



The Informer

November 2020
Volume 44 | No. 11

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Thankfulness

I have a confession to make: I'm something of a "keeper". A keeper of stuff. Things from my family, items that remind me of people I've met and gotten to know over the last several decades, or knew at some point in my life. Stuff that I enjoy or put a smile on my face when I see them.



Not too long ago, I came across a childhood "Little Golden Book" (remember those?!?). It's a story called "Scuffy the Tugboat". This was, along with any storybook with Yogi Bear as a central character, one of my favorites! Scuffy was a tugboat with a personality. Scuffy meets all kinds of interesting and wonder-

ful people during his (I'm guessing he's male, he did have a shadow of a beard...) tugboat travels. As his name implies, Scuffy was, well, a scruffy boat and rather tattered. The secondary characters are equally fun... the wise owl, a mischievous puppy and a bigger, shining and fancy Tugboat who are all a bit intimidating to Scuffy. At the end of the story, Scuffy recognizes how grateful he is for all the different other personalities and encounters that ultimately help with the voyage. All of us at Heritage Place of Indianapolis share Scuffy's epiphany. We are grateful for so many things and people!

The last several months have been difficult for everyone, without a doubt. The members, volunteers and friends of Heritage Place have worked very hard as programs and services

were altered to be virtual and kept fresh and interesting. Our members are really the strong people in the Heritage Place Story. They continue to support us every step of the way. We know we could never have maintained our organization without our cadre of wonderful men and women.

As I think about who or what makes me grateful this time of year, I always go back to my Heritage Place Family. I think Ann and Ellen will agree with me! I'm not suggesting that Heritage Place is "Scruffy" like the tugboat, but rather all of you, our Heritage Place Family, have guided us and kept us on the proper course.

Thank you. Remain safe and have a thankful Thanksgiving.

Edward Alexander
Executive Director

Physical and Mental Well-Being

Part of Heritage Place's mission is to promote healthy lifestyles, well-being and quality of life. Most people are experiencing grief, stress, depression and worry to varying degrees due to the pandemic and older adults are more vulnerable to isolation. According to the National Council on Aging (NCOA) nearly 3 million older adults live alone and more likely to experience health impacts due to social isolation. NCOA suggests maintaining a strong social safety network. Social isolation can lead to loneliness putting older adults at higher risk of



mental and physical health problems than other populations. Limiting in-person activities does not translate to stopping physical exercise and social interaction. Staying physically active and socially connected not only makes you feel better physically, but it helps you feel better mentally. Be Well Indiana has a wealth of resources compiled by the Indiana Division of Mental Health and Addiction to help Hoosiers stay connected and maintain their well-being. If you recognize you need help or want to learn more about self-care get support at <https://bewellindiana.com/#support>. Even though Heritage Place is currently not holding in-person classes and activities, we are still here! Take

advantage of virtual fitness and education classes and activities offered by Heritage Place. Yes, it's different, but don't let that slow you down. The advantages outweigh the disadvantages and the positives include learning more about technology, keeping socially connected and taking care of your body while contributing to your overall well-being. Reach out and let us know how we can help. I have had some amazing conversations with our members and instructors over the telephone. It does wonders just to hear someone's voice and simply listen. Here's to good health!

Ann Homrighous
Director of Programs
and Services

Meet Sally Catlin

Sally Catlin is a Computer Information Technology Lecturer at IUPUI, and has been working with Heritage Place for the past six years. Initially she had students in her beginning web site design class work on re-designing the Heritage Place Web Site. After she learned that Heritage Place had laptops, but no technology teachers, she asked if they would be interested in having IUPUI technology students help teach technology classes. Sally realized that not only would the older adults benefit from learning more about technology, but they could also serve as mentors to the IUPUI students. Because of the depth and breadth of their valuable



life experience, the older adults could help IUPUI students learn valuable communication and presentation skills that they need to be successful in their future career.

Sally and her students have been teaching and tutoring older adults in technology on Fridays at Heritage Place ever since. Every semester sees a new group of students engage with older adults, and every semester seems to bring with it, new developments in technology. After learning on the laptops most Heritage Place members are more interested in technology related to their smartphones and personal devices such as tablets.

Since being unable to meet in person due to COVID-19, the technology class has moved online via Zoom with the help of IUPUI students. Attendance is greater than ever as more

older adults want to stay connected to each other and their friends and families through technology. This semester Sally has five IUPUI students in the class and two Community Engagement Assistants and all look forward to Fridays. Interacting with such interesting and active older adults has changed Sally and her students' views on aging. Heritage Place members are so interested in learning and sharing their own thoughts and experiences, even beyond the realm of technology.

Through the years, Sally has enjoyed working with older adults so much that she is now working on a Master's Degree in Social Work so she can increase her understanding of aging and how to help older adults stay engaged, independent and living on their own.

Halloween Drive Thru Event

Although a cloudy and chilly day, we had a nice turnout for our Halloween Drive Thru event. It was truly a "treat" to have kids and grandkids in costume visit us and receive goodie bags. Thanks to our HP members who took time to stop by for a visit. Thank you to HP member Brad Romine for volunteering to hand out goodie bags and to Alexis Zollman and Evergreen Crossing & The Lofts for helping sponsor the event.



Ann greets Manola



McDowell grandkids in full costume



Joanie and 4-legged friend



Fred and Katie

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.

Knit, Loom Knit, and Crochet for a Cause

Friday: 11 am-11:45 am

<https://us04web.zoom.us/j/71540436431?pwd=RU8xZEJiQWZ0OFgyS0JLcKpLVIVaQT09>

Meeting ID: 715 4043 6431

Passcode: Kp22Xt

Instructor: Madora Lewis

Join the knitting class for socialization and fun while knitting hats for a cause. The current project is providing hats for Early Learning Day Care. You provide the skill and needles and we will supply the yarn and pattern.

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.

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!

Tai Chi EnerChi on the Driveway

On a beautiful day, the Tai Chi EnerChi class, instructed by Carolyn Meeker, held class on the drive at HP. It was so nice to have participants on site. Everyone was appropriately social distanced and wearing masks and enjoying

some movement together. And yes, the rumors are true; Ann Homrighous was out there exercising, too. She didn't quite have the moves down, but she was moving!



Medicare Open Enrollment

You still have time to review and make changes, as needed, for Medicare plans for 2021. Open enrollment is from October 15-December 7. Plans change every year so do your homework. If you need assistance or want to see if you qualify for Low-Income Subsidy Programs, call the SHIP Call Center at (800) 452-4800.

SHIP Medicare Preparedness Bingo Winner-Congratulations Vernita Penn



SERVICES continued from page 3

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.

Heritage Place Website

Welcome to Kalista Ballard, IUPUI student, who will be making improvements to our website. Kalista brings a wealth of knowledge and skill in website design. Not only does she have experience in working with WordPress, our website platform, but she has experience in designing websites for nonprofits as well as for organizations serving older adults. We are excited to have her support and expertise. A special thanks to Nolan Taylor, HP member and Board of Directors member, for heading up the project.

Trivia Bowl Challenge

12th Annual Heritage Place Trivia Bowl Challenge Goes Virtual

The popular Heritage Place Trivia Bowl is back with a virtual twist! Brought to you by our friends at Federal Home Loan Bank of Indianapolis and Kroger Gardis & Regas, LLP, our event will be Thursday, November 12, 7:00 PM via Zoom!

For additional information, please call Heritage Place at (317) 283-6662. Join us for the fun, all from the comfort of your living room!!





November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced	3 11:00 Just Move at Home-Beginners EnerChi	4 1:00 Tai Chi EnerChi Intermediate-Advanced	5 11:00 Just Move at Home-Beginners EnerChi	6 11:00 Topics in Technology 11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi Intermediate-Advanced
9 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced	10 11:00 Just Move at Home-Beginners EnerChi	11 1:00 Tai Chi EnerChi Intermediate-Advanced	12 11:00 Just Move at Home-Beginners EnerChi	13 11:00 Topics in Technology 11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi Intermediate-Advanced
16 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced	17 11:00 Just Move at Home-Beginners EnerChi	18 1:00 Tai Chi EnerChi Intermediate-Advanced	19 11:00 Just Move at Home-Beginners EnerChi	20 11:00 Topics in Technology 11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi Intermediate-Advanced
23 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced	24 11:00 Just Move at Home-Beginners EnerChi	25 1:00 Tai Chi EnerChi Intermediate-Advanced	Heritage Place Closed No classes on these days. Happy Thanksgiving!	
30 11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced	Nov. 1 National Authors Day Nov. 3 Election Day Nov. 7 Book Lovers Day Nov. 9 Art Museum Day/ World Freedom Day Nov. 11 Remembrance Day/Veterans Day Nov. 13 World Kindness Day Nov. 15 National Recycling Day	Nov. 16 International Day for Tolerance Nov. 17 National Take a Hike Day Nov. 21 Great American Smokeout Nov. 22 Go for a Ride Day Nov. 26 Thanksgiving National Family Caregivers Month Good Nutrition Month	Coming in December Dec. 4 is the last Topics in Technology class for 2020. Classes will resume in February. Date TBA.	

SHarP Community Garden

As the season winds down the gardeners are still cultivating the production of cool weather vegetables. Lettuce, collards, mustard greens and turnip greens love the chilly air. This means more donations to Boulevard Place Food Pantry! Thanks to the **Common Ground Midtown Youth Group** for helping with some end of season projects.



AmazonSmile and Heritage Place

Holiday shopping season is upon us! If you weren't shopping online before, we suspect you might be now. Heritage Place of Indianapolis, Inc. is a registered charitable organization listed on AmazonSmile. Shop AmazonSmile to make a difference this holiday. Shop for gifts at

https://smile.amazon.com/gp/chpf/homepage/ref=smi_chpf_redirect?ie=UTF8&ein=35-1436580&ref=smi_ext_ch_35-1436580_cl to generate donations for Heritage Place of Indianapolis, Inc. It doesn't cost you anything extra!

Help bring joy this season

Buy your gifts at smile.amazon.com or with AmazonSmile ON in the app and Amazon donates **amazon smile**



When you shop on AmazonSmile the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to Heritage Place, not only at holiday

time, but any time. It's as simple as that. What a great deal for simply shopping! Thanks in advance for shopping to support Heritage Place.

Kroger Rewards

All you Kroger shoppers can support Heritage Place with your Kroger Plus Shopper's Card. Heritage Place can benefit every time you shop. There are some restrictions on purchases that apply such as alcohol, tobacco, postage stamps, and gift cards. Kroger will pay up to \$375,000 on a quarterly basis to participating organizations based on their percentage of spending as it relates to the total spending of all participating



Kroger Community Reward organizations. Go to [Kroger's website](https://www.kroger.com) and it's easy to register. Here are step-by-step instructions on how you register:

1. Go to [Kroger.com](https://www.kroger.com)
2. Sign-in or create an account
3. Under My Account, click on "My Account"
4. Make sure your plus card is registered; if not, register your plus card number
5. On left hand side choose "Community Rewards"
6. Click on "Enroll"
7. On right-hand side choose "type" or "all"
8. You can now search for Heritage Place by name or organization number NG516
9. Once you find Heritage Place, click "Enroll"
10. You will see a green circle with a check mark message that says "You have successfully enrolled in Community Rewards."
11. Within 10 days you should start seeing your organization on the bottom of your receipt tape.

Consumer Alert from the Federal Trade Commission

COVID-19 clinical trial: real or fake? Learn how to tell the difference.



There are thousands of trials underway as companies race to find effective vaccines and treatments for COVID-19. Many of these research studies are legitimate, but some are not. So, if you're thinking about volunteering for a COVID-19 trial, it's important to know how to spot the real trials advancing medicine for everyone, versus the fake ones trying to steal your money and personal information.

Preying on our natural desire to help others, scammers have created fake websites and promotional materials, posing as legitimate researchers. Their goal? To take your personal information and your money. They might promise you a doctor's care and more than \$1000 in payment...but as soon as they try to charge you for access, or ask for your Social Security, bank account, or credit card number, your Spidey sense should start tingling, because, unfortunately, some of these so-called "research studies" are fake.

If you're interested in participating in a COVID-19 or other research study, here are some things to keep in mind:

- **Never pay to be part of a clinical trial, or to find out about one.** Real clinical trials will never ask you to pay them.
- **Do an online search** before you join, with the name of the clinical trial and the words "scam," "review," or "complaint."
- **Legitimate clinical trials do gather information to identify ideal candidates.** To screen for participants for COVID-19 trials, they might ask for your name, contact information, age, gender, race, ethnicity, or various pre-existing conditions associated with higher risk of a COVID-19-related mortality. **But they should never ask you to give your Social Security number during recruitment or screening.**
- **Never share financial information (like your bank account or routing number).** Most legitimate trials will offer to pay people to participate in the trial, but you can ask to be paid by check rather than direct deposit. The amount you get will vary based on the trial, but it can range from \$1,000-\$2,500, particularly in Phase III of vaccine trials.

The National Institutes of Health (NIH) and the National Library of Medicine (NLM) maintain [ClinicalTrials.Gov](https://clinicaltrials.gov), a **free searchable database** of clinical studies on a wide range of diseases. You can also use the database to get more information about studies, including whether they're recruiting participants, and their contact information.

If you're interested in volunteering for a COVID-19 trial, you can sign up at the [COVID-19 Prevention Network](https://www.covid19preventionnetwork.org), a site run by the National Institute of Allergy and Infectious Diseases at the National Institutes of Health.

If you spot a trial that's charging people to participate, or demanding your SSN or financial information during screening, be sure to tell the Federal Trade Commission.

You can also file complaints with your attorney general regarding consumer issues, frauds, and scams.

Jim Kreidler
Consumer Education Specialist, FTC

Report any COVID-19 clinic trial scam to:
Indiana Attorney General's Office

(317) 232-6330 or (800) 382-5516

Indiana Senior Medicare Patrol

(317) 205-9201 or (800) 986-3505

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.

Staff

Edward Alexander, Executive Director
Ann Homrighous, Programs and Services Director
Ellen Morley Matthews, Business Manager

Heritage Place of Indianapolis, Inc.

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

www.heritageplaceindy.org

9 am to 4 pm Monday – Friday

To receive this publication digitally, email us at admin@heritageplaceindy.org.

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



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