



The Informer

October 2021
Volume 45 | No. 10

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

'The Voice of Our Members'

Greetings and Happy October!

As most of you have heard me say before, Heritage Place of Indianapolis depends on the voice of the membership to direct us.

Specifically, to determine what programs and services we offer, in what format and how often. We simply could not do this without membership input. Earlier this year, the Programs & Services Committee (a committee of the Heritage Place Board of Directors), started creating a survey tool looking at 2 very important things. First, what is the preferred way members would like to hear from us; and secondly, what programs and services would members like to see offered



and how often. These two fairly simple questions provided us with all kinds of valuable information and terrific ideas!

We sent surveys to all Heritage Place members in good standing (those who have remained current with their dues). Our response was outstanding at 40%, almost unheard of when thinking about large mailings. So, what happens next? The Programs & Services Committee, along with the Heritage Place Staff and key volunteers, have taken the results to create a program "road map". This map has classes and activities we can implement quickly in the near future, and others that require a bit of planning that we can launch after the start of the new year. Here again is an example of the importance of *The Voice of Our Members!*

Thanks to everyone who responded and returned the survey tool, we greatly appreciate the time and effort. For those of you who might be wondering why you didn't receive one, it's because your membership is not current! That's easy to correct! Membership reminders have gone out, so complete and return, or simply call the Heritage Place office and Lynnette Lewis or I can certainly help you! We don't want you to miss any of the popular programs and services you've come to expect, as well as some great new opportunities on the horizon.

Thanks again, and have a wonderful October!

Ed Alexander
Executive Director

Meet Dorian Pinner

If you pass by a certain classroom or conference room at Heritage Place you will be greeted with "bienvenido, hola or buenos días". If you want to leave a phone message for a certain person, do not think that you have the wrong number. The messages and greetings are in Spanish. Because of the message in Spanish, Dorian was selected to participate in a special program for foreign language teachers.

¡Qué sorpresa! ¿Sí? Señora Dorian Pinner is the Spanish teacher at Heritage Place and has been in this posi-



tion for several years. She thoroughly enjoys working with her students and generating the same enthusiasm for Spanish in them.

Growing up in a modest home on the westside of Indianapolis, Dorian lived with her parents and four siblings. Her parents stressed education and studying a foreign language. The siblings all graduated from college and spoke French. Three of them were fortunate to have studied and or lived abroad. As a child Dorian was first introduced to Spanish at IPS elementary school #63 (Wendell Phillips) as an after-school activity. One of her many mentors, educator Suzie Orton, is credited with bringing Mr.

Thomas Irwin (a photographer at the Indianapolis Recorder newspaper) to teach Spanish. Her other mentors at school #63 were influential in her entering the field of education. They were dedicated and inspirational to the students whose lives they touched.

Dorian believes that by learning another language, you are introduced to another world. After all, this country is referred to as a melting pot of numerous cultures. Have you ever thought about the different influences that we have borrowed and have incorporated in our society? How about our varied restaurants, foreign foods at the grocery, business practices,

continued on page 3

Thanks to IU Health

Thanks to Kristen Wrestler, Heritage Place Board Vice President, for coordinating a Goodie Bag giveaway to a random drawing of 50 Heritage Place members to commemorate Senior Citizens Day in August! Contents of the bags were graciously donated by the Departments of Geriatrics and Respiratory Care at IU Health. A big shout out and thanks to volunteers from Common Ground Midtown Church for delivering the bags to our members.

Health & Wellness Coaching Class

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. This class will be part presentation, small group break outs and action! So, get moving and mark your calendar for this free class.

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

Instructor: Heidi Martinez

It's Trivia Time for Heritage Place!

The 13th Annual Trivia Bowl Challenge is set for Thursday evening, November 11, 6:00 PM at St. Paul's Episcopal Church, Indianapolis. It's not too late to recruit your team and take a chance at winning the coveted Trivia Trophy! For additional registration information, contact Lynnette or Ed at Heritage Place of Indianapolis, (317) 283-6662 or email edward.alexander@heritageplaceindy.org.



SHIP Bingo

Medicare Open Enrollment is from October 15 to December 7. Get answers to your Medicare questions from trained SHIP counselors about Medicare and more. Plans change every year so it is important to be educated prior to considering or making any changes.



Learn about Medicare, special programs to help with expenses, what's new for 2022, and more while playing Medicare Bingo! Prizes will be awarded!

If you are on Medicare, will soon be, or know someone who is, this is a great way to learn about the benefits. Everyone is welcome. Registration/RSVP required.

Date: Thursday, October 14

Time: 12 Noon (Light Lunch to follow)

RSVP: (317) 283-6662

Location: Heritage Place

4550 N. Illinois St.

Indianapolis, IN 46208

Senior Medicare Patrol

Look out for Medicare marketing violations and misrepresentations. As Fall Medicare Open Enrollment begins, you will probably start receiving mail from different insurance companies about the plans they offer. These companies must follow certain rules when marketing their plans. They cannot use language that suggests their plan is preferred by Medicare and they cannot call or email you if you did not ask them to do so or if you have no prior relationship with that company.



Fraudsters are everywhere so be on the lookout for potential genetic or cardiac genetic testing fraud. Scammers are offering Medicare beneficiaries testing to obtain your Medicare information for fraudulent billing purposes or possibly medical identity theft. Do not give out your personal information to an unsolicited caller!

If you suspect fraud call your Indiana Senior Medicare Patrol at (800) 986-3505.

Foot Care Returns

Foot Care will return to Heritage Place in November! We're very pleased to welcome our new Podiatrist, Dr. Jerwana Laster, who will be available for individual appointments. We're still working out details and schedules, but watch your email, US Mail and the November issue of the Heritage Place *Informer* for further information!



Celebrate A Heritage Christmas Tree

Heritage Place of Indianapolis is very excited to be part of the **2021 Festival of Trees**, sponsored by the Indiana Historical Society, November 12, 2021-January 8, 2022. This terrific event showcases several individually themed and decorated trees from Indiana businesses and organizations! Want to be involved? We can use your help in creating our theme, our decorations and, naturally, assembly! Not only is this a festive way to celebrate the season of giving, it's a wonderful opportunity to share the work and mission of Heritage Place of Indianapolis! For more information, or to volunteer, contact Ed Alexander at the HP office at edward.alexander@heritageplaceindy.org.

continued from page 1

styles and names? Dorian's passion for learning Spanish led to a career as a teacher/ educator for over forty plus years. She taught at middle schools, high schools, Adult Evening school and Day Adult school. She also has experience as a Dean of Girls, Department chair of Foreign Languages and Vice Principal.

Mrs. Pinner shared her enthusiasm for learning with her students, organized student activities and student trips to Mexico. She still encourages her students to strive for excellence, to think beyond the present and to be lifelong learners. She sees those adults that attend the various activities at Heritage Place as lifelong learners. She has studied in Mexico and Spain, participated in missionary work in San Pedro Sula, Honduras and has relaxed in Puerto Rico, South Africa, the Dominican Republic and the Caribbean. She is still working on that bucket list. Dorian enjoys traveling, cooking, crafts, and spending time with family and friends. She is also learning to quilt and do beading. She has two beautiful daughters and seven grandchildren. Her daughters studied Spanish and graduated from college (Ball State and Savannah State) and of the grandchildren, three have graduated from college and four are still at their respective universities.



MEDICARE MARKETING VIOLATIONS

As Fall Open Enrollment begins, you will likely start receiving mail from different insurance companies about the plans they offer.

You should know, though, that companies must follow certain rules when marketing their plans.



A plan cannot use language that suggests their plan is preferred by Medicare

A plan cannot call or email you if you did not ask them to do so or if you have no prior relationship with them



A plan cannot leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you



October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breast Cancer Awareness Month National Diabetes Month Oct. 1 World Smile Day Oct. 5 Do Something Nice Day Oct. 9 Fire Prevention Day Oct. 11 Columbus Day Oct. 24 United Nations Day Oct. 31 Halloween		1 11:00 Tai Chi EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Class (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
4 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (teleconference) 12:00 Golden Line Dancers (in person)	5 10:30 Health & Wellness Coaching (in person) 12:00 Bridge Refresher (in person)	6 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	7 10:30 Ladies of the Dance (in person)	8 11:00 Tai Chi EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
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Programs and Services

Heritage Place is making a comeback! It is nice to have activity in the building. So far, a steady attendance for in person classes. New classes will be added as instructors become available. We are excited to be bringing back some popular services very soon in addition to some class series and special presentations. Be sure to check out classes available online and via conference call.

Inspirational Studies (Audio Conference)

Monday: 11 am-12:30 pm

Dial-in: (978) 990-5000

Access Code: 252581

Group Leader: Rev. Samuel Murray

Senior adults who desire to participate can begin preparing by reading the Gospel of John. Classes generally include a brief period designed specifically for spiritual devotion (Prayer concerns/prayer, a selected Scripture reading, and inspirational music.) Following devotion, comments on the text are provided by the group leader. After comments on the text, the remainder of the class is devoted to questions and discussions related to personal issues, current events, and/or biblical interpretations. This class has been proven to be genuinely helpful to those seeking spiritual support and sincere fellowship. Everyone is welcome.

Cost: Currently free for conference call classes

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

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, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Note: new link

<https://us02web.zoom.us/j/88962018578?>

Meeting ID: 889 6201 8578

Passcode: 419166

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 practice 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.

Cost: Currently free for online classes.

Indy Silver Foxes (In Person)

Note: On hiatus until 2022

Instructor: Linda Oglesby

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

Cost: Member \$3

Non-member \$5

Bridge Refresher (In Person)

Tuesday: 12 pm-2 pm

Instructor: Charles Williams, Bridge Master

Want to learn to play bridge? Been a while since you played bridge? This class is for you!

Cost: \$5.00 Member & Non-member

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

Class resumes: TBD

Instructor: Samantha Stipp

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)

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

continued from previous page

Ladies of the Dance Line Dance (In Person)

Thursday: 10:30 am-12:30 pm

New Dancers: Arrive at 11:30 am

Instructor: Ginger Evans

Learn the latest line dances set to popular music guaranteed to make everyone tap their toes and clap their hands. Enjoy the excitement of performing in the community while wearing beautiful custom-made outfits coordinated from shoes to accessories. New dancers are welcome!

Cost: \$3.00 Member, \$5.00 Non-Member

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 Class (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-1 pm

Instructor: Sally Catlin & IUPUI Students

Classes are hosted in a senior-friendly environment to learn how to use your devices. Explore varying topics in technology including Zoom, using a smartphone, laptop, computer, tablet, internet, social media and much more.

Cost: Currently free

Belly Dancing Fitness (In-Person)

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 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.

SHarP Community Garden

Gardening is fun, therapeutic and facilitates healing interactions with nature. Green space provides emotional benefits, too. It provides exposure to sunlight, which boosts vitamin D levels and improves mood. Consider getting involved in the 2022 season to keep you physically active including aerobic, muscle-strengthening, balance and flexibility. For a fall or winter read check out *Gardening Through Your Golden Years* by Jim Wilson.



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
Lynnette Lewis, Interim Programs and Services Director
Ellen Morley Matthews, Business Manager
Fred McDowell, Volunteer

Heritage Place of Indianapolis, Inc.

4550 North Illinois Street
Indianapolis, IN 46208
(317) 283-6662
admin@heritageplaceindy.org
www.heritageplaceindy.org

10 am to 2 pm Monday – Friday

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