



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Celebrations & Traditions

It's been quite the year. When thinking about the content of this December Informer message, it's impossible not to reference the impact that 2020 has had



on everyone. I think we all know how we've been impacted, challenged, and changed since March when everything we knew suddenly stopped. Still, this time of year we historically celebrate with family and friends; we have our own traditions we follow, and we look back, taking stock on the year that we've just wrapped up.

I personally want to focus on the celebration and traditions of this statement. My Cambridge University dictionary here at my desk (Yes, I still use the big book I've had for decades!), tells us that "Celebrate"

is to "acknowledge with an enjoyable activity"; and "Tradition" as the "transmission of customs or beliefs from generation to generation." I like both of these. I think every generation takes some liberties when continuing a tradition. I certainly do. My Mother had traditions at Christmas that I have not, by choice, continued.

My Mother grew up in South Central Tennessee, in a very rural community. When she was a child, the big surprise Christmas morning was citrus fruit. She continued this "tradition" her entire life, even when she had adult children, grandchildren, and great grandchildren. No oranges in my stocking, please. I want chocolate!

I get it. In the 1920's citrus was not plentiful in Fayetteville, Tennessee. It was special when you could get it. Now we can buy it everywhere, literally.

My Dad's celebration (and really,

tradition, too) was different. He grew up in New York City. His celebration was often sledding at Morningside Park. Why he reserved this just for Christmas remains a mystery, but he claimed that's the only time he actually got his sled out. Regardless, it was special.

The point of all of this is we all can make our celebrations and traditions special, even under unique circumstances such as those we have in 2020.

At Heritage Place of Indianapolis, our normal Holiday Traditions may be out the window, but please remember that we are just a phone call, email, text or Zoom call away!

Your Heritage Place staff join me in wishing each of you a safe holiday celebration this year!

Edward Alexander
Executive Director

An Expression of Gratitude

The past eight and a half months have prompted much reflection.

My reflections have helped me keep some things in perspective and move me into the present moment. Since the pandemic we have all had worries, challenges, heartbreak and simply put, things out of our control. If you are anything like me, a methodic planner, well there is always



plan B and maybe plan C to the original plan, but in reality, there are things we worry about and plan for that we don't have any control over.

This pause created by the pandemic has energized me to focus on what I can control and to let go of what I can't control. This has certainly allowed me to be in the present and look inward to how I react to external factors I can't control.

Expressing gratitude is something I can control and something we can all control. Yes, we miss Heritage

Place being open and not being able to see each other face to face, but our very existence is because all of you, our members, instructors, volunteers, community partners, donors and supporters, are with us every day and we are grateful.

Enjoy a peaceful and healthy holiday.

Ann Homrighous
Director of Programs
and Services



Meet Samantha Purevich Stipp

Sam Stipp, owner and instructor of Through the Ages Fitness, has a Health Science and Geriatrics degree from Ball State University. After



seven years of engaging with the geriatric population through working in Healthcare, Senior Wellness and Life Enrichment, she has acquired several different certifications to pursue her

company goals. Sam is a SilverSneakers Foundations Certified Flex Instructor, Activity Director Certified, Group Fitness Instructor Certified and PWR!Moves (Parkinson's Wellness Recovery) Certified while also taking great interest in assisting with ADLs (Activities of Daily Living) and improving brain function. Besides working with the senior population, Samantha enjoys traveling with her husband, taking care of their THREE dogs, Knox, Bear and Bailey, spend-

ing time with friends and family, and drinking an ice cold beer every now and then! She is determined to change the outlook on the aging process for the senior population through unique and creative programs, social connections and healthy BUT fun lifestyle changes! Sam's classes and resources are always available on her website at <https://throughtheagesfitness.com> or on Heritage Place's Facebook page at www.facebook.com/HeritagePlaceIndy.

Calling All Zoomers! Butler University Family Stories Project

We all have stories so Heritage Place is doing it again! We are partnering with the Department of History and Anthropology at Butler University to engage Heritage Place members with students to participate in the "Power of Everyday Stories" project. Don't miss out on this fun opportunity. We need you!

Q: What is the project about?

A: Dr. Tom Mould's students are studying narratives and how they are powerful in shaping perspectives, opinions and identities. The students analyze stories in personal, familial, legal and political contexts and explore how they operate differently in different cultures. Students learn how stories reflect who we are and what we value. For students, it is an exercise to strengthen communication and writing skills and heighten awareness and understanding. For participants, it is a chance to preserve your family stories for future generations.

Q: Why should I participate?

A: It is an intergenerational opportunity to interact with students and a forum to create a family story collection for you and your family.

Q: Who will see my stories?

A: The stories will only be used in the classroom setting for analysis and not published anywhere else. Professor Mould will also read the stories. No one else will see your stories except for you and the people you choose to share them with.

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

A: February kick off dates to be announced. This will give you an opportunity to meet students and ask questions about the project. Meetings with participants and students begin the first week of March 2021. You will work together over the month with a goal of finishing all conversations by the end of the month. Family Story Collection booklets and thumb drives will be ready by the end of April. May wrap up dates to be announced.

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

A: All interviews and interactions will take place through Zoom so here is an additional opportunity to hone your technical skills. Students will work in pairs to record your stories, meeting with you two or three times for about an hour each time. You will spend some time editing your stories.

Q: What stories will I share?

A: Students will have leading questions and/or you might already have stories in mind. Think of the family stories you heard growing up as well as your own life stories. Simply let your students know if there are topics you wish to avoid. The students will transcribe what you have told them and you will be able to make edits before everything is finalized.

Q: What happens at the end of the project?

A: At the wrap up each student group will present their overall findings and participants will receive a printed and digital copy of your stories to share with your families.

Q: What did past participants think about the project?

A: They loved it! Feedback was incredibly positive, with many participants sending unsolicited emails about how much they enjoyed the project, the students and how much they treasure their story collection.

Contact Ann Homrighous at (317) 283-6662 if you are interested in participating and for more information.

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)

Leader: Rev. Samuel Murray

Inspirational Studies is on holiday break. Classes will resume in January. Date TBA.

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 con-

trol, 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=dHNna2k1VC9vVjZlVHEzTmhUT0czZz09>

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

Call (317) 283-6662 to sign up. A Zoom invitation will be sent to you.

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)

December 4 will be the last Topics in Technology class for 2020. Classes resume in February. Date TBA.

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!

"Trivia Bowl" 2020, A Virtual Success!

The 12th Annual Trivia Bowl Challenge took place Thursday evening, November 12. It was certainly different as it was virtual, but the questions were just as difficult, and teams had a great time!

The winner of the Coveted Trivia Trophy was a second-year team: **FOM* Friends of Margaret.**

Second Place was a new team for 2020: **Bad Assidosis**, from IU Health Geriatrics.

One of our terrific event sponsors, Federal Home Loan Bank of Indianapolis took home 3rd Place with their team: **What Do We Know, We Give Away Money for a Living!**

Best Team Name went to **Just Keep Guessing**, from second-year team from Common Ground Midtown.

Special award was presented to our



Youngest Team Captain, Mr. Dylan Fugate, who is a very wise 8 years old!

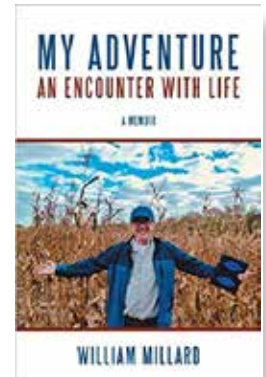
Many thanks to our event sponsors: **Federal Home Loan Bank of Indianapolis & Kroger Gardis & Regas, LLP.**

Thanks Also to our remarkable Host, **Bryon Foley** and our Technical Director, **Anupriya Sharma.**

All proceeds benefit the programs and services of Heritage Place of Indianapolis. See you next year!

Coming in January: Author William Millard talks with Heritage Place

As we go to press for this issue of *The Informer*, we don't have a finalized date for this event, but it is certainly something that everyone will want to attend! Join Heritage Place of India-



napolis as we host an interview with William Millard, whose new book "My Adventure: An Encounter with Life" is now available in many local bookstores and at Amazon.com.

Bill Millard is a commercial attorney with an international law firm in Dallas, Texas, and life could not be better.

On top of his lucrative job, he is married with two wonderful children, lives in a nice neighborhood with great schools, and is a proud Texan. But his world comes crashing down as his health starts to decline.

At first, it's not clear what is wrong, but then he is diagnosed with several near-fatal diseases, including amyotrophic lateral sclerosis, or ALS, which is a progressive nervous system disease that causes a loss of muscle control.

He loses his family, career, home, and health. After a period in a comatose state, he wakes up as a quadriplegic, suffering severe seizures. He is unable to eat, drink, swallow, speak, stand, breathe without respiratory care, or carry on life as he knew it.

In this inspiring memoir, Millard reveals how he coped with his diagnosis and made a miraculous recovery, spending seven-plus years fighting for his life in long-term health care facilities, physical rehabilitation facilities, and other centers. Millard's story also offers a unique first-hand patient's perspective as to what it is like to live in skilled and senior healthcare facilities today, containing many observations on what he thinks makes a better facility for patients and their families.

Medicare Current Beneficiary Survey

The Medicare Current Beneficiary Surveys (MCBS) will be starting soon. The Centers for Medicare and Medicaid Services (CMS) contracts with NORC at the University of Chicago to conduct the surveys. **This is the ONE time Medicare does contact beneficiaries.** If you are selected, you should initially receive a letter, which will be followed up by a telephone call. Due to the pandemic, there will be no in-person interviews; only telephone interviews. Here are instructions the beneficiary can follow to confirm participation if you are contacted:

Call NORC toll free at 1 (877) 389-3429 to verify your selection.



To verify if an interviewer contacts you, visit NORC Respondent Care Center website or call 1 (866) 856-6672 or email surveyhelp@norc.org.

This survey is authorized by section 1875 (42 USC 139511) of the Social Security Act and is conducted by NORC for the U.S. Department of Health and Human Services. The United States Office of Management and Budget (OMB) number for this survey is 0938-0568 and expires 6/30/2022.

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.



December 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| Please note: Inspirational Studies is on holiday break. Classes will resume in January. Date TBA. December 4 is the last Topics in Technology Class for 2020. Classes resume in February. Date TBA. | 1 11:00 Just Move at Home-Beginners EnerChi <i>World Aids Day</i> | 2 1:00 Tai Chi EnerChi Intermediate-Advanced | 3 11:00 Just Move at Home-Beginners EnerChi | 4 11:00 Topics in Technology 11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi Intermediate-Advanced |
| | 7 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced <i>Pearl Harbor Day Letter Writing Day</i> | 8 11:00 Just Move at Home-Beginners EnerChi | 9 1:00 Tai Chi EnerChi Intermediate-Advanced | 10 11:00 Just Move at Home-Beginners EnerChi <i>Hanukkah begins Human Rights Day</i> |
| 14 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced | 15 11:00 Just Move at Home-Beginners EnerChi <i>Bill of Rights Day</i> | 16 1:00 Tai Chi EnerChi Intermediate-Advanced | 17 11:00 Just Move at Home-Beginners EnerChi | 18 11:00 Knit, Loom Knit, and Crochet for a Cause 1:00 Tai Chi EnerChi Intermediate-Advanced |
| 21 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced <i>Winter Solstice World Peace Day Crossword Puzzle Day</i> | 22 11:00 Just Move at Home-Beginners EnerChi | 23 1:00 Tai Chi EnerChi Intermediate-Advanced | 24 Heritage Place closed December 24, 2020 through January 1, 2021. Staff will return on Monday, January 4. Happy Holidays! | |
| 28 11:45 Yoga 1:00 Tai Chi EnerChi Intermediate-Advanced | 29 11:00 Just Move at Home-Beginners EnerChi | 30 1:00 Tai Chi EnerChi Intermediate-Advanced | 31 <i>New Year's Eve</i> | In January: Starting January 4, the Tuesday and Thursday Just Move at Home class will be integrated with Tai Chi EnerChi. Classes will be Monday through Friday at 1:00 p.m. |
| Heritage Place closed December 24, 2020 through January 1, 2021. Staff will return on Monday, January 4. | | | | |

FRESH BUCKS

[Freshbucksindy.org](https://freshbucksindy.org)

Use your Hoosier Works card to receive FREE fruits and vegetables.

How it works:

- Go to the Farmers Market information table.
- Swipe your EBT (Hoosier Works card) for any amount of choice.
- Receive SNAP tokens for that amount to shop for SNAP eligible foods (produce, eggs, bread, dairy, honey, syrup).
- Double that with Fresh Bucks checks, receive up to \$20 per market visit/day for fresh fruits, vegetables and herbs (including edible starter plants).
- Shop at the market.

Broad Ripple Winter Farmers Market

Inside former Macy's, lower level at Glendale Mall, 2615 E. 62nd St., 46220, every Saturday November 7, 2020-April 24, 2021, 9 a.m.-noon

Indy Winter Farmers Market

Circle City Industrial Complex, 1125 E. Brookside Ave., 46202, every Saturday November 7, 2020-April 24, 2021, 9 a.m.-12:30 p.m.

Made possible with funding from the Centers for Disease Control and Prevention. Sponsored by Indiana University Health.



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! 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.

Help bring joy this season

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

amazon smile



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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you're supporting us.**