



The Informer

May 2023
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Heritage Place Celebrates Family

The calendar tells us that we celebrate and remember our parents in May and June. Mother's Day is Sunday, May 14; Father's Day Sunday, June 18. Many of our members are parents themselves; some even are lucky enough to still have living parents. I personally celebrate the memory of my parents all the time, memories and stories that always put a smile on my face!



We want to hear your stories and

memories about your parents.

This year at Heritage Place, we want to pay tribute to all our parents, our Moms and Dads, with our family display, located in our lobby area, and we invite all of you, our members and friends, to join us!

Here's how it will work.

In the coming week, you will receive a letter from us, asking that you take a moment to honor or memorialize one or both of your parents. You will find a colorful piece of paper in your letter, asking for you to include their name, and anything else you would like to include. Simply return to

Heritage Place in the donation envelope enclosed, along with a monetary donation that you choose. Your tribute will be added to the "Family Display". We'll spend the spring and summer enjoying each of them and possibly will share them in future issues of *The Heritage Place Informer*. So, keep an eye out for your mail, complete, donate and return it to Heritage Place!

Have a wonderful month of May and we look forward to seeing all of you soon.

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

Senior Planet

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

Senior Planet Classes

Computer Essentials-Computer Training Course meets twice a week on Mondays and Wednesdays from 2:30-3:45 pm.

Monday, May 1
Wednesday, May 3
Monday, May 8
Wednesday, May 10

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**.



Blood Pressure Bingo!

New Energy Wellness Blood Pressure Screening

FREE Blood Pressure Screening
FREE Food, Drinks, & Snacks
FREE BINGO!

Meet an Exercise Physiologist

Date: Thursday, May 4

Time: 1:30 pm-3:30 pm

Location: Heritage Place

Presented by American Senior Communities

RSVP at (317) 283-6662 or stop by office to sign up



Wish of a Lifetime

Wish of a Lifetime from AARP is a non-profit organization that grants lifelong wishes to older adults and shares their stories to inspire those of all

ages, for consideration by that organization. By participating in the Oak Street Health Livin' the Dream event they will assist selected attendees who desire to submit a wish to Wish of a Lifetime from AARP.



Top Scams of 2022

The Federal Trade Commission reported the top scams to include imposters, online shopping, prizes, sweepstakes, and lotteries, investments and business and job opportunities.

Even though the number of reported scams and fraud were down, the amount of money lost was up.

- Investment scams reported losses of \$3.8 billion, being the biggest scam and more than doubled from the previous year.
- Impersonator scams were the most-reported with a loss of \$660 million.
- Biggest losses paid to scammers were through bank transfers at \$1.5 billion and cryptocurrency at \$1.4 billion.
- Scams started on social media losses were \$1.2 billion, highest overall reported losses.
- Younger adults (ages 20-29) reported losing money more often than older adults (ages 70-79). But when older adults did lose money, they lost more than anyone else.

Oak Street Health Livin' the Dream Event for Older Adults

If you had one wish, what would it be? Share it with us during our Livin' the Dream event for your chance to make it come true.

Oak Street Health is working with Wish of a Lifetime to let you know about opportunities their organization makes possible, including granting wishes for people just like you. So put your fondest dream within reach. Snacks and refreshments will be provided.

Date: Monday, May 15

Time: 12:30 pm-1:15 pm

Location: Heritage Place Conference Room

RSVP by calling (317) 306-5114



happy mother's day

Sunday, May 14





MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30-3:45 Senior Planet: Computer Essentials	10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	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	10:30 Ladies of the Dance 1:00 Chair Fitness 1:30 Blood Pressure Bingo	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
8	9	10	11	12
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30-3:45 Senior Planet: Computer Essentials	10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	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	10:30 Ladies of the Dance 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
15	16	17	18	19
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 12:30-1:15 Oak Street Event: Livin' the Dream 2:00 Ukulele Class	10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	10:00 Genealogy Studies 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	10:30 Ladies of the Dance 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge 1:00 Belly Dancing Fitness
22	23	24	25	26
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29	30	31	2 Nat'l Fitness Day & Nat'l Play Your Ukulele Day 5 Cinco de Mayo 7 World Laughter Day 14 Mother's Day 20 Armed Forces Day 25-27 Shavout 31 Nat'l Senior Health & Fitness Day	
Memorial Day Heritage Place Closed	10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish		

May is: Arthritis Awareness Month
Jewish American Heritage Month

Asian American & Pacific Islander Heritage Month
Mental Health Awareness Month

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)

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/86177745963?pwd=WEpVdDJrTzE0TkJ2U2ZLcmdvaSszQT09>

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 \$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

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



Chair Fitness participants start with stretching exercises.

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



Technology Class field trip to IUPUI Computer Lab.

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.