



The Informer

September 2020
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Drivin' Thru Heritage Place

The Heritage Staff just wanted to have a party! We wanted to present an opportunity to celebrate our 44th Anniversary, but not put anyone at risk. No cake, no tours, no decorations, what could we do? We had a Drive Thru Celebration! Yep, reminiscent of the days of Drive-In soda shops, Heritage Place members, friends and families drove up and we staff and volunteers (with masks and loads of hand sanitizer) greeted the nearly 30 car loads of people! It was great "seeing" everyone!



Ed and Ann welcome Iris Pettigrew.

Sponsored in part by our friends at Evergreen Crossing and The Lofts who donated goodie bags, all of us had a really great time. It's certainly not the same as celebrating with a big cake, but as I've said all along, the Heritage Place family is flexible and



Ed welcomes Fred and Carina McDowell.

willing to do what we can to check in on one another.

Enjoy your September, and be sure to watch for program expansion news and other updates!

Edward Alexander
Executive Director

Meet Carolyn Meeker

I was born in Jonesboro, Arkansas. If you have read the book or seen the movie "A Painted House" by John Grisham, you would know what my childhood was like (without the murder). John Grisham was born in Jonesboro and grew up in Black Oak, Arkansas some 30 miles away. A Painted House is about a poor family of cotton farmers in Arkansas. In our family as soon as you could walk you put on a cotton sack and started picking cotton, working on the farm or watching the baby while mama worked. School was arranged around the planting and harvesting of crops. So, when we say, anything is better than picking cotton, we speak from experience. In the book, the family moved to Detroit; we moved to Chicago when the farm



went broke. My grandparents were there, Mom and Dad got jobs in factories and the kids went to school. We moved back to Arkansas once more, but then back to Chicago when I was thirteen.

I graduated from Tuley High School in 1967, started working for Time Incorporated and worked my way up to a computer programmer. My parents moved back to Arkansas, but I stayed in Chicago, got my own apartment and found that I liked the freedom of living alone.

In 1983 I went to work at United Airlines and spent 26 years in Information Technology. My employ with United allowed me to explore my love for travel. I have stood on the Great Wall of China and have been inside the Forbidden City, Windsor Castle, Buckingham Palace and the Sydney Opera House. I traveled to Denali, Yellowstone and Yosemite National

Parks, ate lobster in Maine, shrimp etouffee in New Orleans, fresh caught salmon in Alaska, fish and chips in London, vegemite (yuck) in Australia and had a twelve-course dinner at Pierre Orsi's restaurant in Lyon, France. I have cruised the inside passage of Alaska, rode a bullet train in France, took a gondola over the rainforest in Australia and rode in a taxi in Buenos Aries, Argentina (with my eyes closed).

I retired in 2009 due to poor health. About the same time my sister informed me that the family was moving to Indiana so I bought a town house on the east side of Indianapolis and moved.

The first two years of retirement were unremarkable and boring as I was unable to do anything. In 2011 I had a gastric bypass and lost 180 pounds in the next 18 months. With

Heritage Place Virtual Classes and Services

Heritage Place instructors, counselors, group leaders and community partners continue to provide classes and services for our members and the community as we find ourselves exploring new avenues on how to keep physically, mentally and emotionally balanced. It is certainly challenging us to learn new things and do something different. All virtual classes and services are currently free of charge thanks to our generous volunteers. Heritage Place is working on adding more virtual classes so watch for email blasts and the monthly Informer to learn more.

Inspirational Studies (Audio Conference)

Monday: 11 am-12 pm

Dial-in: (978) 990-5000

Access Code: 752581

Group Leader: Rev. Samuel Murray

Join other spiritual-minded people for a friendly, balanced, non-denominational and well-rounded group study. Participants discuss God inspired biblical scriptures from the King James Bible and their relativity to everyday life as well as manifestation in real life experiences.

Yoga (Zoom Platform)

The Meridian Street United Methodist Church has extended an invitation for Heritage Place members to join their weekly yoga class on Zoom.

Monday: 11:45 am-12:45 pm

<https://zoom.us/j/360962632>

Instructor: Marsha Pappas

Typically, the in-person class is \$10.00 per session, however since there is currently only an online format offered, they ask you donate to Meridian Street UMC and send to 5550 N. Meridian St., Indianapolis, IN 46208 or give online www.meridianstreet.org. If you are unable to donate, you can still participate.

Tai Chi EnerChi (Zoom Platform)

Intermediate-Advanced

Monday, Wednesday, Friday:

1 pm-2 pm

<https://us02web.zoom.us/j/82986987480?pwd=V2dlanhrbUVuUFRPeXpDL0lkNHpvdz09>

Meeting ID: 829 8698 7480

Password: 207785

Instructor: Carolyn Meeker

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. **Benefits:** Improves balance and control, alleviates joint pain and provides calming techniques to promote stress reduction.

Just Move at Home (Zoom Platform)

Beginners EnerChi

Tuesday and Thursday:

10:30 am-11:30 am

<https://us02web.zoom.us/j/88964682829?pwd=dHNna2k1VC9vVjZ1VHEzTmhUT0czZz09>

Meeting ID: 8896468 2829

Password: 015293

Instructor: Carolyn Meeker

A Silver Sneakers formatted class combines easy to learn, short tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing short forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Chair support is offered to facilitate standing stability and seated exercise options.

Benefits: Increased mobility, flexibility, stability and improved balance recovery as well as a calm mind.

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.

Technology Classes (Zoom Platform)

Fall Semester Classes

Call (317) 283-6662 to sign up

Classes are hosted in a senior-friendly environment. Use your computer, tablet or smartphone.

Topics in Technology

Friday: 11 am-12:30 pm

Instructor: Sally Catlin & IUPUI Students

Using the Internet

Friday: 1 pm-2 pm

Instructor: Sally Catlin & IUPUI Students

Fitness Through the Ages (Online Video Platform)

Any time at Heritage Place

Facebook Page www.facebook.com/HeritagePlaceIndy or

Fitness Through the Ages Website

<https://throughtheagesfitness.com/boot-camp-series>

Instructor: Samantha Purevich Stitt

Short clips of certain exercises that can be done at home with modifications. The videos can be watched by those who are looking to create their own exercise routine at-home or for caregivers looking for fun exercise ideas for their loved ones!

SHIP-State Health Insurance Assistance Program (Conference Call)

Monday-Friday: 9 am-3 pm

SHIP Call Center: (800) 452-4800

Counselor: Wilma Kidd, currently counseling on remote through the SHIP Call Center.

Offers free counseling services to Medicare beneficiaries. Counselors help guide individuals through Medicare options and answer questions about Medicaid and health insurance. SHIP can help with applications to Medicare Low Income Subsidy (LIS) Programs, including Medicare Savings Program and Extra Help.

Thanks Friends and Partners

Thank you to **Alexis Zollman**, Director of Marketing & Admissions at **Evergreen Crossing and The Lofts**, for providing items for the Drive Thru event goodie bags. And, thanks to Alexis and HP member **Brad Romine** for volunteering to help greet Heritage Place members and hand out bags. We had guest appearances by Fred McDowell and his wife Carina, Sam Abron and Larry Parks. Thanks to the HP members who stopped by. It was great to see everyone!

Our continued thanks go out to the volunteers from **Common Ground**

Mid-Town Church for supporting our members and staff. Here are some examples of their tremendous work. One day when Rosie didn't answer her regular call from her volunteer, HP staff was contacted. Luckily, we had an emergency contact on Rosie's application. A wave of action began and when Rosie's daughter arrived at her home, it was realized her telephone was not working. Case resolved. Thanks **Janna**. When Larry's car broke down, he did not have a bicycle as alternate transportation so he told his volunteer his situation. With

the pandemic, bicycles are in short or no supply, but thanks to some good sleuthing, Larry was presented with a bicycle. Thanks **Liz**. Richard was hospitalized, non-coronavirus related, for several months. He was recently released and while in temporary housing his home is being readied for him to return. He asked if someone could trim the back and remove some limbs. Already done. Thanks **Jim and sons** for keeping Richard's yard mowed and trimmed this summer. These good deeds continue and we are grateful.

September Notes

Heritage Place office will be closed on Monday, September 7 in observance of Labor Day. There will not be any virtual classes on Labor Day.

Fraud-Don't Be a Victim

Wednesday: September 23:

10:30 am-11:30 am

<https://us02web.zoom.us/j/81247784345>

Meeting ID: 812 4778 4345

+19292056099,,88627736255# US (New York)

Presenters: Barb Miller, Senior Medicare Patrol and Diane Dove, Better Business Bureau

Join us to learn about Medicare Fraud, Consumer Fraud and scams related to the Covid-19 pandemic. Don't fall victim; know the frauds and scams currently circulating. Fraud costs all of us – and it could happen to you or someone you care about! In this informative presentation, experts from Senior Medicare Patrol and the Better Business Bureau will help you recognize Medicare and other consumer fraud schemes and how to spot and report them. They will also have information on IN-CASE, Indiana Council Against Senior Exploitation, a consortium of organizations that want to end exploitation of older adults in our state.

Participants will receive a token of appreciation from SMP for attending this session.

MEEKER continued from page 1

less weight I found I could move more and started walking every day and walked a little further each day. As I began to get stronger I started taking a line dancing class, some Silver Sneakers exercise classes and yoga classes. Water Aerobics was not for me. There was a bit of a setback during this time frame, when I was diagnosed with breast cancer. I underwent a major lumpectomy and adjustment to the other breast, followed by radiation treatments.

In the classic movie *White Christmas*, Bing Crosby sings a song that starts: "What do you do with a general, when he stops being a general? Oh, what can you do with a general who retires?" In my case, the question was: "What do you do with a geek, when she retires?" The answer was I started teaching computer classes for OASIS.

In the last few years I have become certified as a Group Fitness Instructor, Tai Chi Instructor, Silver Sneakers Instructor, Ham Radio Operator, REIKI Level One Practitioner and Emergency Response Team Member. I have volunteered at Community North Hospital, the Indianapolis Symphony Orchestra, Newfields, OASIS, Brookdale Hospice, the Zoo and the Community Emergency Response Team.

While attending a diabetes workshop at my doctor's office, a guest speaker talked about the Tai Chi

Classes offered at the Community Hospital Health Facility (Bodyzone). As a volunteer I was entitled to use the facility. There I fell in love with Tai Chi, took more lessons and got certified to teach from the Tai Chi for Health Institute.

In 2018, I found Heritage Place and enjoyed a Silver Sneakers class and have attended many other classes and activities there. An instructor suggested I teach Tai Chi for Heritage Place so I focused on EnerChi, a Qigong type of Tai Chi exercises. Qi means breath or life energy and gong means to work or cultivate.

With the COVID-19 Pandemic, my life has been disrupted just as it has for millions of other people, my volunteer activities put on hold, and BORED! At first, I thought this slow down would be good for me to take time to stop and smell the roses. Thinking of all the things I could catch up on I made a list of things to do and kept adding to the list. You guessed it – ALL DONE.

Being bored with being BORED, needing exercise but not wanting to do it by myself, in April I set up a studio in my spare room, learned how to use Zoom, invited my class at Heritage Place and we have been exercising online together ever since.

See the Heritage Place Virtual Classes and Services in this edition to learn more about Carolyn's classes.



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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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Coming in October

SHIP-Swim, Don't Sink- Medicare Preparedness-Bingo!

Open enrollment for Medicare is from October 15-December 7. Plans change every year so do your homework and compare Advantage and Medi-Gap plans for 2021 to your current plan. Join the fun with the State Health Insurance Assistance Program (SHIP) to learn about Medicare facts, including A & B, and Low-Income Subsidy (LIS) and Medicare Savings Program (MSP) eligibility. As a Medicare beneficiary or assisting someone who is, let us help you educate yourself while having fun with bingo!

Wednesday: October 6: 1:30 pm-2:30 pm

Zoom link will be provided in the October *Informer* and email blast.

**Presenter: Susan Spilly, SHIP LIS/MSP
Program Coordinator**



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