



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

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Stories Behind the Names

Happy New Year!

We look forward to seeing all of you again as Heritage Place launches our 48th year of service to older adults in Indianapolis and Central Indiana.



Starting this winter, we will have a periodic program “Stories Behind the Names”. We’ll be looking at names (such as our own “Heritage Place”) and talk about how it reflects our mission and those we serve. We’ll

also be looking at family names, names of our neighborhoods, cities and towns. Just think about it. Our lives are filled with unique and interesting names, do we know the histories behind them? We’ll have some fun as we dive in and study some very interesting histories and words! Watch your *Informer* for more information.

Thanks to everyone who attended our Holiday Open House! For those of you who visited the “Memory Tree” and added the names of your loved ones, thank you! If you would like to keep the memorial ornaments that you made, they will be saved when we

take the tree down on January 2. Just stop by the Heritage Place office and we will gladly let you have yours.

One last word about trees. You will still have an opportunity to visit the 2023 Festival of Trees at the Indiana History Center until Saturday, January 6. Be sure to visit the Heritage Place Tree, located on the 4th Floor!

Thanks to all of you for your continued support of Heritage Place of Indianapolis, we look forward to seeing you soon!

Ed Alexander
Executive Director

Meet Mona Miles

Mona will be kicking off the new Zumba class on January 4 at 1:30. She is a lifelong resident of the Butler Tarkington area and attended IPS School #43 and Shortridge High School. As most young people, she wanted a “change of scenery” so applied to, attended, and graduated from the University of Tampa in Tampa, Florida with a BS in Physical Education and a minor in Education. Mona taught for about 1 ½ years and immediately knew it wasn’t for her. Mona has been in her current career as a flight attendant for more than half of her life, celebrating over forty years.

Zumba is a passion for Mona, and it originated in South America. It is basically low impact aerobic exercise set to music. She has been a certified Zumba instructor for over ten years. Mona also has certifications for Zumba Toning which is Zumba with light weights, and Zumba Gold, which focuses on individuals with limited mobility.

Come to Heritage Place on January 4 for an upbeat exercise class! Try something new and fun!



Trivia Bowl Challenge

Tracey Horth Krueger, team captain of Yak N’ Snak & Hump N’ Grumps is presented the coveted first place trophy for the 2023 Heritage Place Trivia Bowl Challenge.



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



Heritage Place Welcomes New and Renewing Members!

Deborah Bouie	Denise Johnson	Nancy Moore
Annette Bradford	Mark McCreary	Ed Morris
Barbara George	Ann Moran	Bessie Manning

Senior Planet

Volunteer Opportunity

Senior Planet at Heritage Place, funded by OATS (Older Adults Technology Services), a program of AARP, is currently recruiting individuals to be trained as Senior Planet Program Trainers! All training is provided by Senior Planet starting in February! You don't need to be a computer expert, over 55 or have been a participant in the Senior Planet program (although we'd love to have them, too!), just have an interest in working with older adults in becoming more familiar with various topics in technology.

For additional information, or to reserve your training space, contact Ed Alexander at Edward.Alexander@heritageplaceindy.org.

SENIOR PLANET
FROM AARP

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 tax-deductible gift today!



Vote for Heritage Place

You have until January 6 to visit Festival of Trees at the Indiana History Center and vote for Heritage Place tree #56! Don't miss this spectacular display of trees. For details and tickets visit <https://www.indianahistory.org/events/festival-of-trees/>.



QR Codes: What to Know

Yes, Heritage Place offers QR codes as an option for donating to the organization. Ours is perfectly safe!

QR codes are everywhere. There are reports of scammers covering up QR codes with one of their own in places like parking meters and restaurant menus. There are so many ways to legitimately use them, but the scammers are always out there.

As always, beware of scam emails and texts. Scammers use the same tactics with QR codes like any other scam to obtain your personal information. Scammers will give you a sense of urgency like the following:

- They couldn't deliver your package.
- There's a problem with your account.
- There's suspicious activity on your account.

You could be taken to a spoof site if you click on the URL link when you scan the QR code. The site may look real, but isn't. Clicking on the URL link can also install malware onto your device.

Here's how to protect yourself:

Inspect the URL before you open it, especially if it is in unexpected places. Look for misspelled words or a switched letter.

If you aren't expecting an email or text message don't scan the QR code particularly if it urges your immediate action. Use a phone number or website you know is real to contact the company.

Keep your phone's OS (Operating System) updated to protect against scammers and hackers. Protect your online accounts by using strong passwords and multi-factor authentication.

*Source: Federal Trade Commission
CONSUMER ADVICE*

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

To unsubscribe to this publication, please email your name and address to Info@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.

Heritage Place of Indianapolis, Inc.

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(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



Re-Cap of Holiday Open House

A picture tells the story. What a wonderful holiday celebration at Heritage Place! Thanks to all who participated in the festivities and thanks to the ukulele group!



Shirley Ward enjoying Open House



Debbie, Michael & Marie on ukulele



Sweet Treats



Judy Hanna & Mike and Vicki Kruse



Margaret Francis singing along



Ukulele Players



JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day Heritage Place closed	2 10:00-12:00 SHIP 12:00 Active Older Adults with Colela 2:00 Indy Silver Foxes	3 12:00 Learn 'N Play Bridge	4 1:30 Zumba	5 10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness
8 10:00-2:00 SHIP 12:00 Golden Line Dancers 2:00 Ukulele Class 3:15 Euchre Club	9 10:00-12:00 SHIP 12:00 Active Older Adults with Colela 2:00 Indy Silver Foxes	10 10:00 Good Grief Talks 12:00 Learn 'N Play Bridge	11 1:30 Zumba	12 10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness
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29 10:00-2:00 SHIP 12:00 Golden Line Dancers 2:00 Ukulele Class 3:15 Euchre Club	30 10:00-12:00 SHIP 12:00 Active Older Adults with Colela 2:00 Indy Silver Foxes	31 12:00 Learn 'N Play Bridge	HAPPY New Year	



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 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 and movies. Feel free to peruse the bookshelves at Heritage Place and pick a good read or watch. No check-out, 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

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

Line dancing is an easy way to have fun while exercising your body and mind. This advanced senior urban line dance class focuses on more than learning the latest dances-it teaches variations of choreography so participants will intuitively know which dance to do with different songs. This class is for women and men and performs in the community at events like the Indiana State Fair and Indiana Black Expo Summer Celebration.

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)

Note: Meets the 2nd & 5th Monday in Jan.

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)

Tuesday: 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

Indy Silver Foxes (In-Person)

Tuesday: 2 pm-3:30 pm
Instructor: Linda Oglesby

Join the fun and fellowship while exercising to make you want to move to music. All levels of line dancing are welcome. Line dance steps help with balance, memory and coordination and gives opportunities to be creative.

Cost: Member \$3
Non-member \$5

Good Grief Talks (In-Person)

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)

Note: No class in Jan.
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

Heritage Place Classes and Programs

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

Note: No classes in Jan. Resumes Feb. 7.

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

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)

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 devo-

tion 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)

Note: Class starts Jan. 26.

Call (317) 283-6662 to sign up

Friday: 11 am-1 pm

Facilitator: Sally Catlin & IU-Indianapolis Students

Classes are hosted in a senior-friendly environment to learn how to use your devices such as smartphones, laptops and tablets. Explore topics in technology like podcasts, social media platforms, 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

