



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

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Happy January and Happy New Year!

We hope all of our readers and friends had wonderful winter holidays. Heritage Place hosted our first Holiday Open House in three years. It was a lot of fun to be together again to socialize and celebrate!



At Heritage Place, we're ready for a new year with some terrific new and returning favorite programs! Last fall, we launched "Senior Planet" with a series of special topic lectures. This winter we will be expanding our lectures with new topics, and offering

a five-week "Computer Essentials" class. It's full of very useful information for both the novice to computers or those with some practical experience. Computer Essentials will be offered twice weekly for five weeks and will be taught by both Sally Catlin and Nolan Taylor.

We'll also have a new batch of 75-minute Senior Planet Lectures like we launched in late 2022. All classes and lectures are topic specific. We've listened to your requests of topics, so be sure to study the calendar for January and be sure to sign up for your favorite. Remember, all programs associated with Senior Planet are available at no charge to anyone, regardless if

they are Heritage Place members.

Senior Planet is just the tip of the iceberg! With the new year comes some new training times, locations in the building and even some expansion of one or two of the most popular programs, so be sure to check the listing in this issue!

Finally, with our Central Indiana weather, always check in with your local news to verify of any closure at Heritage Place in the event of inclement weather.

Be safe and have a wonderful January!

Ed Alexander
Executive Director

REMINDERS



Last chance to see the magic of Festival of the Trees at the Indiana History Center is January 7.

<https://indianahistory.org/events/festival-of-trees/>

Heritage Place Tree #41



Don't forget to check your local TV stations before heading out to see if Heritage Place is closed due to inclement weather.

Place
Stamp
Here

The cost of postage stamps increases January 22. Forever stamps you already purchased before the increase will still be accepted.



Get your flu shot and COVID vaccination or booster to protect yourself and others from serious illness.

Senior Planet Lectures

All Senior Planet lectures and classes are in person and require advance registration. Class sizes are limited. Call (317) 283-6662 or stop by Heritage Place to register. Two lectures are offered in January. Look for announcements about classes and lectures for February.

We are pleased to announce Senior Planet instructors at Heritage Place, Sally Catlin, Carolyn Meeker, Diane Schussel and Nolan Taylor.

How to Choose a Computer

Thursday, January 19, 10:30-11:45 am

Smartphones Lecture

Thursday, January 26, 10:30-11:45 am



Holiday Open House

Heritage Place members, volunteers, Board members and friends gathered for a holiday open house at Heritage Place. What a wonderful atmosphere with holiday sweet treats, beverages, music and gifts. It was great to get together to socialize again after a three-year hiatus! Thanks to the generosity of all who attended, 72 pounds of food was donated for the Boulevard Place Food Pantry. We hope to see you at Heritage Place in 2023. Happy New Year everyone!



Treat Yourself

If you haven't been doing so, treat yourself in 2023. Treating yourself contributes to your **well-being**, which is part of the Heritage Place mission. Well-being is anything you do for yourself to feed you emotionally, physically, mentally and spiritually. In other words, treat yourself! Sure, some things are obvious like exercise, good nutrition and plenty of sleep, but how else can you treat yourself?

Staying connected to others, like coming to Heritage Place for a class, program or activity is a great way to engage with others. Let your creative self come alive by adult coloring, painting or drawing. Add a little music to your life whether it's playing an instrument, listening or dancing in your living room. Go to the movies or watch some at home. Heritage Place has plenty of free DVDs. Pampering yourself by having a massage, manicure or pedicure is relaxing. Or simply connecting to the wonders of outdoors can lift your spirits.

There are so many options for free and low cost treats you can explore. Set a budget and set aside a little cash on a regular basis so when the time is right you can **TREAT** yourself!





JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Heritage Place Closed	3 1:00 Chair Fitness	4 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	5 1:00 Chair Fitness	6 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness
9 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	10 1:00 Chair Fitness 1:30 Indy Silver Foxes	11 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	12 10:30 Ladies of the Dance 1:00 Chair Fitness	13 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness Dr. Laster Foot Care. Call (317) 283-6662 to schedule appt.
16 Heritage Place Closed	17 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	18 10:00 Genealogy Studies 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	19 10:30 Ladies of the Dance 10:30 Senior Planet: How to Choose a Computer 1:00 Chair Fitness	20 10:00 Knit & Crochet 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
23 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	24 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	25 10:00 Good Grief Talks 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	26 10:30 Ladies of the Dance 10:30 Senior Planet: Smartphones Lecture 1:00 Chair Fitness	27 10:00 Knit & Crochet 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
30 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	31 10:00-12:00 SHIP 1:30 Indy Silver Foxes	<p>Disabilities Awareness Month International Creativity Month Jan. 1 New Year's Day Jan. 3 Int'l Mind-Body Wellness Day Jan. 5 Nat'l Bird Day Jan. 11 Nat'l Human Trafficking Awareness Day Jan. 16 Dr. Martin Luther King Day Jan. 31 Inspire Your Heart with Art Day</p>		



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

Please refer to Calendar for class dates and times. Some dates and times were incorrect in the December issue in the class description section.

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)

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/89452260492?pwd=UGNHMkliWTltQWJITnRlNjE4TmNsdz09>

Meeting ID: 894 5226 0492

Passcode: 170986

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)

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. Prepare by reading the Gospel of John. 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 \$1

Non-member \$5

Chair Fitness (In-Person)

Note: Tuesday time change to 1:00 pm

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-3:30 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

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

Good Grief Talks from Heartland Hospice (In-Person)

4th Wednesday: 10 am-11 am except on holidays.

Group Facilitator: Gene Million

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

Cost: Free



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

Note: There is now a Beginning Class and Advanced Class.

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

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

Technology Class (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-1 pm

Instructor: Sally Catlin & IUPUI Students

Classes are hosted in a senior-friendly environment to learn how to use your devices. Explore varying topics in technology including Zoom, using a smartphone, laptop, computer, tablet, internet, social media and much more.

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.



Gardeners donated 620 lbs. of produce to Boulevard Place Food Pantry this growing season.

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

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10 am to 2 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.