



The Informer

March 2021
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

March Madness Memories

It's March already. How is this possible, right? If the lawn decorations of some of the houses down the street and around the corner from my home are any indication, some people think it's still Christmas. I'm someplace in the middle on accepting that March is with us. We all know what happened last March that clearly changed our lives, but I'm not talking about that right now.



I've been thinking a lot about "March Madness" in Indiana. Not recent High School Basketball tournaments, but way back in the 1960's and 1970's, when I was a kid. You see, my brothers and I attended a very small school in East-Central Indiana...really small, K-12 all in one building, I think my class had a whopping 65 people when we graduated. My school never had football. I'm not being sarcastic, it's not that we had a team that was bad, we had NO team at all. This fact presented a major problem when I attended a major football school in the South, but that's another story for another time. We did have a basketball program and, periodically, we had pretty respectable seasons. The 1950's

were golden for my school, even showing up the bigger, state-winning "other school in town" now and then. Back in my era, if you were a tall kid, everyone expected that you would play basketball at my school. I was the tall kid who was so totally uncoordinated with really bad vision, it was never assumed I would (or could) play basketball. I still loved it, often going with my older brothers when I was little, then with my pack of friends when I grew older. I loved to watch the underdog team do well (most of the time, we were that team!), those schools that pre-dated the consolidation of tiny, often rural and very old schools and buildings. Good memories for me, certainly. I recently found a box of memorabilia that included a mimeographed basketball program from 1966 against Redkey. Who knows why it was kept, we lost the game and Redkey was consolidated into something bigger.

Memories and stories are a big part of what Ann, Ellen, myself and our Heritage Place family do all the time. So much so that in 2020 we launched a Family Stories Project with the help of Butler University. It was terrific! People from all parts of the country, from all walks of life who somehow eventually found their way to Heritage Place, gathering with University students, to tell their stories. So

popular, that this program returns this month. If you are fortunate enough to be among those enrolled, I know you will enjoy the experience!

Stories and personal histories are very important, now more than ever in my opinion. When I was in the Family Stories Project last year, I remember the look of puzzlement when I would say I had, as recently as the mid-1970's, never ridden a school bus (we didn't have those, either). Trust me, the experiences we did have in this school, the highest quality of instruction and the life-long friendships made, never ever made any of us pine for a bus, cafeteria or a football field. We did have a swimming pool (state champs at some point); a remarkably talented orchestra and, in more recent decades, a world class, multi-year, state champion volleyball program.

Be sure to check out what's planned in March at Heritage Place! Lots of opportunities to connect with others, and share stories! We look forward to hearing from you! I'd love to hear your "March Madness" Memories. Send them to me at Edward.Alexander@heritageplaceindy.org.

Have a safe and enjoyable month. If you are eligible to receive your vaccine, do it!

Ed Alexander
Executive Director

Walking For Dreams 2021

Save the date for Sunday, May 23 for the 2021 walk event. It is a hybrid event like the 2020 event. You can walk on the downtown

Indianapolis canal, walk in the Heritage Place neighborhood, or walk at a location where you are most comfortable like your neighborhood, local



park, or favorite path.

What is the benefit?

It is to support Heritage Place while you do something healthy for yourself. It is a great opportunity to get out of the house after being cooped up from the pandemic! Every dollar raised or donated comes directly back to Heritage Place! This

year's coordinators for Heritage Place are HP members Judy Hanna and Brad Romine.

We will roll out details and challenges next month, but start warming and limbering up now! We want all the walkers we can get so invite your family, friends and neighbors to walk on behalf of Heritage Place.

Linda Ogelsby and the Indy Silver Foxes

Linda Ogelsby found the Heritage Place family when she started taking Shirley Ward's class, instructor for the Heritage Place Golden Line Dance group. After a while, Shirley started a new beginner's line dance class and asked Linda if she would teach the class. After Linda decided it would be a good way to get another day of exercise, she agreed. Who knew she would enjoy teaching line dancing so much? Well, she has been teaching at Heritage Place for the past nine years. Thus, the beginning of the Silver Foxes Still Rockin' It, also known as the Indy Silver Foxes.

A family member saw a picture on Facebook of a line dance group several years ago and thought it was the Indy Silver Foxes. They thought it would be fun to go on a cruise so the class and others decided to go on the Norwegian Dawn Caribbean Cruise Adventure. The trip during Black History Month made it extra special.

When Linda was talking to The Norwegian Cruise travel agent she was asked what the group did because as people were signing up from the cruise fliers that read, "The Silver Foxes 7



Day Cruise Adventure", they wanted to know if they were performing. When Linda told the travel agent they were senior line dancers she was asked to send videos of their dances and performances. After submitting two videos, the entertainment department said they were in to perform on the cruise!

The Indy Silver Foxes performed their favorite dances for an hour in

the Blitz Lounge on the first full day of the cruise. There were nine Heritage Place dancers and three Riverside Community Center dancers, ages ranging from 64-77. They held their own while the ship rocked going through a storm that evening. Pretty sure they never stopped dancing all week long while having a wonderful and fun experience!

Although the group has been on hiatus during the pandemic they typically perform every year at the Indiana State Fair Dance Stage and the Black Expo Health Fair at the Convention Center. Other performances include church events, the Heritage Place Holiday Celebration, Arts Garden, NAACP National Meet and Greet at the Walker Building and Eddie's Restaurant.

Linda's personal debut as a choreographer was at the Jamfest Hawaii Weekend in Cincinnati, Ohio in 2018. Linda will begin a virtual exercise line dance class for beginner and intermediate levels in the near future. Watch for updates.

Special 3-Part Series Round 2 – Let's Smile and Laugh Together

We are all COVID weary so join us on Zoom or the telephone to elevate your mood. HP members Dorothy Simpson-Taylor and Curtis Strother are co-moderating another 3-part series of community conversation to boost your spirits. Be prepared to engage in uplifting and inspiring conversation and share a few laughs.

Wednesday: March 24, 31 & April 7: 2:30 -3:30 pm

<https://us02web.zoom.us/j/86165205045>

Meeting ID: 861 6520 5045

Call in: 1 (312) 626-6799 Meeting ID: 86165205045# (Free if using a cell phone)

Session 1: If Walls Talked: Funny Things That Have Happened Through the Pandemic

Session 2: Random Acts of Kindness: Smiles Given or Observed

Session 3: Better Days Ahead: Keeping Positive and Engaged

There are several benefits of smiling and laughter according to the Mayo Clinic.

Benefits in the short-term:

- Stress relief
- Stimulates organs like lungs and heart
- Relaxes muscles
- Stimulates circulation

Benefits in the long-term:

- Improves immune system
- Relieves pain
- Improved ability to cope
- Lessens depression and anxiety making you feel happier

Please join us for sharing smiles, laughs and tips to stay positive!

"My humanity is bound up in yours and we can only be human together."

—Desmond Tutu

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. Resumes Jan. 11.

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)

**Monday through Friday:
1 pm-2 pm**

Note: Zoom link has changed:

<https://us02web.zoom.us/j/83951950349?pwd=cjg5bUMwbTZCVzE4dk8wSnlqaG8xUT09>

Meeting ID: 839 5195 0349

Passcode: 408763

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.

Good Grief Talks from Heartland Hospice (Teleconference Platform)

3rd 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.

Ladies of the Dance

Correction: We apologize the video link in the February issue of the *Informer* welcoming Ginger Evans of Ladies of the Dance was not live. Click here

<https://youtu.be/N6cHC4upwd4> to view.

Technology Class (Zoom Platform)

Friday: 11 am-1 pm

Call (317) 283-6662 to sign up

Topics in Technology

Instructor: Sally Catlin & IUPUI Students

Classes are hosted in a senior-friendly environment. 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!

Fitness Through the Ages

Enjoy this specially designed video <https://vimeo.com/506543896/bddb5a6de6> for the mixture of exercise and violin music with Samantha Stipp and Shannon Crow.

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.



March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi</p>	<p>2</p> <p>1:00 Tai Chi EnerChi</p>	<p>3</p> <p>1:00 Tai Chi EnerChi</p>	<p>4</p> <p>1:00 Tai Chi EnerChi</p>	<p>5</p> <p>11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi</p> <p>World Day of Prayer</p>
<p>8</p> <p>11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi</p> <p>International Women's Day</p>	<p>9</p> <p>1:00 Tai Chi EnerChi</p>	<p>10</p> <p>1:00 Tai Chi EnerChi</p>	<p>11</p> <p>1:00 Tai Chi EnerChi</p>	<p>12</p> <p>11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi</p>
<p>15</p> <p>11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi</p>	<p>16</p> <p>1:00 Tai Chi EnerChi</p>	<p>17</p> <p>1:00 Tai Chi EnerChi</p> <p>Saint Patrick's Day</p>	<p>18</p> <p>10:00 Good Grief Talks from Heartland 1:00 Tai Chi EnerChi</p>	<p>19</p> <p>11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi</p>
<p>22</p> <p>11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi</p>	<p>23</p> <p>1:00 Tai Chi EnerChi</p>	<p>24</p> <p>1:00 Tai Chi EnerChi 2:30 Session 1 Let's Smile and Laugh Together</p>	<p>25</p> <p>1:00 Tai Chi EnerChi</p>	<p>26</p> <p>11:00 Knit, Loom Knit, and Crochet for a Cause 11:00 Topics in Technology 1:00 Tai Chi EnerChi</p>
<p>29</p> <p>11:00 Inspirational Studies 11:45 Yoga 1:00 Tai Chi EnerChi</p>	<p>30</p> <p>1:00 Tai Chi EnerChi</p>	<p>31</p> <p>1:00 Tai Chi EnerChi 2:30 Session 2 Let's Smile and Laugh Together</p>	<p>Women's History Month National Nutrition Month Mar. 14 Daylight Savings Begins Spring Forward 1 hour Mar. 20 Spring Equinox Mar. 27 Passover begins at sundown Mar. 27 Earth Hour 8:30-9:30 p.m. Mar. 28 Palm Sunday</p>	



COVID-19 Vaccines

To see if vaccines are available in your age group and to register for a vaccine visit <http://www.ourshot.in.gov> or call 211.

Watch out for scams related to the COVID-19 vaccines. Avoid responding to unsolicited calls, texts, emails or home visits related to the COVID-19 vaccine. No one from Medicare or the Health Department will contact you. You cannot pay to put your name on a list to get a COVID-19 vaccine. Do not give out your Medicare number, Social Security number or your credit card or bank account information to anyone who contacts you. There is no charge for the COVID-19 vaccine to the patient. If you are asked to pay anything, report it to Senior Medicare Patrol at (800) 986-3505. For the most current updated information go to the Indiana Department of Health website <https://www.in.gov/isdh/>



Get Involved. Volunteer. Stop Healthcare Fraud.

Helping Elders Navigate Medicare and Fight Fraud
www.iaaaa.org/smp

Volunteer with Senior Medicare Patrol and help stop Medicare fraud in your community.

Contact your local Area Agency on Aging: 800.986.3505

Did You Know?
Over \$60 billion is wasted to Medicare fraud each year.

Join us on Facebook
www.facebook.com/INSMP

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Knitting Class and the Community

The Heritage Place Knit, Loom Knit and Crochet for a Cause class, under the leadership of Madora Lewis, continues to work on projects to support the community. Knitted hats and scarves were delivered to Dayspring Center, where they help homeless families with children. Knitted hats, scarves and fleece blankets for distribution were provided to Loving Care, an organization placing substitute pre-school teachers at early childhood centers. HP members contributing include Madora Lewis, Elaine Baker, Marsha Dabney, Susie Dye and Marion Johnson. Thanks for the contributions to the community and helping those in need!



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

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