



# The Informer

Monthly News for Heritage Place Members and Friends

December 2023  
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[www.heritageplaceindy.org](http://www.heritageplaceindy.org)

## Looking Back, Going Forward

### Happy Winter Holidays, everyone!

Here we are in the final weeks of 2023, and it's natural for all of us to look back to remember what may have happened, what we did, and what we want to do better in the new year. Heritage Place of Indianapolis is certainly no different. This year, we saw current program expansion; class name changes; we welcomed new classes and said goodbye to others. We also freshened up our entrance and our welcome area. We're very pleased that thus far, we've served more people in 2023 and made more contacts in the com-



munity. Thanks to the work of our instructors, volunteers and all of you, it's been a very good year!

On the horizon of our 48th year, we look forward to realizing the remaining goals of our Strategic Plan; an updated (and user friendly!) webpage and continuing offering classes, seminars and opportunities for current and future Heritage Place members and friends! *But we can't move forward without all of you!* Please consider a year-end financial gift to Heritage Place today. Your support is an investment that we will continue to offer timely and important programs to members now, and in future years.

At Heritage Place, becoming a financial partner has never been easier! You can always visit our website; you

can use the U.S. Mail and you can use the QR Code located in this issue of The Informer. When you receive your appeal this year (via the U.S. Mail or electronically), please remember that every dollar stays locally right here at 46th & Illinois Street! In response to the request of many of our members and supporters, we look forward to early 2024 when we introduce our Monthly Giving Program. Your opportunity to show your commitment to Heritage Place easily and securely with a monthly gift. We're almost ready to launch this, and we think you will agree it's a great opportunity!

Have a wonderful Winter Holiday Season!

**Ed Alexander**  
Executive Director



### *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,  
feastive 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.*



### **Heritage Place Welcomes New and Renewing Members!**

Duane & Sammye  
Broline

Sara Case

Tracey Horth-Krueger &  
Jere Krueger

Sheila Hyatt

Luberta Jenkins

A'Lelia Johnson

Gladys Johnson  
Anderson

Terri Locke

Patsy Naylor-Cook

Laura & Michael  
Scanlan

Roberta Turk

## Trivia Bowl Challenge Results

The competition was on for the 15th Annual Trivia Bowl Challenge! Nine teams vied for the first place Trivia Trophy and the winners are (drum roll please) “Yak N’ Snak & Hump N’ Grumps”. Trust us when we say the categories and questions were not easy. Thanks to all the sponsors, teams, volunteers and St. Paul’s Episcopal Church for a successful event benefiting Heritage Place. Congratulations to the winners!



Winners from Yak N’ Snak & Hump N’ Grumps



2nd Place Team Trivial Disputers (HHT)



3rd Place Team Ice Miller

## 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 [Info@heritageplaceindy.org](mailto:Info@heritageplaceindy.org) or sign up when you are in the building.

### 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.

**SENIOR PLANET**  
FROM **AARP**



**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](mailto: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 supporter Steve Herker visiting the HP tree at The Indiana History Center.

## Festival of Trees 2023

Heritage Place of Indianapolis is once again sponsoring a decorated tree at the Indiana History Center's 10<sup>th</sup> 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. Don't forget to vote for Heritage Place Tree #56! It's the most wonderful time of the year! For details and tickets visit <https://www.indianahistory.org/events/festival-of-trees/>



## Medicare Open Enrollment

A reminder the Medicare Open Enrollment ends December 7. Medicare plans change each year so check to see if changes in your current plan affect you for 2024. You can also check your eligibility for the Medicare Savings Program and Extra Help.



Call the SHIP Call Center at (800) 452-4800 to learn more about the changes for 2024. Email [Info@heritageplaceindy.org](mailto:Info@heritageplaceindy.org) for available appointments with Heritage Place SHIP counselor Denis Schwartz. If you are on a Medicare Advantage plan, you can contact your current insurer to see what 2024 changes in their plan affects you and to determine if your health care providers are still in their network for 2024.

## 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!



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

[Info@heritageplaceindy.org](mailto:Info@heritageplaceindy.org)  
[www.heritageplaceindy.org](http://www.heritageplaceindy.org)

**9 am to 4 pm Monday – Friday**

### Staff

Edward Alexander, Executive Director

Lynnette Lewis, Associate Executive Director

# DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December Celebrations and Events</b>  1 World AIDS Day 4 Nat'l Cookie Day 7 Hanukkah Begins & Pearl Harbor Remembrance Day 10 Human Rights Day 15 Bill of Rights Day			  21 Winter Solstice 24 Christmas Eve 25 Christmas 26 Kwanza 28 Nat'l Card Playing Day 31 New Year's Eve	<b>1</b>  10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>4</b>  10:00-2:00 SHIP 12:00 Golden Line Dancers 2:00 Ukulele Class	<b>5</b>  10:00-12:00 SHIP 2:00 Indy Silver Foxes	<b>6</b>  11:30 Beginning Spanish 1:00 Advanced Spanish  <b>2:00-4:00</b> <b>Holiday Open House</b> 	<b>7</b>  	<b>8</b>  10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>11</b>  10:00-2:00 SHIP 12:00 Golden Line Dancers  <b>12:30 Senior Planet:</b> All Things Smart Phones  2:00 Ukulele Class 3:15 Euchre Club	<b>12</b>  10:00-12:00 SHIP 2:00 Indy Silver Foxes	<b>13</b>  10:00 Good Grief Talks 11:30 Beginning Spanish 1:00 Advanced Spanish	<b>14</b>  	<b>15</b>  10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>18</b>  10:00-2:00 SHIP 12:00 Golden Line Dancers 2:00 Ukulele Class	<b>19</b>  10:00-12:00 SHIP 2:00 Indy Silver Foxes	<b>20</b>  10:00 Genealogy Studies 11:30 Beginning Spanish 1:00 Advanced Spanish	<b>21</b>  	<b>22</b>  <b>Heritage Place Closed</b> <b>Dec. 22-Jan. 1</b>
<b>Merry Christmas 25</b>  	<b>26</b>  	<b>27</b>	<b>28</b>	<b>29</b>

Dec. 22-Jan. 1 Heritage Place Closed – Re-opens Jan. 2



## 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](mailto: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](mailto: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)

**Note: Class on Dec. 4, 11, 18. Resumes Jan. 8**

**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)

**Note: Class on Dec. 4, 11 & 18. Resumes Jan. 8.**

*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 Dec. 11 only.**

**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: No classes in Dec.**

**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

### Indy Silver Foxes (In-Person)

**Note: Class Dec. 5, 12, 19.**

**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: Class Dec. 20. 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: Class Dec. 6, 13, 20. Resumes Jan. 3.*

**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)

*Note: No classes in Dec. Resumes Jan. 3.*

**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)

*Note: Class Dec. 1, 8, 15.*

**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: Class Dec. 1, 8, 15.*

*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)

*Note: Last class for 2023 is Dec. 1. Class resumes 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)

*Note: Class Dec. 1, 8, 15. Resumes Jan. 5.*

**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)

*Note: Class Dec. 1, 8, 15. Resumes Jan. 5.*

**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