



# The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

August 2021  
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## Celebrating a Milestone

Thinking back to August 1976, what was going on? America had just celebrated its bicentennial, President Gerald Ford was facing off with Jimmy Carter, William Hudnut was in his first term as Mayor of Indianapolis, and Elton John had a big hit with “Don’t Go Breakin’ My Heart” with Kiki Dee, remember her? Oh yes, and I was starting my Freshman year at the University of Tennessee.



Rather quietly, Heritage Place opened its doors at 4550 N. Illinois Street for the first time on August 29, 1976.

As Heritage Place marks its 45th

year of services for and to older Hoosiers, we’ve seen a few changes. That first August, our landlord was University Park Christian Church (the predecessor to Common Ground Christian Church). According to the August 11th issue of The Northside Topics newspaper (remember “The Topics”?), the church location was selected primarily due to “no stairs and room for expansion”. The organization was introduced to the community during a “Summerfest Open House”, inviting the public to learn more about the possibilities of the senior center, and to actually vote on a name for the organization. I’d love to hear some of the other possible names!

In 2021, we are still at 4550 N. Illinois Street, and we still offer a wide variety of programs, services

and opportunities to our members. Our board is a great mix of community stake holders, HP Members and friends, all very hands-on and forward thinking. As with all of us, the history of Heritage Place is important in how we have evolved. We’d never have multiple generations of participants had we not done what we did in 1976. We would have not established ourselves in the neighborhood without the vision of our founders.

So, Happy Birthday to all of us who call Heritage Place home! Stop in and see us as we continue to grow with more programs returning and a few new offerings launched! Have a great month.

**Ed Alexander**  
Executive Director

## Meet Michael Heavilon

Michael Heavilon was raised in Yorktown, IN, just outside of Muncie, graduating from Yorktown High School in 2011. He then attended Miami University (Ohio), graduating in 2015 with a degree in English: Professional Writing. Michael also competed on the swim team at Miami, earning Academic All-MAC honors. Michael then attended the IU Robert H. McKinney School of Law, graduating in 2018. He now works as an Associate at Lewis Wagner, LLP in Indianapolis, focusing his practice on Business



Litigation. In his free time, he enjoys swimming as part of the Indy Masters team, riding his bike to work on the Monon Trail, and playing music on a variety of instruments.

Michael joined the Heritage Place Board of Directors in 2019 and became treasurer in July of 2020. Now that vaccinations are on the rise, he hopes to see more and more members return to Heritage Place for 2021 and beyond. He also is looking forward to having in-person fundraising events again such as Heritage Place’s famous Trivia Night. More importantly, he hopes that each of Heritage Place’s members stay happy and healthy as we move forward past the stresses of the pandemic.

## Important Closing

Heritage Place will be closed **Friday, August 20** due to the annual SausageFest at St. Thomas Aquinas Church and School. They will be using the Common Ground Midtown parking lot and grounds and street access is limited.

## Health & Wellness Coaching Class Series

As you know, part of the mission of Heritage Place is to promote healthy living and well-being. As we have heard reports from many members that they really slowed down during the COVID pandemic, here is an opportunity to get you kick-started back on track to healthy food choices, body movement and managing stress. Heidi Martinez is offering an introduction and 3-Part Series starting in August. These classes will be part presentation, small group break outs and action! So, get moving and mark your calendar for this free introduction and class series!

### Healthy Living Your Way: An Introduction to Health Coaching

In this session you'll meet Health and Wellness Coach Heidi Martinez, who is offering group and private coaching through Heritage Place. You'll leave with an inspiring vision of what your life could look like. Whether you're facing a medical problem like diabetes or are just feeling lonely after a year of lockdown, Heidi will help you find motivation to go after what's important to you.

**Date: August 24 from 11:00 am-12:00 pm**

**Location: Heritage Place**

### Living with Diabetes: Nutrition Coaching for Better Blood Sugar

Even the smallest food changes can make a huge difference when you have diabetes. In this session you'll discover baby steps for bringing blood sugar under control. Sharing your challenges with other diabetics and pre-diabetics will create a safe community to support life-long changes. Be prepared to get healthier!

**Date: Tuesday, September 7**

**Time: 10:30 am-12 noon**

### Living with Diabetes: Healthy Movement

Anyone avoiding exercise even though the doctor said you should? This group coaching session will push you to think about all the ways you can move that are fun, don't require equipment, and have you wanting more. All this plus encouragement from others and better blood sugar control are expected from this class.

**Date: Tuesday, September 21**

**Time: 10:30 am-12 noon**

### Living with Diabetes: Calm Your Blood Sugars

There's a lot going on in your body, and some of it makes it hard to correct blood sugars just with diet and exercise. Improving your sense of well-being and calm is the goal for this group coaching. Heidi will walk you through some simple relaxation exercises and you'll learn how you can better manage your blood sugars by calming your body and mind.

**Date: Tuesday, October 5**

**Time: 10:30 am-12:00 pm**

## Hunter Law Presents Medicaid For Long Term Care

If you're struggling to know the differences between Medicaid and Medicare, long-term care and skilled nursing, and what someone means by aging in place, this information will be very helpful! Beyond those simple distinctions, this hour-long Medicaid workshop will specifically highlight:

- basic requirements to receive benefits;
- current look-back period rules;
- exempt assets and transfers;
- rules for married couples;
- gifting rules and penalties;
- spend-down qualification rules.

Not only does this workshop empower you with information to readily pursue these benefits for yourself or a loved one, it introduces you to our team of Medicaid experts who can help guide you through any and all Medicaid steps.

**Date: Thursday, August 12**

**Time: 11:15 am-12:30 pm**

**Presented by Justin Schuhmacher**

## The Indiana State Fair Returns!

**Heritage Place Dance Groups** will be performing at the 2021 Indiana State Fair Dance Stage.

### Belly Dance Fitness

August 5	5-6 pm
August 7	1-2 pm
August 8	4-5 pm
August 13	5-6 pm
August 20	5-6 pm
August 22	5-6 pm



### Golden Line Dancers

August 11	3-4 pm
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### Ladies of the Dance Line Dancers

August 5	1-2 pm
August 12	1-2 pm
August 19	1-2 pm

Come out and support our Heritage Place Dancers!

### SHIP at the State Fair

The Indiana State Fair is back! If you visit the fair from July 30-August 22, you can find the SHIP booth in the lobby of the Home & Family Arts building. The fair is closed on Mondays and Tuesdays.

## Gleaners CARE Mobile Food Pantry

Open to the public. Drive thru distribution. **Dates: June 1-August 31**

### Mondays, 3-5 pm

Ivy Tech Community College  
101 W. 28th St. 46208  
Enter from 28th St.-Closed July 5

### Tuesdays, 4-6 pm

Marion County Election Board  
3737 E. Washington St. 46201  
Enter from E. Washington St.

### Wednesdays, 12-2 pm

Avondale Meadows YMCA 46205

### Saturdays, 10 am-12 pm

John Marshall High School  
10101 E. 38th St. 46236  
Enter from E. 38th St.-Closed July 3

## Fresh Bucks

If you have a Hoosier Works/SNAP Card you can receive FREE fruits and vegetables at local participating Farmer's Markets. You can get your Fresh Bucks coupons at the market by visiting the information table.



### Binford Farmers Market

Saturdays 8 am-12 noon  
May-October

### Broad Ripple Farmers Market

Saturdays 8 am-12 noon  
May-November

### Garfield Park Farmers Market

Saturdays 9 am-12:30 pm  
May-October

### Fort Ben Farmers Market

Thursdays 4 pm-7 pm  
June-October

### Original Farmers Market Downtown

Wednesdays 9:30 am-1:30 pm  
May-October

### North Church Farmers Market

1st & 3rd Thursdays 4 pm-6 pm  
July-September

### The Farmer's Produce Market

Saturdays 10 am-2 pm  
June 19-September 25

## What Helps Us Live Longer?

What is your guess on the top lifestyle predictor of how long you will live? Maybe diet, exercise, flu shot, how often you visit your doctor or other lifestyle changes? None of those are the answer. The answer is our friends! Yep, good 'ole friends! Seems friends are a greater survival benefit than a spouse or family member. Keep cultivating friendships for a long, healthy life, but don't stop doing the things mentioned above!

*Source: Marcia Byalick article from Next Avenue*

## Report Health Care Fraud and Abuse

It is out there. Continuous health care fraud and abuse. A reminder to report suspected fraud and abuse to Indiana Senior Medicare Patrol, or SMP, at (800) 986-3505. Results happen. Perhaps you read this or saw it on the news about the 2021 National COVID-19 Health Care Fraud Take Down by the Department of Health and Human Services Office of Inspector General and law enforcement partners. Here are the statistics:

**14 defendants charged**-telemedicine company executives, physicians, marketers and medical business owners.

**7 Federal Districts.**

**\$143 million** in false billings.

The goal of SMP is Protect, Detect, and Report. Treat your COVID-19 vaccination card just like your Medicare card, Social Security card and other identifying personal information. And do not forget to review your Explanation of Benefits upon receipt.

## SHarP Community Garden

If you are a gardener, there is nothing like planting a seed or seedling, cultivating it with great care and watching it produce into something to harvest. We never know what the growing season will bring. There are always challenges like too much rain, not enough rain, weeds, pests, and diseases. Gardening is a lifelong learning process. It certainly has its rewards and sometimes disappointments. For gardeners at SHarP, it is about community and compatibility. It is the community of gardeners working together, the community it serves, and the compatibility of the plants grown together and what they offer bees, birds, butterflies, good insects, and human beings.



## Congratulations Hoosier Heritage Night Honorees



**Dennis E. Bland,**  
Center for Leadership Development



**David Resnick,**  
Katz, Sapper & Miller



**Joanna Beatty Taft,**  
Harrison Center for the Arts



**Teresa Lubbers,**  
Indiana Commissioner of Higher Education



**Myra Selby,**  
Ice Miller



**Robbie Williams,**  
Keller Williams Indy Metro Northeast



# August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>12:00</b> Golden Line Dancers (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>1:00</b> Indy Silver Foxes (in person)	<b>10:00</b> Yoga (in person) <b>11:30</b> Spanish (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)		<b>11:00</b> Knit, Loom Knit & Crochet (Zoom) <b>11:00</b> Technology Club (Zoom only) <b>12:00</b> Bridge Club (in person) <b>1:00</b> Belly Dancing Fitness (in person)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>12:00</b> Golden Line Dancers (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>1:00</b> Indy Silver Foxes (in person)	<b>10:00</b> Yoga (in person) <b>11:30</b> Spanish (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>11:15</b> Hunter Law Medicaid Planning (in person)	<b>11:00</b> Knit, Loom Knit & Crochet (Zoom) <b>11:00</b> Technology Club (Zoom & in person) <b>12:00</b> Bridge Club (in person)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>12:00</b> Golden Line Dancers (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>1:00</b> Indy Silver Foxes (in person)	<b>10:00</b> Yoga (in person) <b>11:30</b> Spanish (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)		<b>11:00</b> Technology Club (Zoom only)  <b>Heritage Place Closed</b> <i>(see note on page 1)</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>12:00</b> Golden Line Dancers (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>11:00</b> Healthy Living Your Way: An Introduction to Health Coaching (in person) <b>1:00</b> Indy Silver Foxes (in person)	<b>10:00</b> Yoga (in person) <b>11:30</b> Spanish (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>10:00</b> Good Grief Talks from Heartland Hospice (Teleconference)	<b>11:00</b> Knit, Loom Knit & Crochet (Zoom) <b>11:00</b> Technology Club (Zoom & in person) <b>12:00</b> Bridge Club (in person) <b>1:00</b> Belly Dancing Fitness (in person)
<b>30</b>	<b>31</b>	National Eye Exam Month Aug. 1 Nat'l Friendship Day Aug. 9 Nat'l Book Lovers Day & Nat'l Women's Day Aug. 14 Nat'l Financial Awareness Day Aug. 19 World Humanitarian Day Aug. 21 Nat'l Senior Citizens Day		
<b>12:00</b> Golden Line Dancers (in person) <b>1:00</b> Tai Chi EnerChi (Zoom)	<b>1:00</b> Indy Silver Foxes (in person)			



## Programs and Services

Heritage Place is making a comeback, although we are still not at full capacity of programs and services. It is still a bit quiet in the building at times, but great to hear chatter, laughter and music. So far, a steady following for the in-person classes and we will be adding additional classes as instructors become available. Look for some in-person presentations coming in August. Doors are unlocked 30 minutes prior to the start of class and are locked 30 minutes past class start time.

*Most classes have plenty of spaces so no pre-registration required except for Bridge and Spanish until we determine class capacity.*

Don't forget we still have Tai Chi EnerChi, Knit, Loom Knit and Crochet for a Cause and Technology Club on Zoom and Through the Ages Fitness via online video. Good Grief Talks from Heartland Hospice and SHIP counseling assistance is available via conference call.

### Inspirational Studies

**Group Leader: Rev. Samuel Murray**

This class is on summer break. Returns Monday, September 13.

Look for details in upcoming issues of the *Informer*.

### Senior Urban Line Dance-Golden Line Dancers (In-Person)

Call (317) 283-6662 to learn more.

**Monday: 12 pm-1 pm**

**Instructor: Shirley Ward**

This senior urban line dance group is for both men and women. Learn the latest dances.

**Cost:** Member \$1

Non-member \$5

### Tai Chi EnerChi (Zoom Platform)

**Monday & Wednesday Only 1 pm-2 pm**

**Instructor: Carolyn Meeker**

Join Zoom Meeting — **Note: New link**

<https://us02web.zoom.us/j/81310317601?pwd=Z0tlQWJZMzVaQ25wVUVtSmJUZ20vUT09>

**Meeting ID: 813 1031 7601**

**Passcode: 329753**

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. Some classes will be held in person on the HP driveway as weather permits.

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

**Cost:** Currently free for online class.

### Indy Silver Foxes Line Dance (In-Person)

Call (317) 283-6662 to learn more.

**Tuesday: 1 pm-3 pm**

**Instructor: Linda Oglesby**

The Silver Foxes are still Rock'n It! Whether you are a beginner or more advanced in your skills, learn dance moves that will help with balance, coordination and memory.

**Cost:** Member \$3

Non-member \$5

### Through the Ages Fitness: Chair Yoga & Flow (In-Person)

Call (317) 283-6662 to learn more.

**Wednesday: 10 am-11 am**

**Instructors: Samantha Stipp & Julie Gordon**

During this class session participants will keep the body moving while improving their range of motion, flexibility and cognitive function in a seated position. Participants will feel restored and refreshed as they engage in cognitive meditations and/or activities along with the pleasant sound of music and song for an overall sense of well-being and happiness. This class is adaptable if you prefer to use a mat on the floor.

**Cost:** \$3.00 Member & Non-member

### Spanish: El Club de la Tercera Edad (In-Person)

**Must pre-register. Call (317) 283-6662 to learn more.**

**Wednesday: 11:30 am-1 pm**

**Instructor: Dorian Pinner**

It's never too late to learn a new language. Learn conversational Spanish incorporating everyday expressions, vocabulary, grammar and culture through study, practice and experiences. All levels welcome!

**Cost:** Members \$1.00

Non-Members \$5.00

Book fee \$10.00 & Dictionary fee \$5.00

### 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.

**Cost:** Free

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### Ladies of the Dance Line Dance (In-Person)

No classes in August. State Fair Performances Only  
Class resumes September 9

Thursday: 10:30 am-12:30 pm

New participants are welcome beginning in September.

### Knit, Loom Knit, and Crochet for a Cause (Zoom Platform)

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

Friday: 11 am-11:45 am

Instructor: Madora Lewis

Join the knitting class for socialization and fun while knitting for a cause. You provide the skill and needles and we will supply the yarn and pattern.

Cost: Currently free for online class.

### Technology Club (Zoom Platform & In-Person)

Call (317) 283-6662 to sign up.

Friday: 11 am-12:30 pm

Instructor: Sally Catlin

A great way to get familiar with Zoom. You are welcome to join the summer club, but student presentations will not begin until fall.

Cost: Currently free

**NOTE: The Technology Club and Classes are going hybrid in August. This means a combination of online and in person. Choose the format where you are most comfortable. Stay at home and join on Zoom or come to Heritage Place. SEE CALENDAR ON PAGE 4 FOR SCHEDULE AND DETAILS.**

### Belly Dancing Fitness (In-Person)

Call (317) 283-6662 to learn more.

Friday: 1 pm-2 pm.

Instructor: Judy Hanna

Want a more rigorous workout? Belly dancing offers the same level of aerobic activity that a standard aerobics class offers. It builds coordination, memory skills and improves posture. Once you learn all dance routines, you will be ready to perform at annual community events. This class can help you lose weight and inches by having fun in a fun-loving environment.

Cost: Member & Non-Member \$5



### Bridge Club (In-Person)

Limited class size. Must pre-register.

Friday: 12 pm

Group Leaders: Carlotta Lanier, Nolan Taylor

The Indianapolis Bridge Unit is at home at Heritage Place! Members of the American Bridge Association play duplicate bridge and earn points for national competitions. The more you play, the more you learn strategy and complex moves. All bridge player levels are welcome.

### Through the Ages Fitness (Online Video Platform)

Any time at Heritage Place Facebook page

[www.facebook.com/HeritagePlaceIndy](https://www.facebook.com/HeritagePlaceIndy) or Fitness

Through the Ages website <https://throughtheagesfitness.com>

Instructor: Samantha Purevich Stipp

### SHIP-State Health Insurance Assistance Program

Monday-Friday: 9 am-3 pm

SHIP Call Center: (800) 452-4800

Free counseling services to Medicare beneficiaries. Counselors guide individuals through Medicare options, answer questions about Medicaid and insurance and help with applications for Medicare Savings Program and Extra Help. Heritage Place currently has no in-person appointments.

*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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