



The Informer

Monthly News for Heritage Place Members and Friends

August 2023
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www.heritageplaceindy.org

In The Good Old Summertime!

Remember when things slowed down during the summer months? When we seemed to have all the time in the world to relax and often had to find someplace to stay cool? Summer is a busy time at Heritage Place. Sure, we've had a few of our class instructors take a few weeks off to energize themselves and maybe our schedule looks a bit different, but summer also brings back popular activities that we all look forward to.



Indiana Black Expo is a great example that we all had a chance to enjoy in July, with a few of our programs being showcased in their Health & Fitness Fair. Speaking of fairs, the Indiana State Fair is underway right now, with multiple dance groups participating at the dance stage, and our new Ukulele class per-

forming in Pioneer Village. Be sure to check the August calendar of activities in this issue for various groups and their performance times.

We're also seeing the start of some exciting new programs and the return of some fan favorites during August! Senior Planet continues with Computer Essentials this month. Now is the perfect time to understand and learn to make the most of your computer. You don't need to have a computer or tablet to participate, we have them available for your training! Fall Prevention class (as in how to avoid falling down!) returns with a series of classes that will be available both in-person and virtually. This extremely popular class fills up fast, so be sure to check the schedule and plan to attend.

In August too, we start the process of our annual "member survey", the annual activity that helps us determine what kind of programs and ser-

vices you, our members, are wanting to see in the coming year at Heritage Place. If you would like to help us create the survey, we would love to have you! Simply reach out to Lynnette and Ed at Info@heritageplaceindy.org for more information. August is a great time to become more involved at Heritage Place. Have you been thinking of joining a committee? Perhaps the Programs and Services group? They are currently looking for volunteers to meet and discuss membership recruitment, program offerings and member communications. Again, let Ed and Lynnette know of your interest.

Heritage Place has a special day on August 29. Our 47th Birthday! Watch for a special email blast about planned activities, we'd love to have you join us in this celebration!

Have a wonderful month!

Ed Alexander
Executive Director

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, 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

Ukulele Class at the Pioneer Building Opry Stage:

Friday, August 11, 3:00 pm
Thursday, August 17, 12:00 noon



Golden Line Dancers at Hoosier Heritage Night

Golden Line Dancers at the Dance Stage:

Thursday, August 3, 5:00 pm
Wednesday, August 16, 1:00 pm

AARP Smart Driver Course a Success

The AARP Smart Driver course was well received and an opportunity to expose Heritage Place to a new audience. Thirteen people participated in the course including Heritage Place members Manolo Santalla and Liz Scales. The remainder were AARP members. Instructor Dick Huber made the course interactive and open for discussion and questioning.

Lynnette Lewis, associate executive director at Heritage Place gave a welcome and the history of Heritage Place and all the benefits of membership. She also gave a Senior Medicare Patrol presentation and distributed packets of information to participants.

Thanks to IUPUI technology students, Millie and Isaiah, for providing technical assistance and to AARP for choosing Heritage Place to host this valuable event for seniors.



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!



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.

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.

The next **Computer Essentials Course** begins August 7 and meets on Mondays for five weeks from 1:30-3:30 pm.

August 7
August 14
August 21
August 28
September 11

SENIOR PLANET
FROM **AARP**

Fall Prevention Orientation and Class (Hybrid)

Orientation is August 23. Classes begin September 18 on M, W, F for 12 weeks.

Time: 10:30 am-11:30 am

Orientation and classes will be offered in person and on Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/81195935835?pwd=emRzanIBWTZtT3hGa3R5SW9BeHljZz09>

Meeting ID: 811 9593 5835

Passcode: 898153

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.

Join us in person or on Zoom to learn lots of great information and exercises to work on the issues associated with preventing falls.

Heritage Place Has a New Look Out Front



Senior Medicare Patrol News

Medicare-related Scam Calls

Scam calls are on the rise claiming to be from Medicare. All ages are getting calls. Be wary of anything unsolicited. Medicare does not call you uninvited and ask for personal and private information. You will always get a written statement in the mail before you get a phone call from a government agency.



Reports of COVID Test Kits Billed to Medicare

There has been a surge in unsolicited COVID-19 test kits arriving in mailboxes. Always check your Explanation of Benefits for unauthorized charges to your Medicare account.

Callers Tricked with Spoof Numbers

Scammers are using numbers that seem to be from a government agency or health provider that you already know and trust. They do this to entice you to answer. The caller is trying to get your personal information, such as your Medicare card number, your Social Security number, or other health insurance identification.

Medicare does not call you uninvited and ask for personal information. Calls requesting health insurance information should NOT be trusted. Never join a Medicare health or drug plan over the phone unless YOU called Medicare. If someone asks you for your information, money, or threatens to cancel your health benefits if you don't share personal details, hang up and call Medicare at (800) 633-4227 or visit [www.https://medicare.gov](https://www.medicare.gov).

**Source: SMP National Resource Center
Call local SMP at (317) 205-9201.**

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.

Heritage Place of Indianapolis, Inc.

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(317) 283-6662

admin@heritageplaceindy.org

www.heritageplaceindy.org

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.



AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	2 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	3 10:30 Ladies of the Dance 1:00 Chair Fitness	4 10:00 Knit & Crochet 12:00 Bridge 1:00 Belly Dancing Fitness Dr. Laster Foot Care
7 10:00-2:00 SHIP 12:00 Golden Line Dancers 1:30 Senior Planet: Computer Essentials 2:00 Ukulele Class	8 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	9 10:00 Good Grief Talks 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	10 10:30 Ladies of the Dance 1:00 Chair Fitness	11 10:00 Knit & Crochet 12:00 Bridge 1:00 Belly Dancing Fitness
14 10:00-2:00 SHIP 12:00 Golden Line Dancers 1:30 Senior Planet: Computer Essentials 2:00 Ukulele Class	15 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	16 10:00 Genealogy Studies 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	17 10:30 Ladies of the Dance 1:00 Chair Fitness	18 Heritage Place Closed due to Sausage Fest at St. Thomas
21 10:00-2:00 SHIP 12:00 Golden Line Dancers 1:30 Senior Planet: Computer Essentials 2:00 Ukulele Class	22 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	23 10:30 Fall Prevention Orientation 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	24 1:00 Chair Fitness	25 10:00 Knit & Crochet 12:00 Bridge 1:00 Belly Dancing Fitness
28 10:00-2:00 SHIP 12:00 Golden Line Dancers 1:30 Senior Planet: Computer Essentials 2:00 Ukulele Class	29 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes Heritage Place's 47th Birthday!	30 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	31 1:00 Chair Fitness	

August Celebrations and Events

- 7 Purple Heart Day
- 9 Int'l Day of World's Indigenous People & Book Lovers Day
- 26 Women's Equality Day
- 29 Heritage Place Birthday

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: On hiatus until further notice.

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

Fall Prevention Orientation and Class (Hybrid)

Orientation is August 23. Classes begin September 18 on M, W, F for 12 weeks.

Time: 10:30 am-11:30 am

Presenter: Carolyn Meeker, certified Silver Sneakers instructor

Orientation and classes will be offered in person and on Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/81195935835?pwd=emRzanlBWTZtT3hGa3R5SW9BeHljZz09>

Meeting ID: 811 9593 5835

Passcode: 898153

Join us in person or on Zoom to learn lots of great information and exercises to work on the issues associated with preventing falls.

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

Heritage Place Classes and Programs

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

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: 10:30 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)

Note: No activity in August. Topics in Technology class starts September 8.

Call (317) 283-6662 to sign up

Friday: 11 am-12:30 pm.

Facilitator: Sally Catlin & IUPUI Students

Explore topics in technology like podcasts, smart watches, popular apps and online resources. Technology Class with student presentations will begin fall semester.

Cost: Free

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

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.