



The Informer

October 2020
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Welcome to October all Heritage Place Family & Friends!

We've all been spending the last several months in a state of flux. We've not been sure what's really happening, what we should do, and how we maintain and connect with our families and friends. All of us have felt this way. Although we've been closed to the public, Heritage Place has attempted to maintain some degree of normalcy, whatever that is in 2020! All I can say is that our members have been just the best! Everyone has adapted well to social distance guidelines, and many have embraced classes being offered via ZOOM. Most importantly, members have told us how important it was that they maintain their memberships, and we are grateful.



Not long ago, I had the opportunity to talk with Heritage Place Member, Carol Evans Conley. Carol and I often talk about everything from the economy to pot holes around town. Frequently our conversations round back to the importance of

membership with Heritage Place. As a long-time member, Carol values her membership, even if it's not possible for her to physically be in the building to attend a class or program. Here's what she had to say...

Dear Friends,

I am writing to you about Heritage Place because I am proud to be part of such a strong community. Here at Heritage Place we find so much inspiration in each other and from our instructors. More than ever before, we must strive to keep our lives near normal under this "New Normal." Coronavirus must not curb our enthusiasm for living life. We must continue to be passionate about learning and discovering.

For many years, I have been a member of Heritage Place enjoying the opportunity to give and receive. Heritage Place with their devoted staff is an excellent place to slow down the aging process and give back to others. Our age should never stop us from embracing growth. So, do not be fearful of virtual learning because it is part of our "New Nor-

mal." We should not let Coronavirus win and immerse us in loneliness.

Renew your membership. Keep challenging yourself and continue to be with the in crowd.

Remember, learning and experience will expand your possibilities, not reduce them.

*My best,
Carol Evans Conley*

Carol's comments hit the nail on the head! We need you to renew your membership. If you are reading this and are not a member, consider becoming one and join the strong legion of incredible women and men I've had the pleasure of meeting and learning from. It's a small investment with a big return!

Watch your mail for renewal information, or contact Ann Homrighous at (317) 283-6662 or at Ann.Homrighous@heritageplaceindy.org for information about your membership.

Thank you for your support of Heritage Place of Indianapolis

Edward Alexander
Executive Director

Keeping with the Times

Heritage Place members, we miss seeing you! When we closed our doors to the public on March 16 due to COVID-19, we never dreamed our doors would still be closed 6-1/2 months later. Not that we didn't realize before, but the necessity of physical distancing and keeping everyone safe has illuminated how important



socialization and connection is here at Heritage Place.

The good news is, we are still here and going strong. We have certainly had to adapt to an electronic world to communicate and offer classes. As we have been catapulted in to the world of technology, although we have seen it coming for some time, the electronic format is our current go-to method of communication. We are pleased to offer a printed *Informer* this month.

With the inability to currently offer

in-person classes and activities, we are able to offer classes and educational opportunities through virtual platforms including Zoom, conference calls and YouTube. Zoom offers a call-in option. Ongoing classes are posted in the electronic monthly *Informer* and the links are live. Special educational activities and events are communicated in the monthly *Informer* as well as through email

What ARE Seniors Saying?

Thanks to Heritage Place members Doty Simpson-Taylor and Curtis Strother for co-moderating our 3-Part Series “From the Mouths of Matures: What Are Seniors Saying?”

Heritage Place hosted a community conversation where seniors shared their voices about how the intersections of COVID-19 and recent social justice actions have touched our lives. We seniors have wisdom about changes, choices, injustices, joys, hopes, sorrows and resiliency that we all too frequently are not able to share. With a ready pool of wisdom, we know about weathering storms, finding joy in the little things, connecting across communities of humanity, respectfully acknowledging there is wisdom in knowing some things we can change and some things we can't and all too frequently this wisdom lies untapped.

Framed in the theme ‘with experience comes wisdom’, seniors shared ways we have dealt with adversity and isolation and how maintaining intellectual stimulation and mental well-being provides resiliency during these challenging times. Being around a while and going through our fears can reap life enhancing benefits. While it's easy to become stuck, we found that seniors, even with emotional, physical or economic challenges, managed the disruptions, were resourceful and resilient, hopeful and encouraged in spite of living life with new and disruptive restrictions!

Session 1 “Wisdom Speaks: Navigating the Pandemic” spoke to what's life been like during this time of quarantine and the importance of keeping socially connected while being physically distant. **Session 2** “With Experience Comes Wisdom: New Normals and Resiliency” spoke to the challenges and addressed the resiliency and survival messages emphasizing shared wisdom, tragic wisdom, wise hope and moving through changes in life contributing to self-survival and for the good of the whole. It reminded us how circumstances today make us recall how committed we must be to connecting to the community of humanity. We recognize that there are no pills for getting through; it takes creativity and courage! **Session 3** “From Lemons to Good Lemonade: Conquering COVID-19 and Social Justice Challenges” reminded us that we are testaments of humanity that crosses generations. Each of us has something to contribute in doing or in knowledge. Even though physical distance is so much more painful than social distance, we realize that friends matter! That optimism matters! That caring, compromise and gratitude makes us stronger.

Our conversations reaffirmed for us that elders, as quiet as its kept, can and will contribute to leading us through these times because we refuse to be stuck in ‘tragedy’ but choose to cultivate ‘tragic optimism’ and we encourage each other, our families, our communities and our world to ‘cultivate wise hope’.

TIMES continued from page 1

blasts and posted on Facebook. You can find us on Facebook at www.facebook.com/HeritagePlaceIndy. If you know a member who does not use email or other technology and you think they would enjoy one of our educational opportunities give them a call and provide the call-in number and meeting id from the Zoom invitation and have them join us by telephone. If you don't have their number, call us at Heritage Place and we will contact them.

From email addresses members have provided on their applications, Heritage Place has the potential to reach two-thirds of our membership. We are finding out, however, many of you do not open your email or feel there are too many emails to wade through. If you need assistance maneuvering and functioning in the current demand for technology, let us know. We, the staff at Heritage Place, are more than willing to explore options to provide support for you, our members. Give us a call at (317) 283-6662. If no one answers, please leave a message. Heritage Place staff checks voicemail daily so Ed or Ann will follow up with you.

The safety and health of our members, staff and volunteers is our top priority. Thank you for your continued patience and understanding as we continue to navigate these challenging times.

Ann Homrighous
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and Services

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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, Facebook posts 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=V2dJanhrbUVuUFRPeXpDL0lkNHpvdz09>

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:

11:00 am-12:00 pm

<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)

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-1 pm

Instructor: Sally Catlin

& IUPUI Students

This class will explore varying topics in technology including Zoom, using a smartphone, laptop, computer, tablet, internet, social media and much more.

Note: Only one class offered Fall Semester-Correction from September

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 Stipp

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

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.

SHarP Community Garden

It has been a bountiful growing season at SHarP this year. The Heritage Place super raised beds and community bed produced 40 pounds of vegetables and herbs donated to the Boulevard Place Food Pantry. Varieties include tomatoes, green beans, collards, cucumbers, parsley, lemon balm, rosemary and basil. Projected overall bounty from SHarP to the food pantry is 400 pounds. Two black swallowtail caterpillars were spotted in the parsley so they devoured the remainder of the parsley crop. What a wonderful sight. Love those pollinators!



VOTE-Important Deadlines

Tuesday, **November 3** is Election Day. Make your vote count.

Monday, **October 5** is the deadline to register to vote.

Register online at <http://www.indianavoters.com/>.

Need an ID to register? Visit <http://www.voteriders.org/get-voter-id/>

Thursday, **October 22** is the deadline to request an absentee ballot.

Thursday, **November 3** by 12:00 noon absentee ballot must be in hands of county election officials. Mail early!



Board of Voter Registration

Marion County

M-F 8 am - 4:30 pm

(317) 327-VOTE (8683)

Email: voterreg@indy.gov

Hamilton Co.

M-F 8 am - 4:30 pm

(317) 776-9632

Email: voter.registration@hamiltoncounty.in.gov

Boone Co.

M-F 8 am - 4 pm

(765) 482-3510

Email: jfouts@co.boone.in.us

Johnson Co.

M-F 8 am - 4:30 pm

(317) 346-4467

Email: Johnsoncountyvoter@co.johnson.in.us

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

Tuesday: October 6

1:30 pm-2:30 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/81222303406>

Meeting ID: 812 2230 3406

Call-in option: 1 (929) 205-6099,

Meeting ID: 81222303406#

Presenter: Susan Spilly, SHIP LIS/

MSP Program Coordinator



Open enrollment for Medicare is from October 15-December 7. Plans change every year so do your homework and com-

pare 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) Programs including Medicare Savings Program (MSP) and Extra Help eligibility. As a Medicare beneficiary or assisting someone who is, let us help you educate yourself while having fun with bingo!

Note: September issue incorrect day, but correct date

Halloween Drive Thru Event

Heritage Place staff, volunteers and members had so much fun at the August Drive Thru Event we are doing it again! Buckle up and drive to Heritage Place west parking lot on Tuesday, October 22 between the hours of 4:30 pm – 5:30 pm for our Halloween themed drive thru event. Bring yourself, the family or grandkids and receive a goodie bag. Again, no need to leave your car as we will

come to you wearing protective masks and keeping socially distanced. No registration required, but come early as supplies will be limited. We ask that you stay in your car, wear a protective mask, decorate yourself or your car and stay as long as you like. No admittance to the building. We are ghoulishly giddy over this event! Hope to see you here at Heritage Place!



▲ Chevene Toney and Karan Stewart.

Ed and Ellen greet Margaret Adeniyi ►



Coping with the Pandemic

The isolation of the pandemic can be challenging. Here are some practical recommendations to navigate and nurture your health, social, mental and emotional well-being.

Health practices

- Frequent and thorough hand washing.
- Wear a mask in public.
- Social distance at least 6 feet.
- You are the judge of your comfort level to be in public.
- Eat healthy. It's easy to get in a rut with familiar comfort food. Expand your taste bud horizons and try something new. Dig out an old family favorite recipe, put a new twist on a favorite recipe or find new recipes. Herbs and spices are an easy way to add flavor.
- Get outdoors and enjoy a walk or observe nature.
- And of course, exercise! Take advantage of the offerings found

through Heritage Place. You will probably see some familiar faces on Zoom! If you don't use technology do simple stretching and breathing exercises.

Maintain social connection with family, friends and neighbors.

- Talk on the telephone!
- If you are more tech savvy reach out by text, email or other social media forums such as Facebook.
- Write a letter to someone; there is nothing better than receiving a "real" piece of mail. Others just might reciprocate.
- At least while the weather is suitable, plan a socially distant outdoor visit with a neighbor.

Mental and emotional best practices:

- Avoid watching too much news. Maybe catch some in the morning or the evening, but avoid over

consumption. Too much can overload and overwhelm you. Engage in activities to stimulate your mind and serve as a distraction.

- If you play an instrument, learn a new piece of music and perfect it.
- Listen to a new genre of music.
- Work jigsaw or word puzzles.
- Online games.
- Read a humorous book or something entertaining.
- Watch a funny movie or TV program.
- Arts and crafts such as drawing, adult coloring or needle work improves concentration and the end result satisfying.
- Journaling is a great way to organize your thoughts on to paper. It helps relieve stress, boosts memory and inspires creativity.
- Write your memoirs or family stories.
- Daily meditation.
- Don't discount what you are feeling. It is important to acknowledge feelings of sadness or grief.

In the Community

Since there are no live performances, in-person sports spectator events or other community events for which Heritage Place has received free tickets in the past, here are some virtual offerings and things you can do outdoors to explore.

Butler Arts <https://cloweshall@engage.ticketmaster.com>

Center for Performing Arts
<https://thecenterpresents.org/>

Connor Prairie <https://www.connerprairie.org/>,
13400 Allisonville Rd., Fishers 46038, (317) 776-6000

Eventbrite <https://www.eventbrite.com/d/in--indianapolis/community--events/>

Hamilton County Parks & Recreation <https://www.hamiltoncounty.in.gov/296/Parks-and-Recreation>

Heartland International Film Festival

<https://heartlandfilm.org/festival/>, (317) 464-9405

Holliday Park www.hollidaypark.org, 6363 Spring Mill Rd. 46260, (317) 327-7180

Indy Parks & Recreation <https://www.indy.gov/agency/department-of-parks-and-recreation>

Johnson County Parks <https://www.jocoparks.com/>

MLK Center virtual volunteering
<https://mlkcenterindy.org/volunteers/>, (317) 923-4581

Spirit & Place Virtual Festival
<https://festival@iupui.edu>

Travel + Leisure www.travelandleisure.com for virtual world museum tours.

Downsizing and Decluttering

What better time to downsize and declutter than now! This can seem like a daunting task to decide what to get rid of and what to keep. Sometimes there is an emotional connection to items you have saved over the years. Some advice and a question to ask yourself is, "How does this stuff affect my daily life?" Start small, don't rush your decisions, have your spouse, child, other family member or a friend help you through the process. So many of our items are connected to memories, but remember you are not getting rid of your memory; only the item.

Don't start with the important items first; start with things like clothes

that don't fit, excess cookware and books. Budget your time wisely so you can tackle one small project at a time. This will help you from becoming overwhelmed. If it is something that triggers a memory, take the time to reflect and share stories. You can set the item aside and come back to it later. Ask a family member if they would like to have the item or ask a friend what they think the value of keeping it might be. If you have two items which are similar, chose one and let go of the other.

One way to savor those memories of sentimental items is take a photograph.

If you think something has a dollar value, check with an expert or do your research. Sometimes you find the item has more sentimental value than monetary value. Knowing that fact can often help you decide whether to discard, donate, sell or keep. Donating items can bring new life to them as someone else will need them and be able to use them.

It is much easier to go through the process of downsizing and decluttering at a leisurely pace than being forced. Letting go can often be difficult, but at the same time, it can lift a burden and be cleansing.

Get Your Flu Shot

People who are 65 and older are at high risk of having serious health complications from the flu. Medicare Part B covers 100% of the costs of seasonal flu shots once a year during fall or winter. The Part B deductible does not apply to this service as long as you are eligible and enrolled in original Medicare and your doctor or other health care provider accepts assignment (has agreed to accept the Medicare-approved payment as full reimbursement for providing this ser-

vice) for giving the shot.

Medicare Advantage plans are required to cover flu shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service. Check with your plan first to see if it will cover another provider such as a pharmacy.

If you are not 65, want to get a flu



shot, and have insurance check with your insurance carrier to see what your options are or check with your local pharmacy. Most pharmacies accept insurance or offer a reduced and affordable rate for flu shots without insurance. Indiana pharmacies: Costco, CVS, Kroger, Rite Aid, Safeway, Walmart, Walgreens.



October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Class descriptions on page 3 Note time change for Just Move At Home on Tuesdays and Thursdays</p> <p>SHIP-Swim, Don't Sink-Medicare Preparedness-Bingo! session description on page 4</p> <p>Halloween Drive Thru Event details on page 5</p>	<p>National Book Month Diversity Awareness Month Positive Attitude Month October 5-11 – Active Aging Week October 1 – International Day of Older Persons October 10 – World Mental Health Day October 13 – Train Your Brain Day October 20 – National Day on Writing October 21 – Celebration of the Mind Day October 25 – International Artists Day</p>		<p>1 11:00 Just Move at Home-Beginners EnerChi</p>	<p>2 11:00 Topics in Technology 1:00 Tai Chi EnerChi Intermediate-Advanced</p>
<p>5 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced</p>	<p>6 11:00 Just Move at Home-Beginners EnerChi 1:30 SHIP-Swim, Don't Sink-Medicare Preparedness Bingo</p>	<p>7 1:00 Tai Chi EnerChi Intermediate-Advanced</p>	<p>8 11:00 Just Move at Home-Beginners EnerChi</p>	<p>9 11:00 Topics in Technology 1:00 Tai Chi EnerChi Intermediate-Advanced</p>
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<p>19 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced</p>	<p>20 11:00 Just Move at Home-Beginners EnerChi 4:30-5:30 Halloween Drive Thru Event-Heritage Place Parking Lot</p>	<p>21 1:00 Tai Chi EnerChi Intermediate-Advanced</p>	<p>22 10:00 Good Grief Talks from Heartland Hospice 11:00 Just Move at Home-Beginners EnerChi</p>	<p>23 11:00 Topics in Technology 1:00 Tai Chi EnerChi Intermediate-Advanced</p>
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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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name and address to admin@heritageplaceindy.org.

Coming in November

Daylight Savings Time

Beginning November 1. Don't forget to "fall" back 1 hour.

2020 Trivia Bowl Challenge

12th Annual Trivia Challenge Set for November 12!

A very popular event benefiting the programs and services of Heritage Place is back for its 12th year on Thursday evening, November 12. The Heritage Place Trivia Bowl Challenge is going VIRTUAL! Teams will gather via a special Zoom link and answer rounds of new (and really challenging) questions, all while raising important program and service dollars for Heritage Place of Indianapolis!



Our Trivia Challenge Chair for 2020 is Kristen Wrestler. Kristen works for IU Health and is currently in her second year as a Heritage Place Board Director.

It's easy to participate! To learn more, contact Ed Alexander at Edward.Alexander@heritageplaceindy.org and he will give you all the necessary registration information. But hurry! Registration is required no later than Friday, October 30!



**When you give to United Way,
you're supporting us.**