



The Informer

November 2021
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

New Month, New Things.

Greetings and Happy November!

Many of you have heard me say this before, but I really do love the month of November. It's not necessarily because of the pending winter holidays that come at the end of the month and in December, but it's the change of weather, change of the seasons, I just like it!

Over the last several weeks here at Heritage Place, we've been working on a number of things that will launch in November, some of them are new, some returning after a long "COVID-Nap". This makes November all the more fun as we bring requested programs and services to our members and the community. Perhaps one thing that we are most excited is the return of Health Foot Care with our new Podiatrist, Dr. Jerwana Laster. Dr. Laster specializes in preventative geriatric care and once you meet her, you will love her and your feet will thank you! You can read more about Dr. Laster in this issue of The Informer.



Also in November we will be decking the halls as part of the Indiana Historical Society's annual Festival of Trees. This great event showcases several decorated trees from around Indiana, many sponsored by businesses and non-profit organizations. Heritage Place is taking part in this year's event with our tree "Heritage Place Home for The Holidays", starting November 12 and open to the public until January 8, 2022. You still have a chance to be involved! We are collecting samples of best loved holiday recipes that we can share with guests at Festival of Trees. We've all got them...cookies that we remember from childhood, pies, salads, entrees, candy and snacks, too! You may send them to us here at HP (be sure to include your first and last name) and we will transcribe to a recipe card and duplicate. Mark your calendar and plan on attending Festival of Trees yourself!

Be sure to check out all the great information in this issue! You will agree that November is a great month at Heritage Place!

Ed Alexander
Executive Director

Meet MaryBeth Wott

MaryBeth joined the Heritage Place Board because the FHLBank Indianapolis has been an event sponsor in recent years and she is impressed with the mission. Heritage Place and FHLBank Indianapolis have common goals to serve seniors aging in place. She hopes to use her financial expertise to collaborate and serve in any way that may be helpful. MaryBeth



is the Senior Vice President in Community Investment and Underwriting/Credit and Operations Officer.

MaryBeth is originally from Akron, OH and moved to Indiana to attend Purdue University. Her husband, Tim, and she married in 1988 and live in the Warleigh neighborhood, not too far from Heritage Place. They have two adult sons, one attending IUPUI and one attending Loyola University in Chicago. They are very blessed that their sons still enjoy traveling with them.

Meet Shirley Ward

I always say "Come to Heritage Place, you don't have to be alone and it's a place to come and have fun!" I enjoy teaching Urban Line Dance-Golden Line Dancers where I have been teaching for 14 years at the Heritage Place on Mondays at 12:00 noon – 1:00 p.m. I got my start when asked to take her place (Katie Johnson) in 2008 when she saw me line dancing at a function. She was retiring and wanted a replacement. The rest is history.



I have incorporated a lot of dancers in this time. I have even presented teachers to teach here also. I love line dancing because you don't need partners. Men are very scarce when it comes to line dancing, although we do have a few men that line dance. Line dancing is so enjoyable because of all the personalization that can be implemented. Line dancing is performed in rows but dancers can put any style of dance into it. It's versatile and it's never dull. You are always learning more about your dances all the time. It's never ending. As long as you can distinguish your left from your right and count to 4, you can line dance. It's also good exercise for your mind as well as your body.

My class performs at community events such as Indiana State Fair, Black Expo, church functions, women's retreats, retirement and birthday parties. We have even performed for a recording artist.

The most rewarding part of teaching line dancing at Heritage Place is when I can look at my students and see how far they have come. The class started out as a beginner group but as time passes they are no longer beginners, but beginners are welcome! To look at the dancers and see they have it makes me so proud. It lets me know that I'm doing a good job and that they got it!

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 Counseling is Back!

Welcome to **Denis Schwartz** who is the new SHIP counselor at Heritage Place! Yes, in-person appointments are back! Denis and his wife Mary recently moved from Fort Wayne to Indianapolis to be closer to their four children and ten grandchildren. In Fort Wayne, Denis worked 36 years as an actuary for the Lincoln National Life Insurance Company and Mary worked as a Licensed Clinical Social Worker. In Indianapolis, Denis will be doing volunteer work and Mary will be working in a private clinical social work practice. We are very excited to have an on-site SHIP counselor and Denis is here on Mondays and Tuesdays. See details in the Programs and Services section. Call (317) 283-6662 to find out availability and to schedule an appointment.



Medicare Open Enrollment

Medicare plans change every year so be sure to check out changes for 2022 and make sure you have the coverage you need. Open enrollment is from October 15-December 7. Don't assume the current plan you have won't change and will remain the same. You can talk to a SHIP counselor and they can help you compare plans most suited to your needs.

Knitting for a Cause

Knitters wanted! This is a great project you can do at home! The Heritage Place Knitting for a Cause group is currently knitting hats, scarves, and mittens for men, women and children. They are providing items to a local center for families and the homeless who find themselves in a bad situation. They are in particular need of items for children. Dust off those knitting needles and put your skills to good use! If you are interested in helping out call Heritage Place at (317) 283-6666 for more details on how you can participate.



WE HEEL THE SOLE Podiatry, LLC



Dr. Jerwana Laster was born and raised in the Chicago metropolitan area. She completed her undergraduate studies in Biology at North Illinois University. She graduated from Dr. William Scholl College of Podiatric Medicine and completed her medical-surgical residency and Wound Care/Hyperbaric Oxygen Fellowship at St. John's Episcopal Hospital in Far Rockaway, New York.

Dr. Laster recently established her mobile podiatry care-We Heel the Sole Podiatry, LLC-where she continues to provide high quality, comprehensive foot care for the geriatric community. She specializes in on-site podiatric services for the geriatric community who reside in nursing homes, assisted living centers, Senior communities, memory care facilities, and senior centers located in Indiana, Tennessee, Missouri,

and South Carolina. Dr. Laster is currently the preferred podiatrist at Northridge Senior Living, Grand Brook Memory Care of Zionsville, and Five Star Residences in Noblesville.

We Heel the Sole Podiatry, LLC, offers a wide range of services including comprehensive evaluations and exams, diagnosis and treatment of foot disorders, continuity of care, treatment of acute foot problems and initial wound care management. Any Heritage Place member or community member age 65 and over can receive services.

We are happy to welcome Dr. Laster's services at Heritage Place of Indianapolis. Please refer to the Programs and Services section of the *Informer* for details.

WE HEEL THE SOLE

Podiatry LLC



Dr. Jerwana Laster

DrJLaster@gmail.com

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(f) 317-660-6222



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.

Musical Ensemble Being Formed

Are you looking for an opportunity to sing with other music loving friends at Heritage Place? We want to hear from those interested in singing in a small ensemble currently being formed at Heritage Place! Email Ed Alexander at Edward.Alexander@heritageplaceindy.org for more information!



Hunter Law Estate Planning Workshop

Date: December 2

Time: 12:00 noon

Pre-Registration Required

Call Heritage Place at (317) 283-6662 to register

Light lunch included



5 Components of a Comprehensive Estate Plan

Estate planning comes with many myths. We help families plan for the unexpected that life often brings with unique plans that are prepared to help them meet their goals.

Are you hoping to learn how you can protect against loss from lawsuits, nursing homes, or children's indiscretions?

This presentation is meant for you! There, you'll learn options on how to construct a legal plan now to assist in avoiding undesired outcomes later.

If you are unable to attend this presentation and are interested in understanding how you can better prepare for your future, schedule a free consultation with one of our attorneys by calling (317) 863-2030 or by visiting www.hunterlawoffice.net

Membership

Look for membership renewal letters in your mailbox. Heritage Place memberships are \$60.00 per year. Invite a friend or family member to join. Members must be age 55 and older. Call Heritage Place at (317) 283-6662 for information.

Reminder:



The Informer is a monthly publication of Heritage Place of Indianapolis, Inc.

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

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.



November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira-tional Studies (teleconference) 12:00 Golden Line Dancers (in person)</p> <p>National Authors Day</p>	<p>2</p>	<p>3</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)</p>	<p>4</p> <p>10:30 Ladies of the Dance (in person)</p>	<p>5</p> <p>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)</p>
<p>8</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira-tional Studies (teleconference) 12:00 Golden Line Dancers (in person)</p> <p>World Freedom Day</p>	<p>9</p>	<p>10</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)</p>	<p>11</p> <p>10:30 Ladies of the Dance (in person)</p> <p>Veterans Day</p>	<p>12</p> <p>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)</p>
<p>15</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira-tional Studies (teleconference) 12:00 Golden Line Dancers (in person)</p>	<p>16</p>	<p>17</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)</p>	<p>18</p> <p>10:00 Good Grief Talks from Heart-land Hospice (teleconference) 10:30 Ladies of the Dance (in person)</p>	<p>19</p> <p>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)</p>
<p>22</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira-tional Studies (teleconference) 12:00 Golden Line Dancers (in person)</p>	<p>23</p>	<p>24</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)</p>	<p>25</p> <p>Thanksgiving</p> <p>Heritage Place Closed No classes</p>	<p>26</p> <p>Heritage Place Closed No classes</p>
<p>29</p> <p>11:00 Tai Chi EnerChi (Zoom) 11:00 Inspira-tional Studies (teleconference) 12:00 Golden Line Dancers (in person)</p> <p>First Day of Hanukkah</p>	<p>30</p>			<p>Nov. 7</p> <p>Daylight Savings Time Ends Fall back 1 hour</p> <p>Good Nutrition Month National Family Caregivers Month Nov. 7-Book Lovers Day Nov. 13-World Kindness Day</p>

Programs and Services

Heritage Place is making a comeback! It is nice to have activity in the building. So far, we've seen 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 in addition to some class series and special presentations. In person, online and teleconference classes available.

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

<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

Books On Us!

Heritage Place has a selection of free library books. Feel free to peruse the bookshelves at Heritage Place and pick a good read. No checkout, no return required.

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 except on holidays.

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: 10 am-2 pm & Tuesday: 10 am-12 pm

Call (317) 283-6662 to schedule an in person or telephone appointment.

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. You can also call the SHIP Call Center Monday-Friday 9 am-3 pm at (800) 452-4800 for a telephone consult.



SHarP Community Garden

Right, A welcomed visitor at the garden. Photo: Mary Ellen Gadski



Foot Care with Dr. Jerwana Laster

By appointment only.

Treatment includes management of calluses, corns, toenails, diabetic foot care, preventative care of foot infections, trimming of mycotic or ingrown nails, and treatment of foot trauma.

Call Heritage Place at (317) 283-6662 for details and to schedule an appointment.

Heritage Place of Indianapolis, Inc.

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10 am to 2 pm Monday – Friday

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