



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

“Why don’t my children want my stuff?”

This is a frequently discussed topic here at Heritage Place these days. Older adults with items (“stuff”) collected over a lifetime. Many sentimental, perhaps valuable. It seems natural that you simply pass them on to your family, because they appreciate them and will cherish them, right? Maybe not.



Let’s be clear about this, I am probably the worst person to comment on this topic. I am sentimental. I am the recipient of “stuff” from multiple generations of my family...all sides of my family. My Dad lived to be 100 years old, he had stuff. Now my brother and I have a lot more stuff. More about how I have attempted to deal with all of this later.

I firmly believe it’s not that your family is not interested, it’s just they can’t use that silver platter, or your wedding china because you shouldn’t wash it in the dishwasher. Maybe the artwork you love so dearly is not their taste, or they have no room for

the vast collection of books or knick-knacks they remember in the living room of their childhood home. And the furniture.... maybe they want their own stuff. It’s OK. It’s not that they don’t love you, but they don’t have the attachment the same way you do. At least not yet.

You may have been thinking you need to do something with all your stuff. The multiple sets of china, the Wedgwood that seemed so out of reach and expensive when you started to collect it, the tools in your garage that maybe don’t get the work out they once did, and whatever is stuffed in the closets in parts of the house that is seldom used anymore. Well, here is my suggestion... If they don’t already know, tell your family what is special to you and why. Maybe they missed that part of the story the first time you told them. Maybe, as family members hear the “stories behind the stuff” they might appreciate why it’s important. You might be surprised that once they understand the importance of a specific thing, they might cherish it too.

As I’ve said, I’m not offering any

solutions as to what to do with “stuff”. But, if you worry about it, then you can’t possibly enjoy it, so you might as well just get rid of it. So much easier said than done, believe me! As for me, I’ve amassed all kinds of stuff... mostly things that are sentimental to me and tell a story. Letters, pictures, books, watches, art, a few pieces of furniture that I use. Yes, my basement is full of stuff I thought I would eventually use (and I might!), and I really don’t need any more chairs, so again, I’m not suggesting you do what I do. It’s what you like, and that’s the important part!

Because this has been such a popular topic (not my basement, but the issue of “stuff”), later this year, Heritage Place will have a special presentation on some practical and affordable solutions to liquidation of stuff. This will be presented by experts who know all the tricks of the trade, so watch for more information coming soon.

Have a wonderful March! Spring will soon be with us!

Ed Alexander
Executive Director

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 will 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.

Senior Planet

All Senior Planet classes and lectures are in person and require advance registration. Call (317) 283-6662 for details.

SENIOR PLANET
FROM AARP

Computer Essentials

Where: Heritage Place, Conference Room

Time: 2:30-3:45 pm

Dates:

Wednesday, March 1

Monday, March 6

Wednesday, March 8

Monday, March 13

Senior Planet Lectures

Where: Heritage Place, Conference Room

Time: 10:30-11:45 am

Dates:

Thursday, March 2 Introduction to Social Media

Thursday, March 9 Smartphones Photography



Geriatric Syndromes Seminar

Date: Friday, March 24

Time: 1:15 pm

Presenters: IU Health Geriatrics Staff

Topics:

Dementia, Memory Loss, and Falls

How to manage care for yourself or a loved one



Refreshments provided. RSVP to Ed or Lynnette by March 20.

Call (317) 283-6662 or stop by the office.

IU Health Geriatrics provide advice to their patients and their families on topics including memory loss, depression, medication management, mobility, living arrangements, social supports and community resources. IU Health Physicians Geriatrics works closely with your PCP to provide coordinated care and provides inpatient and outpatient care. You can call (317) 962-2929 for more information.

Head Counting!

Lynnette and Ed do it all the time, count heads! We're almost done with the Heritage Place annual census we conduct at the start of every year.

So, what is this and why? Well, we've got so many interesting and unique classes offered at Heritage Place, we like to see what is popular, what days of the week are busiest, and what we can do to maybe attract more members. Collecting attendance numbers is important for us as we seek grant funding, and look for areas of expansion. The 2022 Census Count is nearly complete! So far, attendance in most classes is very, very good! But we do know that many people don't bother to sign in at all. If you don't sign in, we won't have a true picture of how large or small classes are.

If you want your class to continue, please remember to stop at the entrance and sign in!



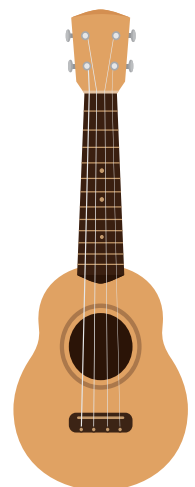
Ukulele Information Session

Have you ever wanted to learn how to play an instrument? Come to Heritage Place and learn about ukulele classes. Enjoy the fun of playing the ukulele with others! No musical experience, knowledge, or talent is required. Come and learn about this exciting and easy-to-play instrument. You may even learn to play a song right away! Whether a beginner or experienced learn songs and play with a group. Join an information session and see if this is for you!

Dates: March 6-RSVP by March 3
March 22-RSVP by March 17

Time: 2:00 pm

Presenter: Mike Kruse, instrumentalist and ukulele group founder and leader



A Night at the Ballet

Heritage Place was pleased to be invited to the Indianapolis Ballet Community Night in February. The night featured *Love Springs Eternal* at The Toby at Newfields. The performance featured a variety of repertoire sure to heat up anyone’s winter and included new choreographic works as well as work by George Balanchine.



Tracy Whitfield, Patricia Swatts & Joann Colbert

The Indianapolis Ballet, in its fifth season, is the first residential professional ballet company to be based in the Circle City in a decade. The Indianapolis School of Ballet was formed in 2006 and is the city’s premier destination for pre-professional ballet instruction. To learn more about the company, performances, tickets, mission, vision, and school visit <https://www.indyballet.org>.



Katie Davis & Ginger Evans

Prevent Medicare Fraud

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, these issues affect people across the country and can lead to identify theft and cost you money.

Tips to prevent, detect, and report

- Only share your Medicare or Social Security number with those you trust.
- Only carry your Medicare card when you need it.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements (Explanation of Benefits) for mistakes like charges you don’t recognize or duplicate billing.
- Call your health care provider, Medicare, or your local SMP if you see something suspicious.



Look out for:

- Billing for services or medical supplies that were not provided.
- Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.
- Prescribing or providing excessive or unnecessary tests and services.
- Billing out of pocket for services covered by Medicare.

SMP is a national program of the Administration of Community Living, an operating division of the U.S. Department of Health and Human Services. Learn more at [ACL.gov](https://www.acl.gov).



MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Red Cross Month Irish-American Heritage Month Nat'l Nutrition Month Women's History Month Mar. 1 Share a Smile Day Mar. 2 Nat'l Read Across America Day	Mar. 8 Int'l Women's Day Mar. 12 Daylight Savings Begins Mar. 17 St. Patrick's Day Mar. 20 Spring Equinox Mar. 23 Ramadan Begins Mar. 29 Nat'l Vietnam War Veterans Day	1 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30-3:45 Senior Planet: Computer Essentials	2 10:30 Ladies of the Dance 1:00 Chair Fitness 10:30-11:45 Senior Planet: Intro. To Social Media	3 10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
6 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Info. 2:30-3:45 Senior Planet: Computer Essentials	7 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	8 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30-3:45 Senior Planet: Computer Essentials	9 10:30 Ladies of the Dance 1:00 Chair Fitness 10:30-11:45 Senior Planet: Smartphones Photography	10 10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
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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=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.

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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.