



# The Informer

Monthly News for Heritage Place Members and Friends

September 2023  
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www.heritageplaceindy.org

## Fall Preview at Heritage Place

Know your Heritage Place! Happy September, everyone!



In case you didn't know it, September is National Senior Center Month, certainly your opportunity to learn about and celebrate the diversity and unique communities of friends that can be found within centers, just like Heritage Place! We think of ourselves as more than just a "senior center", but more of a family of men and women interested in being together and experiencing new things.

What's new in September?

**Euchre Club!** 2nd & 4th Monday

of the month, 3:15-5:15 pm starting Monday, September 11. This "club" is for all skill levels, seasoned and beginners.

**New Name, New Time!** Starting Tuesday, September 5, Chair Fitness becomes **Active Older Adults with Colela** every Tuesday and Thursday, 12:00 noon-1:00 pm in the Community Room.

**Fall Prevention Returns!** Starting Monday, September 18, 10:30-11:30 am and will be offered 3 days a week on Monday, Wednesday and Friday. This popular class will be available for in-person instruction in the Community Room and via Zoom (see the schedule and description for link information).

**Topics in Technology** returns on Friday, September 8 in-person and via Zoom.

Several of our **Dance Classes** are taking a well-deserved, post-State Fair break, so please check with your instructor for their return date and time.

**Inspirational Studies** returns on a new day and new time on Fridays from 10:00 am-11:00 am via in-person and audio conference.

Lastly, **Medicare Bingo** will be presented by our Friends from SHIP on Tuesday, September 26, 2:30 pm. Check the article in this issue of **The Informer** for additional information.

Have a great month!

**Ed Alexander**  
Executive Director

## Thank You, Kristen!

Kristen Wrestler (left) accepts a plaque of appreciation from Heritage Place Board President, Joanne Sommers. Kristen was recognized for completing five years of service on the Heritage Place Board. Kristen, who is Geriatrics Practice Manager for IU Health Physicians, joined the Heritage Place Board as a United Way Intern. Kristen went on to become a board officer and to chair the Heritage Place Trivia Bowl Challenge (and served as bartender at the same event!). Thank you, Kristen!



## Heritage Place Board of Directors Officers for 2023-2024

Joanne Sommers, President  
*Partner, Plews Shadley Racher & Braun, LLP*

Nolan Taylor, Ph D., Vice President & President-Elect  
*Indiana University, Kelly School of Business*

MaryBeth Wott, Secretary  
*Senior Vice President & Community Investment Officer Federal Home Loan Bank of Indianapolis.*

Michael Heavilon, Treasurer  
*Associate, Defur Voran, LLP*



## Trivia Bowl Challenge

Save the date for Thursday, November 16. Direct questions about sponsorships, teams, how to volunteer and details to [Info@heritageplaceindy.org](mailto:Info@heritageplaceindy.org).

# Heritage Place Celebrates 47 Years!

Heritage Place opened August 29, 1976, in its current location at 4550 North Illinois Street to serve older adults aged fifty-five and older in the Indianapolis area. We are still here thanks to Heritage Place members, staff, volunteers, donors, instructors, community partners, host landlords and neighbors.

A wide variety of programs and activities have been and still are offered at Heritage Place to meet the mission. Over the years Heritage Place has served a great many generations and some of the same family. Heritage Place classes, programs and activities provide education, fitness, socialization, support and fun! Try something new and encourage others to do the same. Gift a membership to someone for a special occasion. You won't even have to wrap it!



### 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.

*Happy birthday, Heritage Place, and many more!*

## Medicare Bingo is Back

Back by popular demand, Medicare Bingo comes to Heritage Place. This is a fun learning experience and even if you have attended this before a refresher and an update on what's going with Medicare in 2024 is always good. Besides, Bruce Muller from SHIP will call the Bingo and he is just, well, fun!

Learn about Medicare, special programs to help with expenses, what's new in 2024, and more. If you are on Medicare, will soon be, or know someone who is, this is a great way to learn about the benefits. Everyone is welcome. Afternoon snacks will be provided and there will be prizes, too! RSVP at (317) 283-6662 or sign up at Heritage Place when you're in the building.

**Date: Tuesday, September 26**

**Location: Heritage Place**

**Time: 2:30 pm**



## 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.

Stay tuned for Fall 2023 program schedule for the Computer Essentials Course and/or workshops.

**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).

# Bridge Club on the Road

Duane and Sammye Broline hosted Bridge Club at their home for a fun time and to share their beautiful flower gardens. Rumor has it they all were as serious about their bridge game as when on site at Heritage Place!



# Heritage Place at the Indiana State Fair



## Ukulele Class



# Heritage Place at the Indiana State Fair



## Belly Dancing Fitness



## 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!



# Heritage Place at the Indiana State Fair



## Ladies of the Dance



## Friends at the Fair!



# Heritage Place at the Indiana State Fair



## Golden Line Dancers





# SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September Celebrations and Events</b> 4 HP Closed-Labor Day 5 Int'l Day of Charity 6 Read a Book Day 10 Grandparents Day 11 Patriot Day Nat'l Senior Center Month				<b>1</b> 15 Rosh Hashana starts 18 AIDS Awareness Day & Aging Awareness Day 21 Int'l Day of Peace 23 Autumnal Equinox Nat'l Suicide Prevention Awareness Month
<b>4</b> <b>Heritage Place Closed</b> <b>Labor Day</b>	<b>5</b> 12:00 Active Older Adults 1:30 Indy Silver Foxes	<b>6</b> 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	<b>7</b> 12:00 Active Older Adults	<b>8</b> 10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge 1:00 Belly Dancing Fitness
<b>11</b> 12:00 Golden Line Dancers 2:00 Ukulele Class 3:15 Euchre Club	<b>12</b> 12:00 Active Older Adults 1:30 Indy Silver Foxes	<b>13</b> 10:00 Good Grief Talks 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	<b>14</b> 10:00 Ladies of the Dance 12:00 Active Older Adults	<b>15</b> 10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge 1:00 Belly Dancing Fitness
<b>18</b> 10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 2:00 Ukulele Class	<b>19</b> 10:00-12:00 SHIP 12:00 Active Older Adults 1:30 Indy Silver Foxes	<b>20</b> 10:00 Genealogy Studies 10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	<b>21</b> 10:00 Ladies of the Dance 12:00 Active Older Adults	<b>22</b> 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge 1:00 Belly Dancing Fitness
<b>25</b> 10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 2:00 Ukulele Class 3:15 Euchre Club	<b>26</b> 10:00-12:00 SHIP 12:00 Active Older Adults 1:30 Indy Silver Foxes 2:30 Medicare Bingo by SHIP	<b>27</b> 10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	<b>28</b> 10:00 Ladies of the Dance 12:00 Active Older Adults	<b>29</b> 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge 1:00 Belly Dancing Fitness

## 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](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.

### Fall Prevention Class (Hybrid)

*Note: Classes begin September 18 for 12 weeks.*

**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=SjdGQlZOSnB1ZWdXd1ZtS3E1ZEQ1QT09>

**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 practiced 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 noon-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: 1:30 pm-3 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)

**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)

**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 am-11:45 am**

**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)

**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 (In-Person & Audio Conference)

**Friday: 10 am-11 am**

**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 (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. Technology Class with student presentations begin September 8.

**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