



The Informer

Monthly News for Heritage Place Members and Friends

June 2023
Volume 47 | No. 6
www.heritageplaceindy.org

The Importance of Eyesight

I've been taking my vision for granted. You see, I've worn glasses or contact lenses forever, since I was about 9, I think. All little boys in those days had black plastic frames. Although I clearly remember being excited about seeing clearly, I just hated glasses, and they were always broken or at best, crooked on school picture day. I've been in contact lenses for about 25 years, and until recently, successfully for someone with a very myopic diagnosis.



Over the last year, and specifically recently, I've had trouble with my vision. In fact, I could see nothing clearly at all. Multiple visits to multiple doctors told me that I had Chronic Dry Eye Disease along with other eye conditions and a couple of nasty infections. All kinds of procedures performed, different drops and awful creams in my eyes eliminated what little sight I had and made me very light sensitive. I dared not drive anywhere, and when I did drive to and from Heritage Place, I was in prescription sunglasses with a larger pair of sunglasses on top. People probably wondered why Ed was sitting in a dark office with his sunglasses on. I couldn't do anything. Honestly, Lynnette Lewis was a miracle worker having to deal with the day to day at Heritage Place and being my eyes in the office, not to mention occasionally having to calm me down! I was totally useless. I took my vision, and my ability to function and work, for granted.

The point of my story is simple. Don't take your health for granted. I waited way too long to do anything about my eyes. Because of this, I had other problems, so don't wait if you


think something is wrong. During all of this, I could hear my Dad (who also was very near-sighted as a child and adult) repeat as he did when I was new in glasses, "get your hair out of your eyes!" (it was the 1960's), "Don't sit so close to the television, it's hard on your eyes"

Here at Heritage Place, we offer health screenings and educational opportunities for all of us to learn more

about and take action for our own health. I'm pretty sure we'll be doing vision screenings and maybe learn about advances in low vision adaptive equipment. So, please don't take your vision (or anything) for granted.

Have a great June, I look forward to seeing you soon, seriously


Ed Alexander
Executive Director



CELEBRATING the 1960's
It's a Sign of The Times!

PRESENTS

the **39th** annual
HOOSIER HERITAGE NIGHT



Recognizing the outstanding achievements and contributions of these remarkable Hoosiers:

**Angela Brown · Sally Catlin · Johnnie Lay
Leslie Olsen · Pat Sullivan**

● DINNER, EVENT PROGRAM, AND LIVE AUCTION ●

Honorary Chairs: **Wayne Weber & Caroline Dodd Weber** 2022 HOOSIER HERITAGE INDUCTEES

Our 39th Anniversary Sponsor
R.B. ANNIS EDUCATIONAL FOUNDATION

Wed., June 14th, 6:00 PM
Meridian Hills Country Club
7099 Spring Mill Rd., Indianapolis, IN

Note: RSVP by June 7
EdwardAlexander@heritageplaceindy.org or (317) 283-6662

Senior Planet

Senior Planet classes, lectures and seminars 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.

Senior Planet Classes Introduction to Digital Culture

From communicating with others to staying healthy, digital tools and technologies affect much of our lives. You will learn best practices for staying safe online and using social media tools. This course is a great opportunity to meaningfully practice skills gained from the Computer Essentials course. Meets twice a week on Mondays and Wednesdays from 2:30-3:45 pm.

Monday, June 5	Monday, June 12
Wednesday, June 7	Wednesday, June 14

Next **Computer Essentials Course** will be offered beginning July 31 and meets on Mondays for 5 weeks from 1:30-3:30 pm. **July will be Senior Planet Workshops month.** Seven workshops will be offered throughout the month on a variety of topics to include learning how to connect to the Internet, Tips and Tricks with Gmail, and Fitness/Mindfulness Applications. Workshops will be offered on Mondays and Wednesdays from 2:30-3:45 pm.

SENIOR PLANET
FROM AARP

AARP Smart Driver Course

STAY SAFE—AND SAVE—WITH THE AARP SMART DRIVER COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

Take the AARP Smart Driver course at **Heritage Place** on **July 10 from 12 pm-4 pm**. The classroom course costs \$20 for AARP members and \$25 for non-members. Space is limited, so register now by calling **(317) 283-6662**.

Note: Open to Heritage Place members and the public age 50 and over.

Thanks to Modern Woodman

The Heritage Place beginning and advanced Spanish classes are recipients of a supply of vocabulary textbooks thanks to the generosity of Modern Woodman Fraternal Financial. Thank you, Michelle and our friends at Modern Woodman!

Modern Woodmen
FRATERNAL FINANCIAL



Michelle Badalato, representing Modern Woodman Fraternal Financial, and Edward Alexander, Heritage Place Executive Director

Heritage Place Needs Books!

Our lending library shelves are looking empty these days. We can always use donated books of any topic...fiction, romance, biographies, history, cooking, non-fiction, old, new, large print or regular! Audio books, puzzles, word searches, too. Have you got movies or CDs you're not sure what to do with? We do! We've got readers and listeners so do a little late spring cleaning and bring them to Heritage Place! When you do, simply see Ed or Lynnette and we can help you.



Blood Pressure Bingo Fun and Education



Barbara Owens, Heritage Place and Russell Watkins, American Senior Communities

American Senior Communities

happy
FATHER'S
Day



JUNE 2023

NOTE: Advanced EnerChi on Break in June (M, W, F)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-10 Nat'l Garden Week 12-18 Nat'l Men's Health Week 4 Nat'l Cancer Survivors Day 6 D-Day 18 Father's Day 21 Nat'l Day of Indigenous People & Summer Solstice 27 Nat'l Bingo Day			1 10:30 Ladies of the Dance 1:00 Chair Fitness	2 10:00 Knit & Crochet 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
5 10:00-2:00 SHIP 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30 Senior Planet: Intro to Digital Culture	6 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	7 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30 Senior Planet: Intro to Digital Culture	8 10:30 Ladies of the Dance 1:00 Chair Fitness	9 10:00 Knit & Crochet 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
12 10:00-2:00 SHIP 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30 Senior Planet: Intro to Digital Culture	13 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	14 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30 Senior Planet: Intro to Digital Culture 6:00 Hoosier Heritage Night	15 10:30 Ladies of the Dance 1:00 Chair Fitness	16 10:00 Knit & Crochet 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
19 Juneteenth Heritage Place Closed. No classes or services.	20 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	21 10:00 Genealogy Studies 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	22 10:30 Ladies of the Dance 1:00 Chair Fitness	23 10:00 Knit & Crochet 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
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June is:

African American Music Appreciation Month
 Alzheimer's & Brain Awareness Month
 Pride Month

Indy Events

Indy Pride Festival
 June 10, 11 am-11 pm
 Military Park
www.indypride.org

Juneteenth Festival
 June 17, 10 am-6 pm
 Military Park
<https://www.indyjuneteenth.org>

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 break for month of June

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

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 \$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



Ukulele class instructor, Mike Kruse

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

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: 10:30 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)

Call (317) 283-6662 to sign up

Friday: 11 am-12:30 pm. May 5-July 28

Facilitator: Sally Catlin & IUPUI Students

Explore topics in technology like podcasts, smart watches and online resources. Technology Class with student presentations will begin fall semester. Join the summer club!

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.



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.

4550 North Illinois Street; Indianapolis, IN 46208

(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.