



The Informer

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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Everyone Learns at Heritage Place

It is not uncommon for me to join into what I call “A Hallway Conversation”. You know what those are, conversations that you overhear, but initially don’t involve you? In my situation, one of the prime gathering spots here at Heritage Place is right outside my office. Recently, a group of members and friends were talking in the hall about their experience in a class. It was all positive, how the instructor was great, the topic was interesting and others in the class were fun, too. Then it happened. Something was said that made my ears perk up. “Too bad Ed can’t attend as I think he would like it”. What? Me? Who? I had to investigate. Turns out, I was the



Ed they were talking about. And the class was so good, someone thought I should attend based on a conversation we had had about my interest in history, but assumed I was too young to meet the age requirements.

Well, I’m not too young, I’m an honest-to-goodness member of Heritage Place, being well over 55 years for over 8 years now! This conversation puzzled me, not so much that they assumed I was too young (but that was really nice to hear!), but the idea that someone who might enjoy a class is too young? That’s just silly!

Heritage Place has lots of programs that are very interesting. Some are long-term, open-ended classes; others with a very specific start and end date. In my book, if you are interested, and can make a class, come join it and learn something. Better yet,

make some new friends and go home and tell people about what a great experience you had at Heritage Place!

I am reminded that this is nothing new here at HP. The uniqueness of a class with different generations has always been the case with our Topics in Computer Technology series. Here you have traditional university students, with an average age of 20 years, sitting shoulder-to-shoulder with the traditional Heritage Place member, only their neighbor might be 50 years older. This remains one of our most popular and successful programs.

So, go ahead and invite a friend to join you for your favorite Heritage Place class or program. Don’t worry if they are not 55 years old. If they are lucky, they eventually will be!

Ed Alexander
Executive Director

Kathy Rucker Tribute

It is with great sadness we report the passing of long-time Heritage Place instructor of Ladies of the Dance, Kathy Rucker.



In a Traditional Arts Indiana brochure featuring Kathy Rucker and Ladies of the Dance, Kathy recalled she was always dancing when she was growing up and said, “I was either dancing with the cabinet, dancing with the refrigerator handle, dancing in my room — dancing all over the house.” Through much study of square dancing, round dancing and clogging, Kathy became a teacher. “You can be a great

dancer and a lousy teacher and you can be an average dancer and a great teacher. I was going for the great teacher — I didn’t care if I was a superb dancer — I just wanted

to teach someone how to do what I love to do.” And that, she certainly accomplished.

Kathy was an Indiana State Fair Master, leading her dance groups on the dance stage at the annual fair, and the tradition still continues with Ladies of the Dance from Heritage Place.

Our deepest sympathy to Kathy’s family. You will be greatly missed, Kathy, and your legacy will live on!

The Legacy and Our Memories of Kathy Rucker

In the mid-1990s, Tim Hutson, Activities Director at Heritage Place of Indianapolis, contacted Kathy Rucker about the possibility of teaching line dancing to a group of about 15 ladies. Little did anyone know this group would last and become so well known. After all, we were a group of African American seniors dancing to Country Line music! Over the years, approximately 75 ladies have been in Kathy’s class here at Heritage Place!

Her personality and style of teaching made you want to attend. She expanded our knowledge of dance as well as different types of music. She also gave us the opportunity of taking a class from an instructor from New York, and Kathy made it possible for us to participate and be interviewed by a representative of an Indiana University Study on Aging.

Kathy was proud of the ladies of Heritage Place, and the feeling was mutual; we were proud of Kathy Rucker! Even now, we have no doubt Kathy would be telling us, “Don’t Stop Moving!”

Farewell to a very dedicated friend, with love.

*–Katie Davis and Connie Palmer
on behalf of Ladies of The Dance*

Meet Myra Whitaker

Reverend Myra Whitaker comes to Heritage Place of Indianapolis as a Leadership United board fellow. Leadership United focuses on three main pillars used as building blocks for the program curriculum: Board Member Education, Community Issues, and Leadership Development.



Myra has been a chaplain for ten years and currently works at IU Health Methodist, a Level 1 trauma center. She serves three critical care units, two medical surgical units and the Emergency Department providing support to patients, their families, and staff. Prior to her career as a chaplain, she worked at Rolls-Royce in various leadership roles in the aftermarket support discipline.

Myra is a member of Eastern Star Missionary Baptist Church where she faithfully served in the Exhortation Ministry for over fifteen years which entailed visitation to the congregational members in their time of need. In 2011 she obtained her Master of Divinity degree from Christian Theological Seminary where she pursued chaplaincy.

Myra's ultimate desire is to build a gated community of tiny homes for older citizens where they can maintain their independence and feel secure.

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



Butler Family Story Project

Frequently Asked Questions

about the Family Story Collection Project

Q: What is the project?

A: Students at Butler University are partnering with groups around Indianapolis to work with seniors in the local community to record their family stories, transcribe them, and format them into a booklet for seniors to keep and share with family and friends.

Q: Why should I participate?

A: This is a chance to record the family stories you heard growing up as well as the stories of your own life to preserve them for future generations. Students will type up your stories and format them into a booklet for you and your family. They will also give you a thumb drive with your stories in a digital format so you can store and share them more easily.

Q: Who will see my stories?

A: The students who record your stories will work with them in class in order to develop an understanding of the local Indianapolis community where they recently moved (all the students are first year students at Butler University). Their professor, Dr. Tom Mould, will also read the stories. No one else will see your stories except you and the people you choose to share them with.

Q: What kind of time commitment are we talking about?

A: Students will work in pairs to record your stories, talking with you approximately three times for about an hour each time. At the moment, we expect that the interviews will be held by phone or via Zoom because of the pandemic; however, we hope that if it is safe, we can do some interviews in person. But YOU will get to decide whether you want to do that or not.

Q: When will this project start and how long will it last?

A: Sign up is going on now until Feb. 24th. Interviews begin the first of March and wrap up by the end of the month. Family Story Collection booklets will be ready by the end of April. A more detailed timeline follows at the end of this document.

Q: How much does it cost to participate and get a book & thumb drive of my stories?

A: Nothing. It's free. The only cost is your time.

Q: How should I sign up?

A: The best way is to follow this link to a brief survey that will ask you your name, contact information and availability so we can match you with students: https://butler.qualtrics.com/jfe/form/SV_eVgrcux8x-tRHpcO. However, you can also just contact Tom Mould either by email— tmould@butler.edu —or by phone: 317-940-8231. Participation is first come first served so don't delay.

Q: Can my friends and family also participate?

A: Sure. Just send them this information and have them fill out the online survey or contact Tom Mould. We can accommodate 18 people this year but we will have a waitlist. If history repeats itself, we will use that waitlist.

Q: What if I can't remember any stories?

- A:** The students have prepared an extensive list of prompts to help you remember stories of your past and the stories of your family. For example:
- How did your parents meet?
 - Do you remember any events from childhood that stood out?
 - What was your proudest moment in school?
 - What stories do you remember hearing from your parents about their lives?

Q: What should we do if we want to avoid a certain topic?

- A:** Just let the student pair know. If you don't want to talk about something that you don't feel comfortable with, don't feel like you have to. After we record the stories, we'll share them with you. If you don't want a certain story in the collection, we will take it out.

Q: Why did you choose to do this project?

- A:** The students spent all Fall learning about how stories reflect who we are and what we value. They particu-

larly enjoyed recording their own family stories from their parents and grandparents and wanted to continue this work in order to learn about their local community and continue to learn from their elders.

Q: Have you ever done this before?

- A:** Yes. This will be our third year doing this project. Feedback has been incredibly positive, with many participants sending unsolicited emails about how much they enjoyed the project and the students, and how much they treasure their story collection. We have also solicited feedback on what we can do better, and we continue to hone and improve the project.

Q: Is there an opportunity to hear more about the project from the Butler students?

- A:** Yes. There will be 2 information sessions on Zoom towards the end of February. You are not required to attend but we encourage you to join one if possible. We will confirm dates of the presentations by mid-January.

Project Timeline

Date	Activity
Now until Feb. 8	Sign Up: Follow this link to sign up for the project: https://butler.qualtrics.com/jfe/form/SV_eVgrcux8xtRHpcO
Feb. 8 10:00-10:30 a.m.: https://butleru.zoom.us/j/91409301468 1:15-1:45 p.m.: https://butleru.zoom.us/j/98719496540	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. Sessions are identical so attend the one that fits your schedule.
Feb. 17-March 22	Interviewing: Students will conduct three 1-hour long conversations with participants to record their stories.
April 1 – April 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.
April 21 10:00-10:45 am: https://butleru.zoom.us/j/92815938002 1:15-2:00 pm: https://butleru.zoom.us/j/99543822926	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. (This information will be known once seniors have been matched with students in March)
First week of May	Booklets & Thumb drives: Participants should receive their booklets and thumb drive around this date.

Black History Month

In celebration of Black History Month, here are some things to do and see:

Art and Soul 2022 is sponsored by the Arts Council of Indianapolis and located at the Artsgarden located at Illinois and Washington Streets. This series of events “Black Health and Wellness” recognizes over 100 local African American artists and features music, storytelling, dance and visual arts. More information at <https://indyarts.org/about/art-soul>.

Indianapolis Central Library Center for African American Literature and Culture. <https://www.indypl.org/locations/central-library/>

Indiana Historical Society. <https://indianahistory.org/Eiteljorg>
Eiteljorg Collection of African Art at Butler University located at Robertson Hall, Efroymsen Diversity Center, Irwin Library, Clowes Hall, Schrott Center and outside the Reilly Room. Check out details at <https://www.butler.edu/art-collection/eiteljorg>

Dr. Martin Luther King, Jr. Park and Landmark for Peace Memorial located at 1702 Broadway St. In Indianapolis. Open daily dawn to dusk.

Crispus Attucks Museum. <https://www.visitindy.com/indianapolis-crispus-attucks-museum>

You Can Still Change Your 2022 Medicare Advantage Plan

If you don't like the Medicare Advantage Plan you're enrolled in for 2022, there's still something you can do if you want to make a change. Medicare now has a three-month Advantage Plan Open Enrollment Period from January 1 - March 31 that allows you to make a one-time election to change to another Advantage Plan or to return to Original Medicare in 2022. If you use this option to return to Original Medicare, you can also make a coordinating change to add Part D prescription drug coverage. As with several other government programs, changes in your Advantage Plan coverage would start the first day of the month after Medicare receives your new enrollment request. For example, if you request a change in your Advantage Plan in January, your new coverage will start February 1. You can request a plan change online at www.medicare.gov/plan or by calling 1-800-MEDICARE (800-633-4227).

Medicare Medigap Supplement policies might also be available if you terminate your Advantage Plan and return to Original Medicare during this Advantage Plan Open Enrollment Period. Medigap Supplements help pay deductibles, copayments and coinsurances not covered by Original Medicare. Traditionally, you can't have both a Medicare Advantage Plan and a Medigap Supplement at the same time. Although you can apply for a Medigap Supplement policy with an insurance company anytime, dropping an Advantage Plan and returning to Original

Medicare coverage during Medicare's Advantage Plan Open Enrollment Period doesn't automatically allow you to buy a Medigap Supplement with guaranteed issue rights. That means Medigap Supplement insurance companies could ask you health questions and increase your premiums, impose a waiting period for coverage of your pre-existing health conditions or refuse to sell you a Medigap Supplement policy based on your health history. Therefore, in this situation, it would be important to make sure your application for a Medigap Supplement policy has been approved before you cancel your Advantage Plan.

If you have questions about Medicare's Advantage Plan Open Enrollment Period, Advantage Plans, Part D drug plans, Medigap Supplement policies, assistance to help pay your Medicare costs, etc., **contact Heritage Place at (317) 283-6662 to talk with Denis Schwartz, SHIP counselor.**

SHarP



This is the perfect time of year to plan your garden. Planning your vegetable garden requires a little research. Purdue Extension and your local library are excellent places to start. Here are some things to think about as you are planning.

- Consider your personal preference and taste.
- Consider the time of year you want to work in the garden; spring, summer, or fall. This will determine the types of vegetables to grow such as cool-season or warm-season vegetables.
- Be realistic about what you will actually consume. Food pantries appreciate fresh vegetables if you plant too much.
- Consider if you will eat the vegetables fresh or if you will store and preserve.
- Look at vegetables that are prone to pests and avoid if you are not willing to fight the battle.
- Decide if you want vegetables you will start from seeds indoors, directly sow seeds in the soil or plant transplants.
- Consider the size of your growing space and what kind of spacing is required for what you want to grow.
- Choose a spot with plenty of sun and keep away from trees, especially walnut trees.
- Arranging vegetables is important. For example, plant tall vegetables on the north end of your garden.
- Do some research to make sure your plants are compatible.
- Do your planning layout on paper. Here you can record all the details.
- Once you decide, remember you will need to water, weed and harvest.

Visit Purdue Extension Consumer Horticulture at www.hort.purdue.edu/ext for the Indiana Vegetable Planting Calendar.

Let us know if you have questions for our experienced growers at SHarP or if you want to get involved in helping out at SHarP this coming season by calling (317) 283-6662.



FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-12:00 SHIP (in person or phone)	2 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	3 10:30 Ladies of the Dance (in person)	4 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)
7 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)	8 10:00-12:00 SHIP (in person or phone)	9 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10 10:30 Ladies of the Dance (in person)	11 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)
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)	15 10:00-12:00 SHIP (in person or phone)	16 10:00 Genealogy Studies (hybrid) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	17 10:30 Ladies of the Dance (in person)	18 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)
21 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) Presidents' Day Heritage Place Closed. No in-person classes or services.	22 10:00-12:00 SHIP (in person or phone)	23 10:00 Good Grief Talks from Heartland Hospice (teleconference) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	24 10:30 Ladies of the Dance (in person)	25 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)
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)			Black History Month Feb. 1 National Freedom Day Feb. 2 Groundhog Day Feb. 4 National Wear Red Day Feb. 6 Super Bowl Sunday Feb. 14 Valentine's Day Feb. 17 Random Acts of Kindness Day Feb. 18 National Caregivers Day	

Heritage Place Classes and Programs

Heritage Place offers a combination of in person, online, teleconference and hybrid classes and programs. Heritage Place offers classes and programs including fitness, line dance groups, computer training, arts and crafts, social and support. Contact (317) 283-6662 for questions or inquiries.

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.

Genealogy Studies Group (hybrid)

3rd Wednesday: 10-11 am

Instructor: Judy Casey

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

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.

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

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.

Heritage Place and Community Services

Heritage Place offers a number of in-house services as well as keeping you informed about other community services. For questions or inquiries call (317) 283-6662.

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.



We Heel the Sole Podiatry LLC



Dr. Jerwana Laster specializes in on-site podiatric services for the geriatric community. She has a great passion for providing quality foot care. Her service provides the family feel and one-on-one interactions with each patient. Dr. Laster's belief is building relationships and providing a personal touch.

Dr. Laster bills Medicare so to receive her services you must be covered by Medicare. Call Heritage Place at (317) 283-6662 to schedule an appointment. You can also find out what services and assessments are provided by We Heel the Sole Podiatry LLC and learn what you will need to bring to your appointment.

SHIP-State Health Insurance Assistance Program

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

Counselor: Denis Schwartz

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

Cost: Free

It's estimated that about 165 Hoosiers turn age 65 every day and become eligible for Medicare; and most of them need help understanding their Medicare benefits and enrollment options. Fortunately, Indiana has approximately 300 SHIP counselors across the state at over 100 locations to help keep Hoosier Medicare beneficiaries from feeling like they're lost in a sea of health insurance.

What is SHIP? The State Health Insurance Assistance Program (SHIP) is a free and impartial Medicare counseling program. It's provided by the federal Administration for Community Living and the Indiana Department of Insurance and is part of a national network of Medicare counseling programs located in every state. All SHIP services are free.

SHIP isn't affiliated with any insurance agency or company and doesn't sell insurance. It's staffed by a crew of volunteer counselors who complete intensive Medicare related training to offer objective assistance in complete



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confidence. Below are a few common Medicare concerns that SHIP counselors can explain:

- Medicare vs. Medicaid - what's the difference.
- What are the four Parts of Medicare and what benefits do they provide.
- Who can enroll in Medicare and when to enroll.
- What are Medigap Supplements.
- How Medicare coordinates with other health insurance and government benefits.

SMP-Senior Medicare Patrol

Prevent, detect and report.

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Their work is in three main areas:

Conduct Outreach and Education. SMPs give presentations to groups, exhibit at events, and work one-on-one with Medicare beneficiaries.

Engage Volunteers. Protecting older persons' health, finances, and medical identity while saving precious Medicare dollars is a cause that attracts civic-minded Americans.

Receive Beneficiary Complaints. When Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP, the SMP makes a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

Contact the Indiana SMP at (800) 986-3505 or (317) 205-9201.

VITA Tax Preparation 2022

Heritage Place will NOT be a preparation site for 2022, however the ever-popular Joe Phillips is managing the E. 38th Street Library VITA Tax Preparation site this year. VITA Tax is a free service. The East Library branch is located at 5420 E. 38th St., Indianapolis, IN 46205 and is a **drop off location only and you will still need to schedule an appointment.** Call (317) 275-4350 to schedule an appointment for drop off.

This site is available on Tuesdays from 12:30 p.m.- 7:30 p.m. and Fridays from 10:30 a.m. - 5:30 p.m. Pick up days only are Saturdays from 10:30 a.m.- 4:30 p.m.

Tax preparation service runs through Tuesday, April 12 and the last day for pick up is Friday, April 15 from 10:30 a.m. -5:30 p.m.



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:

- Exploring what your best retirement can look like.
- Putting in place that nutrition or exercise regimen your doctor recommended.
- 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

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

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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