



The Informer

December 2021
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Dear Friends and Family of Heritage Place:

Hard to believe, but here we are at the end of another year! All of us at Heritage Place of Indianapolis wish you and your families the best during these winter holidays!



As the year wraps up, we often look back to reflect and remember. Many might be looking back without too many fond memories as it's been a rough road, but we are grateful for the many opportunities that were presented to us and the Heritage Place families during 2021. Just consider that we were able to come back together! Without a doubt, its been a blessing to see people, to be able to gather in person and to again generate

the strong momentum that makes this such a special place! We've had many people step up and take on leadership positions with our board, instructors and volunteers. Back in January we launched our "In This Together" campaign, and it still holds true. Heritage Place people are *in this together!*

We said goodbye back in June to our dear Ann Homrighous at her retirement. Thankfully, Ann is still with us as the editor of the *Heritage Place Informer*. Lynnette Lewis joined us in a part time capacity as Director of Programs and Services. Lynnette became a valuable addition to the "HP Team" very quickly!

We are extremely grateful for another return this year...that of the very popular Trivia Bowl Challenge that was held on November 11. This was the 13th Annual event and it

proved to be a big success thanks to the committee leadership from Mark Wallis, and the Title Sponsorship by our friends at Hoover Hull Turner LLP. Check out the associated story about the Trivia Bowl in this edition of *The Heritage Place Informer*.

As we celebrate this time of year, we are so excited to be part of the 2021 Festival of Trees at the Indiana History Center! Be sure to check out the story in this issue of your newsletter for details and how you can see it in person or virtually. Some of you just might find your image on the tree!

Many thanks to all of you! Have a wonderful December, cheerful holidays, and we look forward to great things in the new year!

Ed Alexander
Executive Director

Meet Chris Wagner



Chris joined the Board of Heritage Place because of its important mission of serving seniors in the community he calls home, just a few blocks away from HP. Chris practices law with the firm Hoover Hull Turner LLP in downtown Indianapolis, where he helps clients navigate business disputes in state and federal courts. He hopes to leverage his professional experience in his work on the Board.

Chris was born and raised in Evansville, Indiana, and attended Indiana University in Bloomington. Following university, Chris lived in Phoenix, Arizona for several years where he taught reading, writing, and math to middle school students with learning disabilities. He attended law school in Virginia and then returned home to Indiana to begin his legal career. Chris and his wife, Whitney, married in September 2020 and live in Butler Tarkington with their 10-year-old dog, Myla.



13th Annual Trivia Bowl Challenge

Back in person, the 13th Annual Trivia Bowl Challenge was an evening of fun and even some useless information, all to benefit Heritage Place of Indianapolis!



Hosted by Leslie Olsen from the Indianapolis Children's Museum (and a Heritage Place volunteer and supporter), 8 teams battled it out for the chance to take home the Coveted Trivia Trophy. The team from the Indianapolis firm of Plews Shadley Racher & Braun LLP was victorious for the 5th time!



HP at Festival of Trees

Looking for a holiday activity for the whole family, regardless of age? Head down to the 2021 Festival of Trees at the Indiana History Center and visit the Heritage Place Tree! Located at 450 W. Ohio Street in downtown Indianapolis, you will experience 75 decorated trees. The Heritage Place tree (# 37, located on the Fourth Floor Mezzanine) is titled "Heritage for The Holidays" with wonderful images of Heritage Place over the last 45 years, our members, friends, supporters all doing things that demonstrate positive and healthy aging and the unique opportunities at Heritage Place of Indianapolis!



Festival of Trees runs from November 12, 2021 to January 8, 2022. Heritage Place would like to offer all members, family and friends the opportunity to receive a \$2.00 discount on your individual admission to the History Center. Order tickets online at www.indianahistory.org/events/festival-of-trees/ and use **discount code FOT37**.

Cheers to a festive holiday!

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

Medicare Open Enrollment

December 7 is the last day to change your Medicare plan for 2022! Plans change every year. Call Heritage Place at (317) 283-6662 to check availability to meet with our SHIP counselor, Denis Schwartz, in person or by telephone or you can call the SHIP Call Center at (800) 452-4800 to speak with a counselor.

Genealogy Teaser

Date: Thursday, December 9

Time: 2:00 p.m.

Call (317) 283-6662 for Zoom link

Have you ever wanted to search your ancestry but don't know how to begin? Heritage Place's own co-moderators Curtis Strother and Doty Simpson-Taylor and Judy Casey, HP Genealogy Instructor, will be presenting an introduction to a series on Genealogy Studies and how to research your ancestry.

Free Health & Wellness Coaching

Heidi Martinez, a local health and wellness coach, is offering free private coaching sessions via Zoom for all Heritage Place members. Examples of what to expect from coaching include:

- 1) Exploring what your best retirement can look like.
- 2) Putting in place that nutrition or exercise regimen your doctor recommended.
- 3) Understanding a new diagnosis.

All sessions are designed to meet your needs and abilities, and baby-step your way to a healthier future! To request a discovery session to decide if health coaching is right for you, please text or call (317) 833-7172 or email HeidiMartinezHWC@gmail.com.

Reminder:



Butler Family Stories Project

Tell Your Story

Do you ever wish your parents and grandparents had left you a record of their stories? It's never too late to start a collection of family stories of your own. Don't miss this exciting and unique intergenerational opportunity to work one on one with Butler University students and capture your stories to pass down through your families. Heritage Place members have so many experiences and stories which have shaped your lives. This is a really fun project and completely different from genealogy. You will come away with a free printed booklet and thumb drive with your stories. It's worth the small investment of your time!

Sign up is going on now until Feb. 24th. The best way is to follow this link https://butler.qualtrics.com/jfe/form/SV_eVgrcux8xtRHpcO to a brief survey that will ask you your name, contact information and availability so we can match you with students. However, you can also contact Dr. Tom Mould, professor, by email at tmould@butler.edu or by telephone at (317) 940-8231. Dr. Mould will be happy to answer your questions. Participation is first come first served so don't delay. More details will be coming in the January *Informer*, but a sneak peek of the timeline is below.

Project Timeline

Date	Activity
Now-Feb. 24,2022	Sign Up: Follow this link to sign up for the project: https://butler.qualtrics.com/jfe/form/SV_eVgrcux8xtRHpcO
Towards the end of February	Zoom Presentations: Students introduce and explain the project, answer your questions, and help people sign up. Those who have already signed up do not have to attend, but it is definitely encouraged.
March 1-March 26	Interviewing: Students will conduct three 1-hour long conversations with participants to record their stories.
Apr. 1 – Apr. 14	Stories for Review: Students will email copies of all the stories for participants to review. Participants can make changes and revisions if they like.
End of April	Zoom Presentations: Students will present their findings for participants. Participants should plan to attend the time slot aligned with the pair of students with whom they have been working. (Exact dates will be confirmed by January.)
First week of May	Booklets & Thumb drives: Participants should receive their booklets and thumb drive around this date.



Shop & Give

Donate to Heritage Place while you are holiday shopping or anytime shopping! It doesn't cost you an extra penny, only what you purchase! Register with the following programs and they donate directly to Heritage Place. We know you are shopping!

Kroger Community Rewards

If you are a Kroger shopper you can support Heritage Place with your Kroger Plus Shopper's Card every time you shop. All you have to do is register your card with the Kroger Community Rewards program by going to <https://www.Kroger.com> and signing in or creating an account. Follow the step-by-step instructions and choose Heritage Place by name or organization number NG516. It's that simple.



AmazonSmile

Heritage Place is a registered charitable organization listed on AmazonSmile. When you shop AmazonSmile, the AmazonSmile Foundation donates. Sign up at <https://smile.amazon.com> and choose Heritage Place as your charity. It doesn't cost you anything extra. What a great deal for simply shopping.



TRIVIA continued from page 1

2nd place winners were the first-time players from the Indianapolis Children's Museum, with 3rd Place shared by teams from Kroger Gardis & Regas LLP and Hoover Hull Turner LLP.

Title sponsorship was provided by Hoover Hull Turner LLP. The 2021 Trivia Planning Committee was chaired by Mark Wallis with members that included Kristen Wrestler, Christopher Niemann, Chris Wagner, Brad Romine, Nora Spitznogle and Marty Brooks. Additional sponsorships provided by Dalton Cole & Associates, IU Respiratory, The Kroger Company, 5 Below, Kristen Wrestler, KSM, Christina & Craig Fugate, Heritage Place Board of Directors and the Indianapolis Children's Museum.

SHarP

What a productive and long season at SHarP! All things need a winter break. Here is fall cleanup day, a chilly and breezy one, at the garden. Have a nice winter's nap.



Super Foods

Don't forget to eat your super foods high in antioxidants, vitamins and minerals. These foods help prevent diseases such as coronary heart disease and cancer and help improve immunity and decrease inflammation. Eat fruits and vegetables on a regular basis to lower the risk of many lifestyle-related health conditions. Super foods offer maximum nutritional benefits for minimal calories. Super foods include dark leafy greens, tomatoes, whole grains, beans, berries, grapes, pomegranate, salmon, dark chocolate, green tea and cinnamon.

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!



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) 283-6662 for more details on how you can participate.



Get Involved. Volunteer. Stop Healthcare Fraud.

Helping Elders Navigate Medicare and Fight Fraud

www.iaaaa.org/smp

Join us on Facebook www.facebook.com/INSMP

Funded in part by the U.S. Administration on Aging

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.

This project was supported, in part by grant number 90MP0178/01, from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.





December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec. 1 Nat'l Handwashing Awareness Week Dec. 6 Older Driver Safety Awareness Week Dec. 7 Nat'l Letter Writing Day and Pearl Harbor Day of Remembrance Dec. 21 Winter Solstice Dec. 25 Christmas Dec. 26 Kwanzaa Dec. 28 Nat'l Call a Friend Day Dec. 31 New Year's Eve		1 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	2 10:30 Ladies of the Dance (in person) 12:00 Hunter Law Estate Planning (in person)	3 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)
6 10:00-2:00 SHIP 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (teleconference) 12:00 Golden Line Dancers (in person)	7 10:00-12:00 SHIP Last Day for Medicare Open Enrollment	8 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	9 10:30 Ladies of the Dance (in person) 2:00 Genealogy Teaser (Zoom)	10 11:00 Tai Chi EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Class (hybrid) *Last class for Fall Semester 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
13 10:00-2:00 SHIP 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (teleconference) 12:00 Golden Line Dancers (in person)	14 10:00-12:00 SHIP	15 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	16 10:30 Ladies of the Dance (in person)	17 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)
20 10:00-2:00 SHIP 11:00 Inspirational Studies (teleconference) 12:00 Golden Line Dancers (in person)	21 10:00-12:00 SHIP	22	23 10:00 Good Grief Talks from Heartland Hospice (teleconference)	24 Heritage Place Closed No classes through Jan. 2, 2022
27	28	29	30	31
December 24-January 2, 2022 Heritage Place Closed – No classes				

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.



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.

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.

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10 am to 2 pm Monday – Friday

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