



The Informer

December 2022
Volume 46 | No. 12

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Why Trivia's not Trivial at Heritage Place

Each November, fans of trivia gather for the Heritage Place Trivia Bowl Challenge. November 3rd was the 14th edition of this popular event benefiting the programs of Heritage Place of Indianapolis.



This year the event was back at full steam after a virtual year and a cautious event year with limited teams. A whopping 14 teams all clamored for the coveted Trivia Trophy, held at St. Paul's Episcopal Church in Indianapolis. It was fun to watch as a new team "Hungry Minds" from our friends at Second Helpings, took the trophy. So, you see, "Trivia is not Trivial" at Heritage Place!



Winners from Second Helpings, "Hungry Minds".

Why are events like this so important? Easy...they are fun and a great way for people to learn about the remarkable men and women who are our members. We have the opportunity to tell the story of what we do, it encourages multi-generational involvement and it's a great recruiting tool for new members! Special events

also generate operating revenue. Every dollar raised helps support our programs and services. Heritage Place depends on event donations, as well as individual gifts to keep things going. It's thanks to the financial support from each of you, our members and friends, that we have been able to maintain the level of classes, services and opportunities at the highest qual-

ity. Please remember Heritage Place as you consider your year-end Holiday giving. It's an investment in your community and your future.

Back to the 14th Annual Trivia Bowl. Thanks to all who made this wonderful evening possible! Have a wonderful December!

Ed Alexander
Executive Director

Festival of Trees

Heritage Place is again pleased to be part of the 2022 Festival of Trees at the Indiana History Center! Check out tree #41, that's us!! Don't miss the magic!



<https://indianahistory.org/events/festival-of-trees/>

Senior Planet Lectures

Note: Lectures and classes are in person at Heritage Place and require advance registration. The lectures listed are 75-minutes. Call (317) 283-6662 or stop by to register.

Watch your emails and the January *Informer* for new classes in 2023!



All Things Zoom

Wednesday, December 7, 10:00 AM

Learn how to use Zoom to chat with friends & family, and take virtual classes with Heritage Place! Curious why Zoom has become everyone's go-to video conferencing software? This lecture will go over how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet! You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat.

Introduction to Hosting on Zoom

Wednesday, December 7, 3:00 PM

Ready to host your own Zoom meeting? Learn what you need to start your first meeting, as well as some tips to make it a success. Thinking about hosting your own Zoom meeting? In this introductory lecture, we'll go over what you need to start your first meeting, as well as some hosting tips to make it a success. You'll also learn about special features for hosts, including ways Zoom keeps your meetings secure. After this overview lecture, you'll be ready for our hands-on workshops "Getting Started with Zoom" and "Hosting a Zoom Meeting," which include step-by-step instructions.

Protecting Personal Information Online

Wednesday, December 14, 10:00 AM

Discover tips for staying safe online, like safe browsing and how to recognize online scams. This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online.

Managing Holidays While Experiencing Grief

Does your ho-ho-ho feel more like bah-humbug? The holiday seasons are often among the most emotionally difficult times for people who have experienced grief and are mourning a loss. While others may be gathering to enjoy the holidays, you may be thinking more of how to endure the holidays. From the start, it should be said that the holidays will be different for you and your friends and family because of your mutual loss. However, with a good plan, the holidays need not be avoided altogether.

First, the holidays will come whether you choose to engage in the activities or ignore them. Death is real, but so is life, and life goes on for the living whether you want it to or not. Holidays still fall upon the yearly calendar. Disregarding the calendar will not make the days disappear.

As the seasonal holidays approach, if you are experiencing recent loss, you may not feel up to celebrating in the present as you may have done in the past. For some, now might be a good time to decide to abbreviate your previous plans, for others postponing them altogether might be your best option. Find a plan that works for you.

Secondly as you decide if, when and how you will observe the holidays, make your decision known among your family and friends. Let them know your current thoughts and feelings on the subject, reminding them that these are current, not permanent thoughts and feelings. Next year, you may revert to your old ways or you may re-invent how you will celebrate in the future. Time changes all wounds. Hopefully, the pain will lessen and your outlook on life's events will focus on what brings peace to you rather than what produces pain.

Lastly, celebrate who and what you have now and commemorate what you once had. Appreciate surviving family and friends now while you can express it and while they can experience it. Do not allow the holidays to let you down. Let them be a reminder that loss is not the only significant event that has happened in our lifetime.

Written by Gene Million, a Bereavement Coordinator with Promedical/Heartland Hospice in Indianapolis, having served as a church pastor for 30+ years. Gene leads a grief session each fourth Wednesday at Heritage Place, where attendees share experiences and learn helpful tips to cope.

Note: December's Good Grief Talks is the 3rd Wednesday, December 21 from 10:00-11:00 am due to the holiday closure.

Reminder: Medicare Open Enrollment

December 7 is the last day to change your Medicare plan for 2023! Be sure to check any changes in order to make the best decision for yourself.

Call Out for Knit for a Cause

Fill your spare time with an activity that serves the community. Each year, the Knit & Crochet Class chooses a local charity to provide knitted hats and scarves to children and adults in need. Join the fun and meet new people or catch up with old friends. If you don't know how to knit, this is a great opportunity to learn something new! Come to Heritage Place on Fridays from 10:00-12:00 and socialize while contributing to a good cause! Yarn is provided, we just need your helping hands!



Watch for Weather Closings

Be mindful of the weather before heading out to Heritage Place for classes and programs. In the event of inclement weather, you will find Heritage Place weather closing announcements on the following local TV stations:

RTV 6
WISH-TV 8
WTHR 13
FOX 59
MyINDY TV-WISH TV



Plan Ahead: Postage Increase Coming

The United States Postal Service announced a price increase in Forever stamps and other postage starting January 22, 2023. Forever stamps will increase to 63 cents. Forever stamps you have already purchased before the January increase will still be accepted to mail letters in 2023 so buy up now.



Heritage Place Members and Friends attend the Indianapolis Ballet's "Balancing Act". (L-R) Aileen Watson, Earlene Sears, Darlene Smith, Jo Cabell and Arlene Watson.



DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 DECEMBER WORLD AIDS DAY</p>	Dec. 1-World AIDS Day Dec. 3-Int'l Day of Persons w/ Disabilities Dec. 7-Pearl Harbor Remembrance Day Dec. 10-Human Rights Day Dec. 18-26-Hanukkah Dec. 21-Winter Solstice Dec. 25-Christmas Dec. 26-Jan. 1-Kwanza Dec. 31-New Year's Eve		<p>1</p> <p>10:30 Ladies of the Dance 1:00 Chair Fitness</p>	<p>2</p> <p>10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge 1:00 Belly Dancing Fitness</p>
	<p>5</p> <p>10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers</p>	<p>6</p> <p>10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes</p>	<p>7</p> <p>10:00 Senior Planet: All Things Zoom 11:00 Advanced EnerChi 11:30 Spanish 3:00 Senior Planet: Intro to Hosting Zoom</p>	<p>8</p> <p>10:30 Ladies of the Dance 1:00 Chair Fitness</p>
<p>12</p> <p>10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers</p>	<p>13</p> <p>10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes</p>	<p>14</p> <p>10:00 Senior Planet: Protecting Personal Information Online 11:00 Advanced EnerChi 11:30 Spanish</p>	<p>15</p> <p>10:30 Ladies of the Dance 1:00 Chair Fitness</p>	<p>16</p> <p>10:00 Knit & Crochet 11:00 Advanced EnerChi 12:00 Bridge 1:00 Belly Dancing Fitness</p>
<p>19</p> <p>10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers</p>	<p>20</p> <p>10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes</p>	<p>21</p> <p>10:00 Good Grief Talks 11:00 Advanced EnerChi</p>	<p>22</p> <p>1:00 Chair Fitness</p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>Dec. 23-Jan. 2 Heritage Place Closed</p>				



Heritage Place and Community Services

Heritage Place offers a number of in-house services as well as keeping you informed about other community services. For questions or inquiries call (317) 283-6662.



We Heel the Sole Podiatry LLC

Dr. Jerwana Laster specializes in on-site podiatric services for the geriatric community. She has a great passion for providing quality foot care. Her service provides the family feel and one-on-one interactions with each patient.

Dr. Laster's belief is building relationships and providing a personal touch.

Dr. Laster bills Medicare so to receive her services you must be covered by Medicare. Call Heritage Place at (317) 283-6662 to schedule an appointment. You can also find out what services and assessments are provided by We Heel the Sole Podiatry LLC and learn what you will need to bring to your appointment.

Books & Movies 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.



SHIP-State Health Insurance Assistance Program

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

Counselor: Denis Schwartz

Call (317) 283-6662 to schedule an in person

or telephone appointment.

Cost: Free



It's estimated that about 165 Hoosiers turn age 65 every day and become eligible for Medicare; and most of them need help understanding their Medicare benefits and enrollment options. Fortunately, Indiana has approximately 300 SHIP counselors across the state at over 100 locations to help keep Hoosier Medicare beneficiaries from feeling like they're lost in a sea of health insurance.

What is SHIP? The State Health Insurance Assistance Program (SHIP) is a free and impartial Medicare counseling program. It's provided by the federal Administration for Community Living and the Indiana Department of Insurance and is part of a national network of Medicare counseling programs located in every state. All SHIP services are free.

SHIP isn't affiliated with any insurance agency or company and doesn't sell insurance. It's staffed by a crew of volunteer counselors who complete intensive Medicare related training to offer objective assistance in complete confidence. Below are a few common Medicare concerns that SHIP counselors can explain:

- Medicare vs. Medicaid - what's the difference.
- What are the four Parts of Medicare and what benefits do they provide.
- Who can enroll in Medicare and when to enroll.
- What are Medigap Supplements.
- How Medicare coordinates with other health insurance and government benefits.

SMP-Senior Medicare Patrol



Prevent, detect and report.

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Their work is in three main areas:

Conduct Outreach and Education. SMPs give presentations to groups, exhibit at events, and work one-on-one with Medicare beneficiaries.

Engage Volunteers. Protecting older persons' health, finances, and medical identity while saving precious Medicare dollars is a cause that attracts civic-minded Americans.

Receive Beneficiary Complaints. When Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP, the SMP makes a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

Contact the Indiana SMP at (800) 986-3505 or (317) 205-9201.

Catholic Charities Caregiver Support

Caregivers need support and resources as caregiving can be demanding and stressful. Catholic Charities Indianapolis Senior Services hosts monthly caregiver support groups and caregiver support services supported in part by CICOA Aging and In-Home Solutions. In addition to caregiver support groups, Catholic Charities Indianapolis provides a wealth of information about community resources for older adults on a variety of topics and needs. Contact Monica Woodsworth at (317) 261-3378 or mwoodsworth@archindy.org for details.

Heritage Place Classes and Programs

Heritage Place offers a combination of in person, online, teleconference and hybrid classes and programs. Heritage Place offers classes and programs including fitness, line dance groups, computer training, arts and crafts, social and support. Contact (317) 283-6662 for questions or inquiries.

Advanced EnerChi (Zoom Platform)

2023 class starts Jan. 9

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/82476667723?pwd=M01QWldCWnR1bk1YaFJlSS8yMWJ5Zz09>

Meeting ID: 824 7666 7723

Passcode: 079863

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: Free

Inspirational Studies (Audio Conference)

Monday: 11 am-12:30 pm

Dial-in: (978) 990-5000

Access Code: 752581#

Group Leader: Rev. Samuel Murray

Classes include a period designed for spiritual devotion such as prayer, prayer concerns, selected Scripture reading, and inspirational music. Comments on the Scripture text are provided by the group leader and the remainder of the class is devoted to questions and discussions related to personal issues, current events, and/or biblical interpretations. Prepare by reading the Gospel of John. This class has proven to be genuinely helpful to those seeking spiritual support and sincere fellowship.

Cost: Free

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

Note: Dec. 19 class holiday celebration

2023 class starts Jan. 9

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

Chair Fitness (In-Person)

2023 class starts Jan. 3 and Thursdays will change to 1-2 pm

Tuesday: 10:30am-11:30 am

Thursday: 1 pm-2 pm

Instructor: Colela Bouye

This workout offers a solid low-impact cardiovascular workout, set to up-tempo music. Exercises can be performed sitting in a chair or standing so it is adaptable to all levels, abilities and limitations. Participation will increase your overall stamina, muscle strength, endurance and flexibility. Fitness bands, small hand-held weights or any extra equipment may be used.

Cost: Member \$3

Non-member \$5

Indy Silver Foxes (In-Person)

2023 class starts Jan. 10

Tuesday: 1:30 pm-3:30 pm

Instructor: Linda Oglesby

All levels of line dancing are welcome. Steps help with balance, coordination, memory and creativity. Join the fun, fellowship, and exercise to make you want to move music.

Cost: Member \$3

Non-member \$5

Genealogy Studies Group (In-Person)

Note: No December Class. Resumes Jan. 18

3rd Wednesday: 10 am-11 am

Instructor: Judy Casey

Discovering your past can be fascinating and rewarding. Recording your family's history is a valuable project for yourself and generations to come. Learn research techniques, tips for how to document the facts and how to write it down.

Cost: Free

Good Grief Talks from Heartland Hospice (In-Person)

Note: 3rd Wednesday in December

4th Wednesday: 10 am-11 am except on holidays.

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



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

2023 class starts Jan. 4 with new Advanced Spanish 1-2 pm

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: Member \$1

Non-Member \$5

Book fee \$10 & Dictionary fee \$5

Learn N' Play Bridge (In-Person)

Note: No December classes.

2023 class starts Jan. 4

Wednesday: 12 pm-3 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: Free

Ladies of the Dance Line Dance (In Person)

2023 class starts Jan. 12

New Dancers Welcome!

Thursday: 10:30 am-12:30 pm

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: Member \$3

Non-member \$5

Knit & Crochet Class (In-Person)

2023 class starts Jan. 6

Friday: 10 am

Instructor: Madora Lewis

Join the knitting class for socialization and fun while knitting for a cause. Items are donated to a local charity. Seasoned knitters welcome! Don't know how to knit? No problem! We will teach you! You provide the needles and we supply the yarn and pattern.

Cost: Free



Technology Class (Hybrid)

2023 class starts Jan. 20

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: Free

Belly Dancing Fitness (In-Person)

2023 class starts Jan. 6

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)

2023 class starts Jan. 3

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.

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.

Heritage Place of Indianapolis, Inc.

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10 am to 2 pm Monday – Friday

Staff

Edward Alexander, Executive Director

Lynnette Lewis, Associate Executive Director

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.