



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

April 2022
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It's a Generational Thing

Lots of talk recently about conflict between generations. Not the expected conflict between a teen or young adult and the older parent, but more of a cultural conflict. Right now, in much of our community, we have as many as five generations of people all working and living together. Here's what I'm talking about. Let's start with The Silent Generation, those who were born between 1925 and 1945. The youngest of these are 76 years old. The Baby Boomers, still the largest group of people born between 1946 and 1964.



Generation X are those born between 1965 and 1979. The Millennials 1980-2000 and Generation Z 2001-Present. Consider this, all these generations are, very possibly, in the workforce, therefore conflicts and different ways of thinking are to be expected. We've all heard the silly assumption that Boomers on up are technologically impaired, more traditional in work habits and simply can't work as hard as younger colleagues. All of this causes tension and a sweeping lack of understanding of aging issues.

Heritage Place is breaking down some of these crazy notions. Just look at our very popular Topics in Computer Technology Class on Fridays. Here we mix, in one class,

The Silent Generation and Boomers, along with... wait for it... Gen Z'ers! When we do post class interviews, all involved report a much better understanding of the other generation. *And we hear this all the time.*

The Heritage Place Board and Staff have been working on even more unique collaborations that encourage multi-generational interaction and educate everyone on the issues around aging. Remember, Heritage Place serves people age 55 and older. That's three of the above-mentioned generations! Join us for this wonderful experience!

Have a great April!

Ed Alexander
Executive Director

It's Hoosier Heritage Time!

Plan on joining us for the 38th Annual Hoosier Heritage Night, benefiting Heritage Place of Indianapolis! This very special event honors the tremendous contributions a select group of men and women have made to make Indianapolis and Central Indiana such a wonderful place to call home! This year we will celebrate on Thursday evening, June 16, at Meridian Hills Country Club in Indianapolis.

Watch your mail for additional information, including the names of our 2022 Award Winners, as well as reservation information, and come celebrate what makes Heritage Place special!



Heritage Place Stands with Ukraine.



Heritage Place

Older Adult Services
creating opportunities for independence



38th Annual Hoosier Heritage Night • Thursday, June 16, 6:00 PM

Meridian Hills Country Club • 7099 Spring Mill Road, Indianapolis, IN

IN-PERSON EVENT!

More Classes Returning in May!

Heritage Place is excited to announce the return of more in-person classes in May with instructor, Carolyn Meeker.

Carolyn has been studying and doing Tai Chi and Qigong for six years. She was leading a class at Heritage Place prior to the outbreak of COVID. About a month after the COVID closedown Carolyn began an online class on the Zoom platform, which continues to meet three times a week. The class via Zoom is an advanced class. Carolyn leads the members through the movements and principles of Qigong which they have learned in the last two years.



EnerChi for Beginners

Tuesday: 11 am-12 pm starting May 3

Instructor: Carolyn Meeker

EnerChi combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance recovery and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options. Look for more details and benefits in the May Informer class descriptions.

Cost: Free



Can We Talk?

Thursday: 11 am-12 pm starting May 5

Instructor: Carolyn Meeker

“Can we talk?” is a knowledge sharing forum and will take place in person once a week at Heritage Place. Knowledge sharing is an activity through which knowledge, namely information, skills, or expertise is exchanged among people, friends, peers, families, communities, or organizations.

Are you interested in joining a Knowledge Sharing Forum? If so, please join in a lively discussion on a topic

each week for a selected topic. Participants will be asked to share their issues and expertise on the topic with other participants.

The first topic will be “Sleep” with the discussion of the following thoughts:

Why can't I sleep?

What is keeping me awake?

What can I do to improve my sleep?

Cost: Free

SHarP Community Garden

Opening day at SHarP is Sunday, April 10 at 2:00 p.m. Rain date is Sunday, April 24. Many hands are needed to prepare growing beds and clean up the garden. Volunteers are welcome.



Foot Care in April

Dr. Laster will be on site at Heritage Place on April 21 by appointment only. Call Heritage Place at (317) 283-6662 to schedule an appointment.

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.

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.

Heritage Place of Indianapolis, Inc.

4550 North Illinois Street
Indianapolis, IN 46208
(317) 283-6662
admin@heritageplaceindy.org
www.heritageplaceindy.org


10 am to 2 pm Monday – Friday

Staff

Edward Alexander, Executive Director
Lynnette Lewis, Programs and Services Director
Ellen Morley Matthews, Business Manager



APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Apr. 1-April Fool's Day Apr. 4- 1st Day of Ramadan Apr. 6-Nat'l Walking Day Apr. 7-World Health Day Apr. 10-Palm Sunday and Ram Navami Apr. 14-Gardening Day Apr. 16-1st Day of Passover Apr. 17-Easter Apr. 22-Earth Day Apr. 29-Arbor Day and Laylat al-Qadr		1 11:00 Tai Chi EnerChi (Zoom) 11:00 Technology Class (hybrid) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
4 10:00-2:00 SHIP (in person or phone) 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)	5 10:00-12:00 SHIP (in person or phone) 1:30-3:30 Indy Silver Foxes (in person)	6 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	7 10:30 Ladies of the Dance (in person) 1:00 Chair Fitness (in person)	8 11:00 Tai Chi EnerChi (Zoom) 11:00 Technology Class (hybrid) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
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18 10:00-2:00 SHIP (in person or phone) 11:00 Tai Chi EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)	19 10:00-12:00 SHIP (in person or phone) 1:30-3:30 Indy Silver Foxes (in person)	20 10:00 Genealogy Studies (hybrid) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	21 10:30 Ladies of the Dance (in person) 1:00 Chair Fitness (in person)	22 11:00 Tai Chi EnerChi (Zoom) 11:00 Technology Class (hybrid) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
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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.

Inspirational Studies (Audio Conference)

Monday: 11 am-12:30 pm

Dial-in: (978) 990-5000

Access Code: 252581

Group Leader: Rev. Samuel Murray

Senior adults who desire to participate can begin preparing by reading the Gospel of John. Classes generally include a brief period designed specifically for spiritual devotion (Prayer concerns/prayer, a selected Scripture reading, and inspirational music.) Following devotion, comments on the text are provided by the group leader. After comments on the text, the remainder of the class is devoted to questions and discussions related to personal issues, current events, and/or biblical interpretations. This class has been proven to be genuinely helpful to those seeking spiritual support and sincere fellowship. Everyone is welcome.

Cost: Currently free for conference call classes

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

Tai Chi EnerChi (Zoom Platform)

Monday, Wednesday, Friday: 11 am-12 pm

Dates: January 10-April 29

Instructor: Carolyn Meeker

<https://us02web.zoom.us/j/85412284631?>

Meeting ID: 854 1228 4631

Passcode: 201212

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: Currently free for online classes.

Indy Silver Foxes-Beginner and Intermediate Line Dance

Tuesday: 1:30-3:30 pm starting April 5

Instructor: Linda Oglesby

For all who have expressed having two left feet, it's your day. All levels of line dance skills are welcome at any time. New dancers and seasoned dancers will continue dance steps to help with balance, coordination, memory and creativity set to popular music. Mask required for this class.

Cost: Member \$3

Non-member \$5

Genealogy Studies Group (hybrid)

3rd Wednesday: 10-11 am

Instructor: Judy Casey

<https://us02web.zoom.us/j/88131573177>

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.

Genealogy topics include:

- How to understand your DNA test results
- Finding your family on the 1950 Census
- Free resources for Genealogy Research
- Hints for researching military records
- Navigating the Freedman's Bureau records
- Presenting Family history at the family reunion!

Spanish: El Club de la Tercera Edad (In-Person)

Wednesday: 11:30 am-1 pm

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: Members \$1.00

Non-Members \$5.00

Book fee \$10.00 & Dictionary fee \$5.00

Good Grief Talks from Heartland Hospice (Teleconference Platform)

4th Wednesday: 10 am-11 am except on holidays.

Check in no later than 10:15 am

Dial-in: 1 (203) 280-6884

Conference Code: 214 691 75 #

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

Ladies of the Dance Line Dance (In Person)

Thursday: 10:30 am-12:30 pm

New Dancers: Arrive at 11:30 am

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

Chair Fitness

Thursday: 1-2 pm starting April 7

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

Knit, Loom Knit, and Crochet for a Cause (Zoom Platform)

Call (317) 283-6662 to sign up. A Zoom invitation will be sent to you.

Friday: 11 am-11:45 am

Instructor: Madora Lewis

Join the knitting class for socialization and fun while knitting for a cause. You provide the skill and needles and we will supply the yarn and pattern.

Cost: Currently free for online class.

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: Currently 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.

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 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.



Good Grief for Widows and Widowers

Heartland Hospice *Good Grief* will explore the needs of widows and widowers facing life alone after the death of their spouse. The first session, *Early Grief*, has already sailed, but the remaining six sessions will share information about the physiological, emotional and mental aspects of grief, and allow participants to ponder the nuances of

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grieving as a science and an art. Sessions are on Mondays from 6:30-8:00 pm at 931 E. 86th St., Suite 208, Indianapolis, IN 46240.

April 11	<i>The Grief Journey</i>
April 25	<i>Pitfalls Along the Path</i>
May 9	<i>But I'm Not Angry</i>
May 23	<i>Overcoming Guilt & Depression</i>
June 6	<i>Feel, Deal, and Heal</i>
June 20	<i>Managing Special Occasions & Anniversaries</i>

Facilitators Bryan & Karen Jinnett, widowed volunteers, have worked in bereavement support for over 20 years. RSVP to Gene Million at (317) 251-3012. Guests and walk-ins are always welcome.

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 Preparation 2022

Heritage Place will NOT be a preparation site for 2022, however the ever-popular Joe Phillips is managing the E. 38th Street Library VITA Tax Preparation site this year. VITA Tax is a free service. The East Library branch is located at 5420 E. 38th St., Indianapolis, IN 46205 and is a **drop off location only and you will still need to schedule an appointment.** Call (317) 275-4350 to schedule an appointment for drop off.

This site is available on Tuesdays from 12:30 p.m.-7:30 p.m. and Fridays from 10:30 a.m. - 5:30 p.m. Pick up days only are Saturdays from 10:30 a.m.- 4:30 p.m. **Tax preparation service runs through Tuesday, April 12 and the last day for pick up is Friday, April 15 from 10:30 a.m. -5:30 p.m.**



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 are 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.

Through the Ages Fitness (Online Video Platform)

Any time at Heritage Place Facebook page www.facebook.com/HeritagePlaceIndy or Fitness Through the Ages website <https://throughtheagesfitness.com>

Instructor: Samantha Purevich Stipp