



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

July 2022
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Summertime at 4550

Happy July!

It's finally summer! You know what I'm talking about, "those Lazy, Hazy, Crazy days of Summer"? It's certainly been hazy lately, and often crazy, but hardly lazy at Heritage Place!



Events, classes, planning, all of these activities keep our board and staff hopping. Early last month, the Heritage Place Board of Directors agreed on and tentatively approved our Strategic Plan that will lead us over the next 3 years. This is major as Heritage Place continues to grow and evolve to meet the needs of our members in 2022 and beyond! Like so many service-related organizations, Heritage Place did encounter a few road blocks during the pandemic, so launching our strategic planning process earlier this year was really very timely. It gives all of us a "reset", and the opportunity to dream big. Lead by an independent consultant, the plan process engaged lots of people...staff, board, membership and community stake holders, and the responses were unanimous, that Heritage Place of Indianapolis is a vital, important organization. We all know this, but it is wonderful to have others verify what we already know. Most importantly, we have a solid road map that will clearly direct us toward our 50th year of service.

The summer months are also our heaviest membership period. As you all know, a few years ago, we switched to a rolling membership, allowing people to join at any time, with a renewal 12 months from the date of initial joining. Many are still in the mid-year cycle, so if you have received a membership renewal notification, please renew today! Your annual membership is important to us!

Have a wonderful summer, stay cool and hydrated and, if you've not been to Heritage Place recently, come see us soon.

Ed Alexander
Executive Director



Hoosier Heritage Night: The 38th Celebration!

Hoosier Heritage Night, Heritage Place of Indianapolis' signature fund raising event, celebrated its 38th anniversary on the evening of June 16. And what a night it was! This event, designed to identify and celebrate the contributions of Hoosiers who have made a difference in our Central Indiana communities, annually welcomes new inductees into the roll of honorees over the years. In 2022, nine individuals were celebrated for the work they have done to improve the lives, not only of older adults, but all of us.

Hosted by Leslie Olsen from the Indianapolis Children's Museum, and chaired by HP member Brad Romine and volunteer Beverly Smith, Hoosier Heritage Night profiled Judy Hanna, David Hochoy, Andrea Neely, Jean Paison, Donna Stephens, Derrik Thomas, Dr. James Trippi and Carolyn & Wayne Weber. You can read more about each of these individuals on our website, www.heritageplaceindy.org. The highlight of the evening certainly included performances by our own *Golden Line Dancers* and the very popular *Belly Dance Fitness Class*. With The R. B. Annis Educational Foundation serving as Title Sponsor, all revenue will support the programs and services offered at Heritage Place of Indianapolis.

See page 3 for additional photos.

Watch for the 39th Annual Event in the Spring of 2023!



HP's Joanne Sommers is "Up & Coming"

Heritage Place Board Chair, Joanne Sommers, a Partner with the Indianapolis Law Firm of Plews Shadley Racher & Braun, has been named as one of the *2022 Up and Coming Lawyers*. The award, presented June 1 by the Indiana Lawyer's Leadership in Law Awards, recognizes outstanding service by "seasoned" attorneys, those who have practiced 10 years or less, as well as those who serve in Legal Support positions.

Heritage Place is very fortunate to have Joanne leading the organization and we wish her our congratulations!

Thank You Ellen!

Ellen Morley Matthews, who has been a contract employee at Heritage Place for nearly four years, is stepping back to focus on other interests. Ellen has managed all of HP's financial functions since 2018. At the time Ellen joined the organization as a contractor, she had been a Financial Literacy class instructor. After talking with Ed, Executive Director, and realizing some help was needed to modernize the business operations of HP, she made the jump! "Ellen did so much more than simply pay the bills" says Executive Director Ed Alexander, "she spent a great deal of time purging and transitioning us from all paper transactions to electronic, saving all kinds of time and, ultimately, money!"

Ellen's not leaving Heritage Place entirely, she will remain an actively involved member! If we're lucky, she might consider being a program instructor again!

Thank you, Ellen!



Foot Care with Dr. Laster

Dr. Laster will be on site at Heritage Place on Friday, July 8. Appointments are available starting at 9 am. Call Heritage Place at (317) 283-6662 to get on the schedule. First time participants will be issued paperwork to complete and bring with them to the first appointment. There is no cost to participants, however Dr. Laster bills Medicare for her services.

HP Dance Group State Fair Performances

Belly Dancing Fitness will perform at the Indiana State Fair Dance Stage the following:

Sunday, July 31, 4-5 pm

Saturday, August 6, 5-6 pm

Sunday, August 7, 3-4 pm

Friday, August 12, 5-6 pm

Sunday, August 14, 3-4 pm

Saturday, August 20, 3-4 pm

Sunday, August 21, 4-5 pm

Ladies of the Dance will perform at the Indiana State Fair Dance Stage the following:

Thursday, August 4, 1-2 pm

Thursday, August 11, 1-2 pm

Thursday, August 18, 1-2 pm.

The Golden Line Dancers will perform at the Indiana State Fair Dance Stage the following:

Friday, August 5, 2-3 pm

Friday, August 19, 5-6 pm

The **Indiana State Fair** runs from July 29-August 21. For details go to <https://www.indianastatefair.com>.

SHarP Community Garden: Then and Now



SHarP Community Garden has come a long way since 2010. Here is a look at the garden in its' very beginning and another look at how it has evolved. All of the vegetables from the community beds support the Boulevard Place Food Pantry in the Butler Tarkington neighborhood. Thanks to volunteers from Common Ground Midtown Church, many of the raised bed frames have been replaced with grant monies from the Indy Food Fund. Growing is good at the corner of 46th & Illinois!



Indiana Black Expo Summer Celebration runs from July 7-17. For details go to <https://summercelebration.net/>.

A Beginner's Guide to DNA and DNA Testing

A Two-Part Heritage Place Event in July Presenter: Angela Guntz, Genetic Genealogist, Central Indiana DNA Interest Group

Have you recently taken a DNA test? Are you thinking about purchasing a DNA kit? Join us for an overview of ancestral DNA, features of DNA test basics and clarification of DNA privacy concerns.

Part 1-An Introduction to DNA and DNA Testing! Wednesday, July 6, 2022 from 2:00-3:15 pm

Topics:

- What is DNA?
- How do we inherit it?
- What DNA testing companies are in existence?
- What are the different test types?
- Why take a DNA test?

Part 2-You Received Your DNA Test Results! Now What?

Wednesday, July 20, 2022 from 2:00-3:15 pm

Topics:

- Understand Ethnicity estimates!
- Getting the most out of your DNA matches!
- Connecting your family tree with your DNA results!
- Learn how to use the results to solve mysteries in your family history research!

The cost is free, but registration is required.

Call Ed or Lynnette at (317) 283-6662.



Hoosier Heritage Night





JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cell Phone Courtesy Month July 9-Eid al-Adha July 13-Super Buck Moon July 26-National Disability Independence Day July 30-International Day of Friendship			1 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge Club 1:00 Belly Dancing Fitness
4 Independence Day-Heritage Place Closed	5 Heritage Place Closed-No Classes	6 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 2:00 Guide to DNA & DNA Testing	7 Heritage Place Closed-No Classes	8 Dr. Laster Foot Care <i>(by appointment)</i> 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge Club 1:00 Belly Dancing Fitness
11 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers	12 10:00-12:00 SHIP 10:30 Chair Fitness 10:30 Ladies of the Dance Practice 1:30 Indy Silver Foxes	13 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	14 10:30 Ladies of the Dance 1:00 Chair Fitness	15 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge Club 1:00 Belly Dancing Fitness
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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.

Inspirational Studies (Audio Conference)

Note: On summer break. Resumes in September.

Group Leader: Rev. Samuel Murray

Senior adults who desire to participate can begin preparing by reading the Gospel of John. Classes generally include a brief period designed specifically for spiritual devotion (Prayer concerns/prayer, a selected Scripture reading, and inspirational music.) Following devotion, comments on the text are provided by the group leader. After comments on the text, the remainder of the class is devoted to questions and discussions related to personal issues, current events, and/or biblical interpretations. This class has been proven to be genuinely helpful to those seeking spiritual support and sincere fellowship. Everyone is welcome.

Cost: Currently free for conference call classes

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

Advanced EnerChi (Zoom Platform)

Monday, Wednesday, Friday: 11 am-12 pm

Dates: May 2-Aug 24

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/89851087466?pwd=eWJmZm8zL2p2Zyt1dU9xQlZlZW4yQT09>

Meeting ID: 898 5108 7466

Passcode: 531880

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

Indy Silver Foxes-Beginner and Intermediate Line Dance (In-Person)

Tuesday: 1:30 pm-3:30 pm

Instructor: Linda Oglesby

For all who have expressed having two left feet, it's your day. All levels of line dance skills are welcome at any time. New dancers and seasoned dancers will continue dance steps to help with balance, coordination, memory and creativity set to popular music. Mask required for this class.

Cost: Member \$3

Non-member \$5

Genealogy Studies Group (In-Person)

3rd Wednesday: 10 am-11 am

Instructor: Judy Casey

Note: 2 pm Guide to DNA & DNA Testing presentation will replace regular 10 am Genealogy class on July 20. 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

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

Wednesday: 11:30 am-1 pm

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

continued on next page

NOTE:

EnerChi for Beginners and Can We Talk? are on hold until September.

Good Grief Talks from Heartland Hospice (Teleconference Platform)

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

Check in no later than 10:15 am

Dial-in: 1 (203) 280-6884

Conference Code: 214 691 75 #

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

Ladies of the Dance Line Dance (In Person)

Thursday: 10:30 am-12:30 pm

New Dancers: Arrive at 11:30 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

Chair Fitness (In-Person)

Tuesday: 10:30 am-11:30 am

Thursday: 1 pm-2 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

Knit, Loom Knit, and Crochet for a Cause (Zoom Platform)

Note: On summer break. Resumes in September.

Instructor: Madora Lewis

Join the knitting class for socialization and fun while knitting for a cause. You provide the skill and needles and we will supply the yarn and pattern.

Cost: Currently free for online class.

Technology Club (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-12:30 pm

Facilitator: Sally Catlin & IUPUI Student(s)

A great way to learn about how to use electronic devices and explore topics in technology. You are welcome to join the summer club, but student presentations will not begin until fall semester.

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.

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

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

www.heritageplaceindy.org

10 am to 2 pm Monday – Friday

Staff

Edward Alexander, Executive Director

Lynnette Lewis, Programs and Services Director

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 Heal 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 Heal the Sole Podiatry LLC and learn what you will need to bring to your appointment.

Books 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.