



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

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39th Hoosier Heritage Night Shines a Light on Heritage Place

It was a groovy celebration of the decade of the 1960's! The Beatles, The Kennedys, miniskirts, peace, love and even Woodstock were all part of the fun for the 39th Annual Hoosier Heritage Night benefiting Heritage Place of Indianapolis. This wonderful event not only celebrates the work of Heritage Place, but also honors selected Central Indiana residents who go above and beyond to make Central Indiana a great place to call home. Hoosier Heritage Night 2023 was certainly no exception as we welcomed five new "Hoosier Heritage" honorees.

Honorees include **Sally Catlin**, long time Heritage Place volunteer, advocate, and program instructor. Sally's best known for the creation of the popular Topics in Technology program as well as being the driving force behind bringing Senior Planet to Indiana; **Angela Brown**, born and raised in Indianapolis, is an award winning Metropolitan Opera Star, recording artist, Podcast host, and advocate; **Pat Sullivan**, Indianapolis based business owner, is well known for his extremely popular "Sullivan Hardware" stores, is a radio and television personality, and very active community volunteer; **Johnny Lay**, is a beloved 70-year employee of Common Ground Midtown (and consequently, Heritage Place of Indianapolis), who's family history pre-dates our 1953 building when he and his father worked for the Blue Family who owned the property at 4550 N. Illinois Street (that's our current address!); and **Leslie Olsen**, Heritage Place member, volunteer and well known, award winning journalist and former anchor for WISH-TV in Indianapolis. Leslie also had a successful "second career" as a respected administrator for the Indianapolis Children's Museum. For detailed biographies of all our honorees, please visit www.heritageplaceindy.org.

An event like Hoosier Heritage Night could never happen without our terrific committee, led by Chair MaryBeth Wott. Those on the committee included Margaret Francis, Christina Fugate, Jill Funk, Brad Romine, Beverly Smith,



L to R Sally Catlin, Pat Sullivan, Angela Brown, Johnny Lay & Leslie Olsen



Sonny & Cher a.k.a. Bart & Diane Frye

Jennifer Streitenberger, Christopher Wagner, and Lloyd Wright. Honorary Chairs were Wayne Weber and Carolyn Dodd Weber. Our lead sponsor for the 39th Annual Hoosier Heritage Night was the R.B. Annis Educational Foun-



Janice White & Iris Pettigrew

dation, with additional support from the LiveLikeLara Foundation, Hoover Hull Turner, Federal Home Loan Bank of Indianapolis, Ice Miller, KSM, and Plews Shadley Racher & Braun.

AARP Smart Driver Course

STAY SAFE—AND SAVE—WITH THE AARP SMART DRIVER COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

Take the AARP Smart Driver course at **Heritage Place** on **July 10 from 12 pm-4 pm**. The classroom course costs \$20 for AARP members and \$25 for non-members. Space is limited, so register now by calling **(317) 283-6662**.

Note: Open to Heritage Place members and the public age 50 and over.



Senior Planet

Senior Planet classes, lectures and workshops are always free to anyone age 55 or older. You do not need to be a Heritage Place Member to attend. Registration is required and space is limited. Call (317) 283-6662 to register.

Senior Planet Workshops

Monday, July 24-Fitness Apps

Wednesday, July 26-Mindfulness Apps

Workshops are held from 2:30-3:45 pm.

The next **Computer Essentials Course** begins July 31 and meets on Mondays for five weeks from 1:30-3:30 pm.

July 31

August 7

August 14

August 21

August 28

SENIOR PLANET
FROM AARP

Fall Prevention Class Orientation

Date: Monday, July 24

Time: 10:30 am

Location: Heritage Place

Presenter: Carolyn Meeker, certified Silver Sneakers instructor

Have you ever wondered when you go for your Annual Medicare Wellness visit why there is an assessment questionnaire about falls and fall risk? Did you know that 1 out of 3 people over the age of 65 will fall this year? Did you know that 1 out of 5 of these falls will result in a serious injury? Falling may lead to loss of independence or make it difficult for a person to perform the activities of daily living (ADLs). Did you know that falls are preventable?

Silver Sneakers says research has found the most promising prevention strategies involve education, fall risk assessments and exercise intervention strategies together to be the most effective means for fall prevention in older adults.

If there is enough interest a class series will begin in August where you can learn lots of great information and exercises to work on the issues associated with preventing falls.

Heritage Place at the Indiana State Fair!

Several Heritage Place classes perform at the State Fair every summer.



What a great way to raise our visibility! Here is a performance schedule so you can come out and support your Heritage Place members.

Belly Dancing Fitness at the Dance Stage:

Saturday, July 29, 3:00 pm

Sunday, July 30, 2:00 pm

Saturday, August 5, 2:00 pm

Sunday, August 6, 6:00 pm

Sunday, August 13, 12:00 noon

Ladies of the Dance at the Dance Stage:

Thursday, August 3, 1:00 pm

Thursday, August 10, 1:00 pm

Friday, August 18, 1:00 pm

Golden Line Dancers at the Dance Stage:

Thursday, August 3, 5:00 pm

Wednesday, August 16, 1:00 pm

Ukulele Class at the Pioneer Building Opry Stage

(one of several groups during timeline):

Friday, August 11, 2:00-5:00 pm

Thursday, August 17, 11:00 am-2:00 pm

We Heel the Sole Podiatry LLC

Dr. Jerwana Laster will be on site at Heritage Place to provide foot care on **Friday, August 4**. Call (317) 283-6662 to schedule an appointment.



JULY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00-2:00 SHIP 12:00 Golden Line Dancers 2:00 Ukulele Class	4 Heritage Place Closed	5 12:00 Learn 'N Play Bridge	6 10:30 Ladies of the Dance 1:00 Chair Fitness	7 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
10 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers 2:00 Ukulele Class	11 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	12 10:00 Good Grief Talks 11:00 Advanced EnerChi 12:00 Learn 'N Play Bridge	13 10:30 Ladies of the Dance 1:00 Chair Fitness	14 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
17 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers 2:00 Ukulele Class	18 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	19 11:00 Advanced EnerChi 12:00 Learn 'N Play Bridge	20 10:30 Ladies of the Dance 1:00 Chair Fitness	21 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
24 10:00-2:00 SHIP 10:30 Fall Prevention Class Orientation 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30 Senior Planet: Fitness Apps	25 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	26 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30 Senior Planet: Mindfulness Apps	27 10:30 Ladies of the Dance 1:00 Chair Fitness	28 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
31 10:00-2:00 SHIP 12:00 Golden Line Dancers 1:30 Senior Planet: Computer Essentials 2:00 Ukulele Class			<h2>July Celebrations</h2> <ul style="list-style-type: none"> 2 Made in USA Day 4 Independence Day 26 Nat'l Disability Independence Day 27 Nat'l Korean War Veterans Armistice Day 30 Int'l Day of Friendship 	

Indy Events

Indiana Black Expo Summer Celebration
 July 8-16
<https://summercelebration.net>

Indiana State Fair
 July 28-August 20
<https://www.indianastatefair.com>

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)

Note: No class July 3, 5, 7, 24

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/85424070767?pwd=NFBODFpoV1hpWXRDM1hRdmg2ZWtodz09>

Meeting ID: 854 2407 0767 Passcode: 457434

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)

Note: On hiatus for months of July & August

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. 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)

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)

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

Chair Fitness (In-Person)

Tuesday and Thursday: 1:00 pm-2:00 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: 1:30 pm-3:00 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

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 July

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 July 5, 12, 19

Wednesday: 11:30 am-1 pm Beginning Class

Wednesday: 1-2 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

Ladies of the Dance Line Dance (In Person)

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

Technology Club (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-12:30 pm. May 5-July 28

Facilitator: Sally Catlin & IUPUI Students

Explore topics in technology like podcasts, smart watches and online resources. Technology Class with student presentations will begin fall semester. Join the summer club!

Cost: Free

Knit & Crochet Class (In-Person)

Note: No classes in July

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

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.



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

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9 am to 4 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.