



The Informer

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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Happy New Year!

It's January! A new year, new starts, new beginnings. I'm not about to suggest that anyone should establish resolutions. I'm the worst at this sort of thing and would never suggest anyone do it! But it is the beginning, so we at Heritage Place sort of wipe the slate clean and start fresh. A new year is a time for

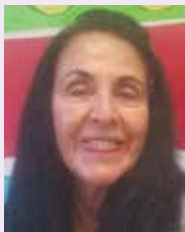


opportunity that all of us can benefit. At Heritage Place, the new year will see the groundwork for a new Strategic Plan. Consider a strategic plan as a roadmap for Heritage Place. A map that naturally has to be reviewed and revised every year or so. Certainly, the environment we've had over the last several months has necessitated all organizations and businesses to review their plans for the future. Heritage Place of Indianapolis is no exception! In our post-COVID world

we're doing things the same, but differently! A strategic plan such as this is not created by a few, but many members, volunteers and community stake holders will be involved, too. As we kick off this new year, all of us at Heritage Place wish all of you, our friends, members and supporters, the best in the coming months!

Ed Alexander
Executive Director

Meet Judy Hanna



Judy is a woman on the move! She has taught Belly Dancing Fitness at Heritage Place for 45 years, since it's very beginning! Judy has done countless performances not only with her group of dancers from Heritage Place, but with other students from about every fitness center and education center in the city and with her family. To name a few locations where she has taught over the years they include YMCAs, J. Everett Light, LA Fitness, Warren Central Adult Education and Ivy Tech. She has taught all over Indiana and currently teaches private lessons in her home studio in addition to Heritage Place.

Judy's entire family including her father, mother, brother, children, nephews and nieces performed at the Indianapolis International Festival for 20+ years. Judy has danced at the Middle Eastern Festivals in Indianapolis and Terre Haute and taught workshops in Columbus, Ohio for the YMCA and at Caesars Palace in Las Vegas, Nevada at a Belly Dancing Workshop Convention. She also had a BellyGram service which was booked all the time.

Judy was born and raised in Indianapolis. She attended IPS School 44, Eastwood Junior High School and North Central High School. Judy attended Indiana State University and graduated from Porter Business College in Indianapolis. She worked as a private secretary for a life insurance executive until she started her

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Enjoying the Season!

Friends of Heritage Place (L-R) Joann Cobert, Patricia Swatts and Tracy Whitfield enjoy a performance of "Elf: The Musical" at the Tarkington Civic Theatre.

Weather Closings

Be mindful of the weather before you head out to your favorite Heritage Place class or program!

In the event of inclement weather, you will find our weather closing announcement locally on:

- WISH-TV 8
- MYINDY-TV
- FOX 59
- WTHR 13
- RTV 6



Festival of Trees

Last chance to view the Heritage Place “Heritage for the Holidays” tree in person or virtually is January 8. The tree is located at the Indiana History Center on the Fourth Floor Mezzanine and is #37. Heritage Place is offering all members, family and friends a \$2.00 discount on tickets. Order online at www.indianahistory.org/events/festival-of-trees/ and use **discount code FOT37**. You can also view the Festival on the Indiana History Center website.



Assistance Available

Applications for the Low-Income Home Energy Assistance Program (LIHEAP) and the newly established Low-Income Household Water Assistance Program (LIHWAP) are now open. Visit www.in.gov/ihcda and click on “Homeowners & Renters” for information on qualifications and how to apply.

Citizens Energy Group encourages customers who are behind on their bills to call (317) 924-3311 or visit www.CitizensEnergyGroup.com/Help to discuss additional resources of assistance and establish flexible payment arrangements.

Science News from Science Daily

Cataract Surgery

“Cataracts affect most older adults at risk for dementia, and now researchers are finding strong evidence that cataract surgery is associated with a lower risk of developing dementia”, according to the University of Washington School of Medicine/UW Medicine.

The Adult Changes in Thought study is a Seattle-based observational study at Kaiser Permanente Washington headed by lead researcher, Dr. Cecilia S. Lee. In the study, researchers have found subjects who underwent cataract surgery had nearly 30% lower risk of developing dementia from any cause compared with those who did not and the lowered risk persisted for at least ten years after surgery. Participants in the study were older than age 65.

The results were reported December 6 in the JAMA Internal Medicine, a publication of the American Medical Association.

Date: December 6, 2021

Source: University of Washington School of Medicine/UW Medicine

SHarP



On behalf of the SHarP Community Garden, **726 pounds** of produce was donated to the Boulevard Place Food Pantry, an outstanding production and contribution to the Butler Tarkington neighborhood! Way to go, gardeners! What a great corner in the city!

Free Health & Wellness Coaching

Heidi Martinez, a local health and wellness coach, is offering free private coaching sessions via Zoom for all Heritage Place members. Examples of what to expect from coaching include:

- 1) Exploring what your best retirement can look like.
- 2) Putting in place that nutrition or exercise regimen your doctor recommended.
- 3) Understanding a new diagnosis.

All sessions are designed to meet your needs and abilities, and baby-step your way to a healthier future! To request a discovery session to decide if health coaching is right for you, please text or call (317) 833-7172 or email HeidiMartinezHWC@gmail.com.

Genealogy Studies Group (hybrid)

3rd Wednesday: 10-11 am

Instructor: Judy Casey

<https://us02web.zoom.us/j/88131573177>

Class begins January 19

Discovering your past can be fascinating and rewarding. Recording your family’s history is a valuable project for yourself and generations to come. Learn research techniques, tips for how to document the facts and how to write it down.

JUDY continued from page 1

family and raised her two daughters. Judy is the proud grandmother to two grandchildren.

Being with people and socializing is Judy’s favorite thing to do. She loves lunches, teas, dinners and parties and has been known to be seen at all sorts of events and activities in Indianapolis and the suburbs. Judy’s heritage is of Lebanese descent on her father’s side and Syrian descent on her mother’s side. Judy enjoys cooking and particularly Middle Eastern food. Her specialties include her grandmother’s recipe for Syrian bread, yogurt, hummus, kibby and stuffed grape leaves.

Judy does anything with movement, walks and takes exercise classes. Your challenge is to keep up with her unending energy! A big shout out and many thanks for her dedication and commitment to Heritage Place and her students!

Butler Family Stories Project Tell Your Story

Here is an opportunity to start or expand on your family stories. This project is a unique opportunity to work with Butler University students and capture your family stories. Don't know where to start? No worries as the students have prompter questions to get you started.

Here is what past participants have to say about the project.

Cassandra Wallace- "I want to thank Butler for having this project. I am excited and encouraged to continue writing. I have gotten other members of my family excited and we all have more stories to tell. It was such a wonderful experience. My siblings, nieces and nephews sent me a journal to prompt me to write more."

Carol Evans Conley and Andrew Bowman- "Appreciated having someone listen to my stories." "Refreshing and amazing." "A chance to talk with young people." "Brought back a lot of memories." "The students learned about different family dynamics, neighborhoods and life experiences." "The dialogue and experience with strangers make a better community and country."

John and Joyce Moore- "We enjoyed the process and quite pleased with the booklet, zip drive and video feedback. What a great addition to our in-depth genealogy studies."

Ed Alexander- "WOW! My own experience was very positive and clearly all the students were well prepared to do a deep dive into a very diverse group of men and women."

Ann Homrighous- "What a fun project. It was great working with the students and Dr. Mould. My family enjoyed reading the stories and I have much more to capture now on my own."

Don't miss out on this enriching experience and to tell stories which have shaped your life. All stories are private and only viewed by the students you are interviewing with and Professor Mould. Your personal stories are **not** published publicly in any forum.

You will receive a thumb drive and printed copy of your personal stories at the end of the project. See the timeline below.

Project Timeline

Date	Activity
Now-Feb. 24,2022	Sign Up: Follow this link to sign up for the project: https://butler.qualtrics.com/jfe/form/SV_eVgrcux8tRHpcO
Towards the end of February	Zoom Presentations: Students introduce and explain the project, answer your questions, and help people sign up. Those who have already signed up do not have to attend, but it is definitely encouraged.
March 1-March 26	Interviewing: Students will conduct three 1-hour long conversations with participants to record their stories.
Apr. 1 – Apr. 14	Stories for Review: Students will email copies of all the stories for participants to review. Participants can make changes and revisions if they like.
End of April	Zoom Presentations: Students will present their findings for participants. Participants should plan to attend the time slot aligned with the pair of students with whom they have been working. (Exact dates will be confirmed by January.)
First week of May	Booklets & Thumb drives: Participants should receive their booklets and thumb drive around this date.





JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00-2:00 SHIP (in person or phone) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)	10:00-12:00 SHIP (in person or phone)			11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
10	11	12	13	14
10:00-2:00 SHIP (in person or phone) 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)	10:00-12:00 SHIP (in person or phone)	11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)		11:00 Tai Chi EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
17	18	19	20	21
11:00 Inspirational Studies (conf. call) 11:00 Tai Chi EnerChi (Zoom) Martin Luther King, Jr. Day. Heritage Place Closed. No classes	10:00-12:00 SHIP (in person or phone)	10:00 Genealogy Studies (hybrid) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10:30 Ladies of the Dance (in person)	11:00 Tai Chi EnerChi (Zoom) 11:00 Technology Class (hybrid) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
24	25	26	27	28
10:00-2:00 SHIP (in person or phone) 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)	10:00-12:00 SHIP (in person or phone)	**10:00 Good Grief Talks from Heartland Hospice (tele-conference) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10:30 Ladies of the Dance (in person)	11:00 Tai Chi EnerChi (Zoom) 11:00 Technology Class (hybrid) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
31				<p>Jan. 1 Happy New Year!</p> <p>Jan. 3 Int'l Mind-Body Wellness Day</p> <p>Jan. 15 Dr. Martin Luther King's Birthday</p>
10:00-2:00 SHIP (in person or phone) 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)				

****Note:** Day, call in number and participant code change.
See the description in the Programs and Services section.

Programs and Services

Heritage Place is making a comeback! It is nice to have activity in the building. So far, we've seen steady attendance for in person classes. New classes will be added as instructors become available. We are excited to be bringing back some popular services in addition to some class series and special presentations. In person, online and teleconference classes available.

Inspirational Studies (Audio Conference)

Monday: 11 am-12:30 pm

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

Dates: January 10-April 29

Instructor: Carolyn Meeker

<https://us02web.zoom.us/j/85412284631?>

Meeting ID: 854 1228 4631

Passcode: 201212

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)

Note: On hiatus until 2022

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

Books On Us!

Heritage Place has a selection of free library books. Feel free to peruse the bookshelves at Heritage Place and pick a good read. No checkout, no return required.

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

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 Wednesday: 10 am-11 am except on holidays.

Check in no later than 10:15 am

Dial-in: 1 (203) 280-6884

Conference Code: 214 691 75 #

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)

Thursday: 10:30 am-12:30 pm

New Dancers: Arrive at 11:30 am

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

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: 10 am-2 pm & Tuesday: 10 am-12 pm

Call (317) 283-6662 to schedule an in person or telephone appointment.

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. You can also call the SHIP Call Center Monday-Friday 9 am-3 pm at (800) 452-4800 for a telephone consult.



Foot Care with Dr. Jerwana Laster

By appointment only.

Treatment includes management of calluses, corns, toenails, diabetic foot care, preventative care of foot infections, trimming of mycotic or ingrown nails, and treatment of foot trauma.

Call Heritage Place at (317) 283-6662 for details and to schedule an appointment.

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

To unsubscribe to this publication, please email your name and address to admin@heritageplaceindy.org.

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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