

The State of Aging at Heritage Place

Over the last few years, older adults have been hit hard by our world. The pandemic with its subsequent lockdowns and limitations; the economy with



rising expenses; and the seemingly endless bombardment of scams and tricks targeting older men and women that seems to have popped up, to just name a few.

At Heritage Place, we're well aware of issues and many others that target or have significant impact on our members. Honestly, most are no different than what we've seen for years, only more sophisticated and much more frequent. So, when we're asked about the "state of aging" at Heritage Place, we always go back to the person. What are the needs and concerns individuals have, and how can we, collectively as an organization, help address these issues. When someone has a problem, concern or situation that needs some help, it's not just the staff or the board who come forth with possible answers or support, it's everyone. At Heritage Place, that "state of aging" is strong because of our membership, friends, neighbors and families.

So, what exactly is "state of aging"? It's several things: Living in your home of choice; living safely in that home; having access to food, medical care; appropriate transportation, among others. Most important, having community support and services in place when needed. In a small way, that's Heritage Place! Being actively involved with an organization such as Heritage Place is a critical key to a positive and successful "state of aging". We're here for each other...a community of people, friends and families, and that's the state of aging at Heritage Place!

As hard as it is to believe, it's November! Look for new, familiar and exciting opportunities in this issue of *The Informer*. Please know that all of us associated with Heritage Place are grateful for each of you! Have a wonderful month.

> Ed Alexander Executive Director

Meet Leslie Olsen

The best day of my life was December 1, 2001. That's the day I travelled to Guatemala with my mom and a good friend and held my 5-and-a-half-monthold daughter Alexandra Marie Olsen, for the



first time. I was blessed to adopt this gorgeous, smart, talented baby who was, is, and always will be, the light of my life.

I spent 31 years at WISH TV. It was an incredible career. On October 9, 2009, Indianapolis Mayor Gregory Ballard proclaimed the day "Leslie Olsen Day'. It was the day I retired from WISH. I went on to have a highly rewarding and satisfying 13 more years before retiring for good. I spent three years as the principal of my own media coaching and public relations company Olsen Communications Consul-

Older Indianapolis adults are blessed to have an organization as concerned and caring as Heritage Place of Indianapolis, in their midst.

—Leslie Olsen

tants. In 2012, I was thrilled to be hired by The Children's Museum of Indianapolis to be their Public Relations and Media Manager. I adored the job and the world's biggest and best children's museum.

Becoming acquainted with Heritage Place of Indianapolis has been a real joy and has opened my eyes to all the possibilities of life after retirement. I love that Executive Director Ed Alexander had enough faith in me to tap me for a few emcee/hosting events. Now, several years later, I have been able to keep up some of my public speaking skills thanks to con-

See OLSEN on page 4

Heritage Place Welcomes New and Renewing Members!

Judith Allseitz Jeanne Dison Carol & Jim Killen Hattie Taylor LaQuita Northington Connie Palmer Carlie Anderson & Tim McGinty Sandra Anderson Beverly Timberlake Joan Voorhies Ali Lotfi Susie Dye Larry Cooke

Senior Planet

Senior Planet classes, lectures and workshops are always free to anyone age 55 and older. You do not need to be a Heritage Place Member to attend. Registration is required and space is limited. Call (317) 283-6662, email <u>Info@heritageplaceindy.org</u> or sign up when you are in the building.

Benefits of Connecting to the Internet

Monday, November 13, 12:30-2:00 p.m., Conference Room

Gain a better understanding of the benefits of going online, the different types of connections, and internet speeds. This presentation offers real life examples of the ways that home internet access can help you save money, connect with others, and make everyday tasks easier. In this lecture, we'll review common terminology associated with an internet connection, as well as how fast a connection you need to do some of the most common online activities like stream videos and music, check email, and video chat. We'll also explore different ways of connecting to the internet as well as resources for available service in your area.

All Things Smart Phones Monday, December 11, 12:30-2:00 p.m., Conference Room

Learn how a smartphone can help you access the internet when you need it! If you're curious about what smartphones can do and why they've grown so popular, come to this lecture. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS.

15th Annual Trivia Bowl Challenge!

You still have some time to organize your team, start watching "Jeopardy!" and support Heritage Place of Indianapolis by being part of the 15th Annual Trivia Bowl



Challenge on Thursday evening, November 16! This popular event includes dinner and the opportunity to purchase beer and wine. Lots of other surprises are available! For additional information contact Heritage Place at Info@ heritageplaceindy.org.

Medicare Open Enrollment

Medicare plans change each year, so it is important to learn about these changes in order to make the best decisions for your-



self. Open Enrollment is from October 15 to

December 7. Schedule an appointment with our very own SHIP counselor, Denis Schwartz, here at Heritage Place. You can also contact the SHIP Call Center at (800) 452-4800 to learn about the changes for 2024. SHIP gives objective assistance and does not represent any insurance companies.

Here are some common Medicare concerns SHIP can explain:

- Medicare vs. Medicaid and the differences.
- The four parts of Medicare and what benefits they provide.
- Who can enroll in Medicare and when to enroll.
- Difference between traditional Medicare, Medigap Supplement Plans and Medicare Advantage Plans.
- How Medicare coordinates with other health insurance and government benefits.
- Guidelines for eligibility for Medicare Savings Program and Extra Help.

To schedule an appointment with Denis Schwartz at Heritage Place, call (317) 283-6662 or email Info@ heritageplaceindy.org. Do it soon as appointments fill up fast!

Remember to Vote

A reminder to vote in the general election on **Tuesday**, **November 7.** Your vote counts!



Donating to Heritage Place Made Easy

Your support of Heritage Place is more important than ever, so we've tried to make it easier than ever! Simply scan and open this QR Code to make your taxdeductible gift today!





Festival of Trees 2023

Heritage Place of Indianapolis is once again sponsoring a decorated tree at the Indiana History Center's 10th Annual Festival of Trees. Nearly 75 decorated holiday trees adorn all levels of the History Center and



trees are on display from **November 10, 2023, through January 6, 2024.** Don't miss this beautiful display and go vote for Heritage Place! It's the most wonderful time of the year! For details and tickets visit <u>https://www.indiana</u> <u>history.org/events/festival-of-trees/</u>



Good Grief Holiday Special

Holidays can be a particularly difficult time to cope with grief. Join Gene Million, Bereavement Coordinator, with Heartland Hospice at Heritage Place for a special interactive group session in discovering and discussing helpful tips to help you cope with grief during the upcoming holidays. *Refreshments will be provided*.

Date: Wednesday, November 8 Time: 10:00 am

RSVP by Monday, November 6 at <u>Info@heri-tageplaceindy.org</u>, call (317) 283-6662, or sign up when you are in the building.

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

To unsubscribe to this publication, please email your name and address to <u>Info@heritageplaceindy.org</u>.

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.



HP in the Community

Shirley Ward, HP instructor, and fourteen members of the Golden Line Dance crew performed at Mid North Shepherd Center on October 4 during the lunch hour as the groups' program for the day. The performance included an audience participation component and Mid North treated the dancers to lunch! Thanks, Golden Line Dancers for showing the community your stuff!

It's Holiday Time at Heritage Place!

Join us on Wednesday. December 6. 2:00-4:00 pm for Holiday Fun at our Annual Holiday Open House!

Seasonal goodies, holiday music and performances, festive decorations and surprises!

Open to all Heritage Place Members. Families & Friends!

Please share in the season of giving by bringing two (2) non-perishable food items to be donated to our neighbors at

The Boulevard Place Food Pantry.

SMP Corner Nursing Home Care Fraud: Tips for Protecting Yourself and Medicare

Medicare does not generally pay for long-term nursing home care. Medicare Part A covers medically necessary, short-term care in a skilled nursing fa-



cility (SNF) under certain conditions. Part A covers a semiprivate room, medical supplies used in the facility, meals and other items.

To be eligible for nursing home coverage, Medicare requires you to meet certain criteria such as, but not limited, to:

- A qualifying inpatient hospital stay of at least three days before entering the SNF.
- You stay at a Medicare-certified SNF.
- Your doctor orders and you receive inpatient skilled nursing or rehabilitation services on a daily basis. The daily skilled care you need can only be provided in a SNF on an inpatient basis because it is not available on an outpatient basis in the beneficiary's area or transportation to the closest facility would be an excessive physical hardship less economical, or less efficient.
- You are enrolled in Part A with days left in your benefit period. (*Note: Call 1-800-Medicare to determine how many days you have left in your benefit period*)
- You need treatment for a medical condition treated in the hospital or for conditions, such as bed sores, you develop in the SNF.

Examples of Medicare Nursing Home Care Fraud

- Medicare was charged for:
 - Services that were not deemed medically necessary by your doctor.
 - Therapy services or visits that were billed to Medicare but were not provided.
 - More expensive services than what you were provided.
 - More therapy than what you were provided.
 - Skilled nursing services for dates after you were released for the SNF.
- You are forced to remain in a SNF until your Part A benefits have expired even though your condition has improved, and you wish to change to home health care services.

What Can You Do to Stop Nursing Home Care Fraud?

- Read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) to compare the services Medicare was charged with what you received.
- Be sure you work with your doctor to enroll you in any SNF therapy services you may need and to determine medical necessity for services.
- Do not accept gifts (such as money, gift cards, or groceries) in return for choosing a nursing home in which to receive skilled nursing.
- Do not sign forms that you do not understand, including a Medicare Outpatient Observation Notice (MOON), an

Advance Beneficiary Notice (ABN), or any form that is blank.

- Report charges on your MSN or EOB for services or visits you did not receive
- Report charges on your MSN or EOB for services that are different than what you received.
- Report quality-of-care complaints to your local SMP and the Beneficiary Family Centered Care Quality Improvement Organization (BFCC-QIO).

Differences Between Home Health/Skilled Care and Nursing Home Care

Medicare coverage for home health does not include round-the-clock nursing care or some services considered custodial in nature. Home health aides can, however, provide some personal care services, including help with bathing, dressing, hygiene, and feeding, if the patient also needs intermittent skilled nursing or therapy. These personal care services are not automatically covered just because you receive home health care services. A doctor must certify your need for them. Talk to your doctor about what services are necessary and right for you.

How Senior Medicare Patrol Can Help

Your local SMP can provide you with information you need to PROTECT, DETECT, and REPORT Medicare fraud, errors, and abuse. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.

Source: U.S. Administration for Community Living, Department of Health and Human Services.

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tinued opportunities to support Heritage Place by emceeing some events. The most fun for me is always ad-libbing and bantering with the hilarious Ed Alexander.

My retirement is becoming more enriched by participating in some of the Heritage Place programming. The ukulele class is the highlight of my week. Who knew an old dog could learn such new tricks? Well, the answer to that question is...all of the members of Heritage Place of Indianapolis who are lucky to have such a wide array of educational, inspirational, and flat-out fun programming to enjoy!

Noteworthy:

Leslie graduated from Broad Ripple High School and was inducted into the Indianapolis Public Schools Hall of Fame in 2009. She is a proud graduate of Butler University, right here in our Butler Tarkington neighborhood. Leslie is an active member of Faith Presbyterian Church.

Leslie has graciously hosted and emceed Hoosier Heritage Night and Trivia Bowl, two major fundraising events for Heritage Place. She is a 2023 Hoosier Heritage Night inductee and serves as group leader for the newly formed Euchre Club. We are delighted to have Leslie so involved as a Heritage Place member!



NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November Celebr Nat'l Diabetes Month 5 Daylight Savir Fall back 1 hd 7 Election Day 11 Veterans' Day 12 Diwali 6 10:00-2:00 SHIP 10:30 Fall Prevention	our.	1 10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 8 10:00 Good Grief	2 12:00 Active Older Adults 9 12:00 Active Older Adults	3 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness 10:00 Knit & Crochet 10:00 Inspirational
Class 12:00 Golden Line Dancers 2:00 Ukulele Class 13	Adults 14	Holiday Special 10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	16	Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness Festival of Trees starts 17
 10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 12:30 Senior Planet: Benefits of Connecting to the Internet 2:00 Ukulele Class 3:15 Euchre Club 	10:00-12:00 SHIP 12:00 Active Older Adults	 10:00 Genealogy Studies 10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 	12:00 Active Older Adults 6:00 Trivia Bowl Challenge	 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
20 10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 2:00 Ukulele Class	21 10:00-12:00 SHIP 12:00 Active Older Adults	22 Heritage Place Closed Nov. 22-24	23 Hapy Thanksgiring	24
27 10:00-2:00 SHIP 12:00 Golden Line Dancers 2:00 Ukulele Class 3:15 Euchre Club	28 10:00-12:00 SHIP 12:00 Active Older Adults	29 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	30 12:00 Active Older Adults	

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 or email Info@heritageplaceindy.org.



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 oneon-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 and movies. Feel free to peruse the bookshelves at Heritage Place and pick a good read or watch. 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 benefi-

ciaries, 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-onone 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.

The Informer

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.

Fall Prevention Class (Hybrid)

Note: Last class November 20..

Monday, Wednesday, Friday: 10:30 am-11:30 am Presenter: Carolyn Meeker, certified Silver Sneakers instructor

Join Zoom Meeting https://us02web.zoom.us/j/82694366965?pwd=SjdGQl ZOSnB1ZWdXd1ZtS3E1ZEQ1QT09 Meeting ID: 826 9436 6965 Passcode: 711017

Join us in person or on Zoom to learn lots of great information and exercises to work on the issues associated with preventing falls.

Cost: Free

Advanced EnerChi Note: On hiatus until further notice.

Monday, Wednesday, Friday: 11 am-12 pm Instructor: Carolyn Meeker

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

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 \$3 Non-member \$5

Ukulele Class (In-Person)

New beginners welcome at 1:30 pm. Monday: 2 pm-3 pm Instructor: Mike Kruse

Learn and play ukulele with others. No musical experience, knowledge, or talent required. Whether beginner or experienced, learn songs and play with a group. Enjoy the fun.

Cost: Free – Ukulele purchase required

Euchre Club (In-Person)

2nd & 4th Monday: 3:15 pm-5:15 pm Group Leader: Leslie Olsen

A trick-taking social card game popular in the Midwestern states. From learn to play to those who played years ago but would like to revisit the game to those who play regularly. All are welcome regardless of knowledge and proficiency level.

Cost: Free

Active Older Adults with Colela (In-Person) Note: Formerly known as Chair Fitness

Tuesday and Thursday: 12 pm-1 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

Good Grief Talks (In-Person)

Note: See details in this Informer issue for special session on Wednesday, November 8.

2nd Wednesday: 10 am-11 am

Group Facilitator: Gene Million, Heartland Hospice

Any loss can be difficult and there is no need to be alone during tough times of grief or loss. Support is offered to adults who want some extra help coping with loss of any kind. Confidential or group conversations available.

Cost: Free

Genealogy Studies Group (In-Person)

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

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

Wednesday: 11:30 am-1 pm Beginning Class Wednesday: 1 pm-2 pm Advanced Class 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

Heritage Place Classes and Programs

Learn 'N Play Bridge (In-Person)

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

Zumba (In-Person)

Note: Starts January 4

Thursday: 1:30 pm-2:30 pm Instructor: Mona Miles, ZUMBA certified

A dance craze that moves your mind, body and soul. Formatted for all levels of stamina and activity. Whether you're looking for toning or have limited mobility, ZUMBA is for dancing, exercise and pure fun.

Cost: Member \$3

Non-member \$5

Knit & Crochet Class (In-Person)

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

Inspirational Studies (Hybrid)

Note: In addition to in-person and audio conference this class offers participation via Zoom.

Friday: 10 am-11 am Dial-in: (978) 990-5000 Access Code: 752581# Join Zoom Meeting https://us02web.zoom.us/j/85103862196 Meeting ID: 851 0386 2196 Group Leader: Rev. Samuel Murray

Classes include a period designed for spiritual devotion such as prayer, prayer concerns, selected Scripture (Prophet Isaiah) 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. This class has proven to be genuinely helpful to those seeking spiritual support and sincere fellowship.

Cost: Free

Topics in Technology (Hybrid)

Call (317) 283-6662 to sign up Friday: 11 am-1 pm

Facilitator: Sally Catlin & IUPUI Students

Explore topics in technology like podcasts, smart watches, popular apps and online resources. **Cost:** Free

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.



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

Heritage Place of Indianapolis, Inc. 4550 North Illinois Street, Indianapolis, IN 46208 (317) 283-6662

Info@heritageplaceindy.org www.heritageplaceindy.org

9 am to 4 pm Monday – Friday Staff

Edward Alexander, Executive Director Lynnette Lewis, Associate Executive Director