



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

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Ageism: It's a real thing and an opportunity.

Everyone's guilty of ageism, even those of us actually in this age group. Ageism is everywhere. Consider this: Birthday cards that talk about being old in



a comical way, even skin care that boasts "anti-aging", all indicating that something is just a little bit wrong with being older and we need to do something to prevent it. We all do it. I'm the first one to grab a senior discount at a restaurant or at the barber shop, but when was the last time a 30-year-old was asked "Are you still working?" "When are you going to retire?" or the obvious "How old are you, anyway?" My favorite "You

look great for your age". Thanks, I guess. You can't get upset with people who say things like this, but these well intended comments are also not-so-subtle forms of ageism.

In the business world (including the non-profit world, believe me!), ageism is more of a problem. It's assumed that older workers can't possibly compete with colleagues 30 years younger, or that technology totally baffles them and older adults have little to offer. Even questions that are asked during the interview process is kind of a shock, "How long do you intend to stay?" Not long if I'm asked that question! The sad part of this is after hearing this kind of stuff for years, older adults start to believe all of these assumptions about themselves. That's when Heritage Place

comes in.

From the very beginning, Heritage Place has focused on giving our members the programs they want to have. It's always been, and always will be "member driven". That's why we now have two levels of Spanish (beginning and advanced!) and that's why we have multiple dance opportunities, and everything in-between! Ageism is not a roadblock for us, but an opportunity to demonstrate, first hand, that so many assumptions made about older adults (what age is that, anyway??), might be incorrect.

Have a wonderful month, and come and see us soon.

Ed Alexander
Executive Director

REMINDERS

The Informer is our monthly publication with updated program and class information, along with other news you can use! It's sent to Heritage Place members, current with their annual dues, electronically to the email address you have provided on your membership form. So, if someone tells you they "haven't gotten a newsletter from Heritage Place in months", it's because they've not renewed their membership. Easy fix, just have them contact the HP Office and we can help get them back on track.

Hours of operation: Heritage Place is open to members and the general public Monday-Friday, from 9:00 AM to 4:00 PM. Staff is here prior and after those stated hours, but they do need some time to set up classrooms, answer email and otherwise prepare for and wrap up the day. Holiday closings are posted one week in advance and will be printed in **The Informer**. Naturally we will remain open for special evening meetings and special events when necessary.

It's a Wrap

Festival of Trees for 2022 is a wrap! Many thanks to all who planned, decorated and visited Tree 41 at the Indiana History Center this recent Holiday Season! It's not too early to start thinking about our design for 2023! If you are interested in working on the committee to plan the 2023 Heritage Place Tree for "Festival of Trees" at the Indiana History Center, contact the Heritage Place office and let us know! We know your creative minds are out there! Jump on the bough and have some fun and socialization!



Black History Month Activities

Black History Month honors contributions of African Americans to the history of the United States. Prominent figures include Madam C.J. Walker, George Washington Carver, Rosa Parks, and Shirley Chisholm. The celebration began as “Negro History Week” created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. In 1976, it became a month-long celebration. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

The month of February is full of things to do to celebrate Black History Month. Click on the links to find out about activities in Indianapolis.

<https://www.eventbrite.com/d/in--indianapolis/black-history-month/>

<https://allevents.in/indianapolis/black-history-month>



Senior Planet

All Senior Planet classes and lectures are in person and require advance registration. Class sizes are limited. Call (317) 283-6662 or stop by Heritage Place to register.



Senior Planet Classes

Computer Training Course-Computer Essentials. Twice a week, 5-week computer training course. All sessions will meet from 2:30 to 3:45 pm in Conference Room

Monday Feb 6	Wednesday Feb 22
Wednesday Feb 8	Monday Feb 27
Monday Feb 13	Wednesday Mar 1
Wednesday Feb 15	Monday Mar 6
Monday Feb 20-no class, HP closed for President's Day	Wednesday Mar 8
	Monday Mar 13

Senior Planet Lectures

All lectures will meet on Thursdays from 10:30 to 11:45 am

Thursday Feb 2	Benefits of Connecting to the Internet
Thursday Feb 9	The Internet of Things
Thursday Feb 13	Affordable Connectivity Programs
Thursday Feb 23	Smartphones Photography
Thursday Mar 2	Introduction to Social Media
Thursday Mar 9	All Things Zoom

“80 for Brady” Screening

Heritage Place members and friends were treated to a screening of the motion picture “80 for Brady” on January 19 at the Landmark 12 Glendale Theater in Indianapolis! This fun evening was sponsored by Allied Global Marketing.



Heritage Place members and friends await the showing.



Heritage Place friends visit with Executive Director Ed Alexander after the showing.

You Can Still Change Your 2023 Medicare Advantage Plan

If you don't like the Medicare Advantage Plan, you're enrolled in for 2023, there's still something you can do if you want to make a change. **Medicare now**

has a three-month Advantage Plan Open Enrollment Period from January 1 - March 31 that allows you to make a one-time change to another Advantage Plan or to return to Original Medicare in 2023. If you use this option to return to Original Medicare, you can also add a Part D prescription drug plan.

Changes in your Advantage Plan coverage would start the first day of the month after Medicare receives your new enrollment request. For example, if you request a change in your Advantage Plan in January, your new coverage will start February 1.

SHIP counselors can help you compare Advantage Plans. Heritage Place hosts trained and certified SHIP counselor, Denis, most Mondays and Tuesdays so make an appointment for free, impartial help comparing plans.

SHIP counselors can answer questions about Medicare's Advantage Plan Open Enrollment Period, Advantage Plans, Part D drug plans, Medigap Supplement policies, assistance to help pay your Medicare costs, etc. Contact SHIP at 800-452-4800, online at www.medicare.in.gov or make an appointment to see Denis at HP. You can also find SHIP on Facebook and Twitter.

Understanding Medicare: What Are the Parts?

When asking beneficiaries if they have Original Medicare, Medigap or an Advantage Plan the response is commonly, "I don't know, I just have Medicare." Hopefully this article will help clarify what the Parts are of Medicare. Medicare can be difficult to understand. What may be good for you may not necessarily be good for your family or friends. When deciding what is best for you, think about your medical needs, how many doctors you see and what prescription drugs you take. Another consideration is do you spend several weeks or months in another state during the year?

Original Medicare consists of **Parts A and B** so here is a breakdown. Part A helps pay for hospital stays and inpatient care. Part A is free to most, however there are some exceptions. Part B helps pay for doctor visits and outpatient care. The premiums for Part B are tied to taxable income and for most, deducted from your monthly Social Security payment. With Part B, after paying the deductible, you will usually pay 20% for each Medicare-covered service and Medicare pays 80%. Parts A and B do not cover prescription drugs.



Medicare Part C is a Medicare Advantage Plan, offered by private insurers, and offers the same services as Medicare Parts A, B, and D. Many of these plans also include prescription drugs and some limited dental, vision, hearing and other services. You still must be enrolled in Part A and pay for Part B. There may be a premium cost to a Plan C option, depending on what plan you choose. These are Medicare's managed care options. Costs and networks vary by plan.

Medicare Part D helps cover prescription drugs. If you have Original Medicare and want insurance to help pay for medications, you will need to enroll in a Medicare Part D prescription drug plan. These plans are available through private insurance companies who contract with Medicare. Premiums, deductibles, drug costs and availability vary. There are also some rules around when you can purchase a plan and possible late enrollment penalties.

Supplement (Medigap) helps cover some or most of the costs not covered by Parts A and B. These plans are offered through private insurance companies. You can only have a Supplement (Medigap) policy with Original Medicare.

Do your self-assessment, determine your personal needs, and research your options. It is important to evaluate your needs each year as your medical needs and financial resources can change while at the same time the Medicare system is ever-changing. You can meet with a trained and certified SHIP counselor right here at Heritage Place by calling (317) 283-6662.

Sources: AARP, National Council on Aging, Social Security Administration, and SHIP

Senior Scam Presentation

As you know, seniors are often targeted by scammers. Learn about scams that are out there, what to look out for and how **not** to be a victim!

Date: Monday, February 27

Time: 11:00 am

Presenter: Casey Clippel, Outreach Specialist, Office of Attorney General Todd Rokita.

A light lunch will follow the presentation.

RSVP no later than February 17 by calling (317) 283-6662 or stop by the Heritage Place office to sign up.





FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>. HAPPY .</i></p> <p>Valentine's Day</p>				
		1	2	3
		12:00 Learn 'N Play Bridge	10:30 Ladies of the Dance 10:30 Senior Planet: Benefits of the Internet	10:00 Knit & Crochet 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
6	7	8	9	10
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:30 Senior Planet: Computer Training	10:00-12:00 SHIP 1:30 Indy Silver Foxes	11:30 Beginning Spanish 1:00 Advanced Spanish 12:00 Learn 'N Play Bridge 2:30 Senior Planet: Computer Training	10:30 Ladies of the Dance 10:30 Senior Planet: The Internet of Things	10:00 Knit & Crochet 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
13	14	15	16	17
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:30 Senior Planet: Computer Training	10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	10:00 Genealogy Studies 11:30 Beginning Spanish 1:00 Advanced Spanish 12:00 Learn 'N Play Bridge 2:30 Senior Planet: Computer Training	10:30 Ladies of the Dance 10:30 Senior Planet: Affordable Connectivity Programs 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
20	21	22	23	24
Presidents Day Heritage Place Closed	10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	10:00 Good Grief Talks 11:30 Beginning Spanish 1:00 Advanced Spanish 12:00 Learn 'N Play Bridge 2:30 Senior Planet: Computer Training	10:30 Ladies of the Dance 10:30 Senior Planet: Smartphones Photography 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
27	28	<p>American Heart Month</p> <p>Black History Month</p> <p>Nat'l Cancer Prevention Month</p> <p>Feb. 1-7 African Heritage & Health Week and Women's Heart Week</p> <p>Feb. 1 Nat'l Freedom Day</p> <p>Feb. 2 Ground Hog Day</p>		
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 11:00 Senior Scam Presentation 12:00 Golden Line Dancers 2:30 Senior Planet: Computer Training	10:00-12:00 SHIP 1:30 Indy Silver Foxes	<p>Feb. 12 Super Bowl Sunday</p> <p>Feb. 14 Valentine's Day, Random Acts of Kindness Day & Nat'l Caregivers Day</p> <p>Feb. 20 President's Day- Heritage Place Closed</p> <p>Feb. 22 Ash Wednesday</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.

VITA Tax Assistance 2023

VITA Tax Assistance is a free service for those with an adjusted gross income of \$68,000 or under. Heritage Place is not a preparation site, however the E. 38th Street Library located at 5420 E. 38th St., Indianapolis, IN 46205 offers in person appointments from February 2 through April 22. You must schedule an appointment by calling the library at (317) 275-4350 and drop off is not available this year. For other locations call 211.



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)

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

[https://us02web.zoom.us/j/89452260492?pwd=UGNH](https://us02web.zoom.us/j/89452260492?pwd=UGNHMkliWTltQWJITnRINjE4TmNsdz09)

[MkliWTltQWJITnRINjE4TmNsdz09](https://us02web.zoom.us/j/89452260492?pwd=UGNHMkliWTltQWJITnRINjE4TmNsdz09)

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.



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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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.