendar for specifics of Heidi's classes available.

We've got a few popular programs returning, too! "A Bridge Refresher" is back starting Tuesday, September 14.

Perhaps you've always wanted to play, or maybe it's been a few years since you last played. Whatever your situation, this is the class for you! Our own "Bridge Master," Charles Williams, will be teaching this class on Tuesdays. Likewise, Inspirational Studies resumes on September 13 and the immensely popular Computer Technology series will be back in "Hybrid" form starting Friday, September 3. All wonderful additions to the Heritage Place cadre of unique programs and classes.

The 13th Annual Trivia Bowl Challenge is set for Thursday evening, November 11 (see, we're planning again!) to benefit all of our programs and services. The 2020 holder of the Coveted Trivia Trophy, "Friends of Margaret's," will be defending their title. So, brush up on just about everything and join us for this fun event!

By now many of you have received our annual member survey. If you have not done so, please take a moment to respond and return to us. This will help us plan (again with the planning!) on how to continue to provide the programs and services you want!

An important final word. If you've not done so, please get your COVID-19 vaccination. If you want to continue seeing Heritage Place open for services, you've got to take the responsibility to "Get The Shot." If you've been vaccinated and maybe know someone who has not, get them to go. It's as easy as that. It's important. If you need assistance in finding a location for your vaccination, please call Lynnette or me at (317) 283-6662 and we will gladly help you.

Ed Alexander
Executive Director

Meet Liz Donaldson

Liz grew up in Indianapolis and graduated from Indiana University. Liz has attended Common Ground Midtown Church since 2007



and is now the Children's Ministry Administrator. In this role she is responsible for organizing Children's Ministry volunteers, ordering supplies and childcare planning for events.

Liz has coordinated volunteers from Common Ground Midtown Church to support Heritage Place members since the onset of the COVID-19 pandemic.

Many special bonds have formed between CG volunteers and HP members and Common Ground Midtown continues to support Heritage Place, thanks to Liz's efforts. She joined the Heritage Place Board of Directors in 2021. Her interest in serving on the Board has been her involvement with Heritage Place through Common Ground Midtown and wants to continue to serve the Butler Tarkington neighborhood and be creative in how services can continue to be provided in light of the pandemic restrictions. She also has an interest in furthering the partnership between Common

Ground Midtown and Heritage Place to provide events and services.

By profession, Liz is a registered nurse and provides bedside care of pediatric patients in the Cardiovascular Intensive Care Unit (CVICU) at Riley Children's Hospital. In community, Liz is a Girl Scout Leader and child sponsor with Otino Waa Children's Village in Uganda.

Liz and her husband, James, were married in 2009 and moved to the Midtown area of Indianapolis in 2010. They have three daughters, Anna, Evelyn and Reina. The Donaldsons enjoy cooking together, playing games and being with family.

Health & Wellness Coaching Class Series

As you know, part of the mission of Heritage Place is to promote healthy living and well-being. As we have heard reports from many members that they really slowed down during the COVID pandemic, here is an opportunity to get you kick-started back on track to healthy food choices, body movement and managing stress. Heidi Martinez is offering a 3-Part Series starting in September. These classes will be part presentation, small group break outs and action! So, get moving and mark your calendar for this free introduction and class series!

Living with Diabetes: Nutrition Coaching for Better Blood Sugar

Even the smallest food changes can make a huge difference when you have diabetes. In this session you'll discover baby steps for bringing blood sugar under control. Sharing your challenges with other diabetics and pre-diabetics will create a safe community to support life-long changes. Be prepared to get healthier!

Date: Tuesday, September 7

Time: 10:30 am-12 noon

Living with Diabetes: Healthy Movement

Anyone avoiding exercise even though the doctor said you should? This group coaching session will push you to think about all the ways you can move that are fun, don't require equipment, and have you wanting more. All this plus encouragement from others and better blood sugar control are expected from this class.

Date: Tuesday, September 21

Time: 10:30 am-12 noon

Living with Diabetes: Calm Your Blood Sugars

There's a lot going on in your body, and some of it makes it hard to correct blood sugars just with diet and exercise. Improving your sense of well-being and calm is the goal for this group coaching. Heidi will walk you through some simple relaxation exercises and you'll learn how you can better manage your blood sugars by calming your body and mind.

Date: Tuesday, October 5

Time: 10:30 am-12:00 pm

It's Trivia Time!



The 13th Annual Trivia Bowl challenge, Heritage Place's very popular fundraiser, is back in person on Thursday evening, November 11! It's not too early to brush up on your trivia and plan to join us at St. Paul's Episcopal Church, 6050 N. Meridian Street, Indianapolis. Contact the Heritage Place Office at (317) 283-6662 for registration information.



Catholic Charities Caregiver Support

Are you a caregiver and in need of support and resources? Catholic Charities Indianapolis is a great resource. In addition to support groups in person and online, they provide a wealth of information about community resources for older adults on a variety of topics and needs. To find out more, contact Monica Woodsworth at mwoodsworth@archindy.org or call (317) 261-3378.

Tech Use in Older Adults

According to an AARP national survey, 51% of older Americans bought a new tech product. Older adults use technology but they often do not take full advantage of their devices. Privacy issues online are a concern for this demographic.

The study found about 49% own a smart TV but about 42% use streaming or online features. In the past two years, smartphone use has jumped from 70% to 77% among older adults. Consumers over 50 are helping drive demand for smart home technology like home monitoring, security systems, home assistants and smart appliances.

It was reported three quarters of adults 50 and over use social media regularly, primarily to stay connected to friends and family. Men use tech more for information sources and women more often use tech as a source for entertainment.

Source: AARP

The Informer is a monthly publication of Heritage Place of Indianapolis, Inc.

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SHARP Community Garden



Pictures Tell the Story



*"Fruits of labor and love." Beautiful Tomatoes
Photo: Candase Cornett*



*"An original Persian delight." Bill Scott with Carrot Harvest
Photo: Candase Cornett*



*"Like a drink of water and taste of Central & South America."
Cucumbers & Tomatoes from the VegTrugs
Photo: Ann Homrighous*



*"Favorite staple of the Americas."
Cache of Potatoes
Photo: Candase Cornett*



*"As sweet as a cherry or grape!"
Juliet Tomatoes
Photo: Mary Ellen Gadski*

*"Flowering through the years." Melissa & Rob Klitzman at Corner Sign Perennial Garden
Photo: Mary Ellen Gadski*



*"Now that's Italian!"
Flowering Zucchini
Photo: Mary Ellen Gadski*

*"Symbols of affection,
friendship and
everlasting love."
Zinnia Bed
Photo: Ann Homrighous*





September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 4 National Wildlife Day Sept. 5 International Day of Charity Sept. 12 Grandparents Day Sept. 18 Aging Awareness Day Sept. 25 National Daughters Day Sept. 26 National Family Day		1 11:30 Spanish (in person)	2	3 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Class (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fit- ness (in person)
6 Heritage Place Closed for Labor Day Rosh Hashanah	7 10:30 Health & Well- ness Coaching (in person)	8 11:30 Spanish (in person)	9 10:30 Ladies of the Dance (in person)	10 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Class (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fit- ness (in person)
13 11:00 Inspira- tional Studies (teleconference) 12:00 Golden Line Dancers (in person)	14 12:00 Bridge Refresher (in person) 1:00 Indy Silver Foxes (in person)	15 11:30 Spanish (in person) Yom Kippur	16 10:30 Ladies of the Dance (in person)	17 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Class (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fit- ness (in person)
20 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira- tional Studies (teleconference) 12:00 Golden Line Dancers (in person) Pitru Paksha	21 10:30 Health & Well- ness Coaching (in person) 12:00 Bridge Refresher (in person) 1:00 Indy Silver Foxes (in person) International Day of Peace	22 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person) Fall Equinox	23 10:00 Good Grief Talks from Heartland Hospice (Teleconference) 10:30 Ladies of the Dance (in person)	24 11:00 Tai Chi EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Class (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fit- ness (in person)
27 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira- tional Studies (teleconference) 12:00 Golden Line Dancers (in person)	28 12:00 Bridge Refresher (in person) 1:00 Indy Silver Foxes (in person) National Neighbor Day	29 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	30 10:30 Ladies of the Dance (in person)	Heritage Place of Indianapolis Staff Edward Alexander, Executive Director Lynnette Lewis, Interim Programs and Services Director Ellen Morley Matthews, Business Manager Fred McDowell, Volunteer

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. 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.

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, Inspirational Studies and SHIP counseling assistance is available via conference call. **Hybrid classes include in-person and online format so you can choose which is most comfortable for you.**

Inspirational Studies (Audio Conference)

Monday: 11 am-12:30 pm

Class resumes: September 13

Dial-in: (978) 990-5000

Access Code: 252581

Group Leader: Rev. Samuel Murray

Senior adults who desire to participate can begin preparing by reading the Gospel of John. Classes generally include a brief period designed specifically for spiritual devotion (Prayer concerns/prayer, a selected Scripture reading, and inspirational music.) Following devotion, comments on the text are provided by the group leader. After comments on the text, the remainder of the class is devoted to questions and discussions related to personal issues, current events, and/or biblical interpretations. This class has been proven to be genuinely helpful to those seeking spiritual support and sincere fellowship. Everyone is welcome.

Cost: Currently free for conference call classes

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

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, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Class resumes: September 20

Note: new link

<https://us02web.zoom.us/j/88962018578?>

Meeting ID:889 6201 8578

Passcode: 419166

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 practice 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.

Cost: Currently free for online classes.

Indy Silver Foxes (In Person)

Tuesday: 1 pm-3 pm

Class resumes: September 14

Instructor: Linda Oglesby

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

Cost: Member \$3

Non-member \$5

Bridge Refresher (In Person)

Tuesday: 12 pm-2 pm

Class starts: September 14

Instructor: Charles Williams, Bridge Master

Want to learn to play bridge? Been a while since you played bridge? This class is for you!

Cost: \$5.00 Member & Non-member

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

Class resumes: TBD

Instructor: Samantha Stipp

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

continued from previous page

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

Wednesday: 11:30 am-1 pm
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

Ladies of the Dance Line Dance (In Person)

Thursday: 10:30 am-12:30 pm
New Dancers: Arrive at 11:30 am
Class resumes: September 9
Instructor: Ginger Evans

Learn the latest line dances set to popular music guaranteed to make everyone tap their toes and clap their hands. Enjoy the excitement of performing in the community while wearing beautiful custom-made outfits coordinated from shoes to accessories. New dancers are welcome!

Cost: \$3.00 Member, \$5.00 Non-Member

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 (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-1 pm

Class resumes: September 3 with a Meet & Greet

Instructor: Sally Catlin & IUPUI Students

Classes are hosted in a senior-friendly environment to learn how to use your devices. Explore varying topics in technology including Zoom, using a smartphone, laptop, computer, tablet, internet, social media and much more.

Cost: Currently free

Belly Dancing Fitness (In-Person)

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.

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.