



The Informer

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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Welcome Senior Planet!

It's autumn, it's back to school time, cooler days expected and the wonderful colorful fall foliage for all of us to enjoy! It's also the traditional time of the year that we introduce new programs, services, or special projects. This fall is no different and we are thrilled to welcome **Senior Planet** as the newest addition to the vast and varied cadre of programs Heritage Place has been known for 46 years! Senior Planet, a program sponsored by the national office of AARP, The National Association of Retired Persons, in partnership with OATS, Older Adults Technology Services, harnesses technology to enhance the way we all age.



Senior Planet is about much more than the latest gadgets, apps, and websites. Just as Heritage Place is an organization specializing in the needs of older adults, Senior Planet's purpose is to enable older adults and people of all ages to come together and find ways to learn, work, create, exercise, and thrive in today's digital age.

The uniqueness of Senior Planet is curated programs and topics will be presented in a variety of formats, all to meet the interests of today's older adults (that's all of us!). Examples include traditional 10-week classes; multiple session workshops; and one time, 75-minute lectures, all on topics that people have asked for! As you review the monthly class schedule and calendar, you will see all Senior Planet-related programs clearly iden-

tified, with a separate class description with the other class descriptions. Classes will always be free to all Heritage Place Members, as well as others who wish to participate, as long as they are age 60 years and older! But, because seating is very limited, advanced registration is required for all Senior Planet lectures. You may register at Heritage Place, or by calling the Heritage Place office at (317) 283-6662 and we'll gladly assist you.

Additional support of Senior Planet at Heritage Place is made possible by The Annis Educational Foundation and Computer Information & Graphics Technology, IUPUI.

Have a wonderful month, we look forward to seeing you soon!

Ed Alexander
Executive Director

Meet Angela Della Rocco

Angela Della Rocco is a life-long Hoosier and a nine-year resident of the Holy Cross neighborhood where she lives with her husband, two children, dog, and three hermit crabs. She is a product liability and mass tort attorney with McCarter & English. Angela enjoys time in the great outdoors but could do without the bugs, poison ivy, and scary animals. This past July, she celebrated her 10th wedding anniversary by successfully de-



fending a campsite from a momma black bear and her cub while backpacking in Olympic National Park. Angela values community as a significant quality of life factor for Indianapolis residents of all ages, and she feels passionately about Heritage Place's mission which inherently promotes community. She hopes to see Heritage Place continue to foster a deep sense of community among its membership and with the community at large.

Trivia Bowl

The 14th Annual Heritage Place Trivia Bowl Challenge will be held on Thursday evening, November 3, 2022 starting at 5:30 p.m. at St. Paul's Episcopal Church, 6050 N. Meridian Street, Indianapolis.



A light dinner, soft drinks and water are included with the cost of registration. Beer, wine, 50/50 raffle tickets and other surprises will be available for purchase.

We are happy to announce Leslie Olsen will be the host. Contact Ed Alexander at edwardalexander@heritageplaceindy.org or call (317) 283-6662 for more information.

Senior Planet Lectures

Note: Lectures and classes are in person at Heritage Place and require advance registration. The lectures listed are 75-minutes.



Online Health Resources

Wednesday, October 19, 3:00 PM

Learn about two reputable online resources for researching and evaluating health-related information. The internet can be an excellent source for learning more about your or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.

The Internet of Things

Wednesday, October 26, 2:00 PM

From smart thermostats to fitness trackers, the Internet of Things is rapidly growing. Learn what it is and how to keep your devices secure. This lecture provides an overview of the vast world of the Internet of Things and discusses best practices for keeping your devices secure. Learn about how consumer devices communicate with each other across this ecosystem and which of your devices are part of the Internet of Things. You'll also find out about the technology that is fueling smart homes and smart cities.

Telemedicine

Wednesday, November 2, 3:00 PM

Explore the ins-and-outs of virtual medical appointments. Interested in having a virtual visit with your doctor? Or learning about types of telemedicine out there? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. You'll see a virtual-visit walk-through and learn what to expect from an appointment. This lecture offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.

Benefits of connecting to the Internet

Wednesday, November 9, 2:00 PM

Gain a better understanding of the benefits of getting online, the different types of connections, and internet speeds. This presentation offers real life examples of the ways that home internet access can help you save money, connect with others, and make everyday tasks easier. In this lecture, we'll review common terminology associated with an internet connection, as well as how fast a connection you need to do some of the most common online activities like stream videos and music, check email, and video chat. We'll also explore different ways of connecting to the internet as well as resources for available service in your area.

Voting in Indiana

A reminder there is a general election on Tuesday, November 8. First, if you are not registered to vote you



need a valid Indiana driver's license or government issued ID to register. If you are already registered and want to check your registration status, who is on the ballot, what issues are on the ballot, or how to cast an absentee vote, there are plenty of resources to be a well-informed voter.

The League of Women Voters www.vote411.org answers general questions, information on becoming a poll worker and absentee voting. Check out www.states.aarp.org/Indiana/election-voting-guide to answer FAQs and find links to common questions. For more detailed information visit www.Indianavoters.com/SOS/files to look at easily organized sections. You can also register to vote on this site.

Voter registration closes on October 11 and the first day of early in-person voting is October 12. Remember your local public library is a great place to get information and provides computer access if you do not have a computer at home. Voting matters! Your vote matters!

Medicare Open Enrollment

Medicare Open Enrollment is from October 15 to December 7. Medicare plans change



each year so it is important to learn about these changes in order to make the best decisions for yourself. Schedule an appointment with Heritage Place's SHIP counselor, Denis Schwartz, or contact the SHIP Call Center at (800) 452-4800 to receive objective assistance.

Here 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.
- Difference between traditional Medicare and Medicare Advantage plans.
- What are Medigap Supplements.
- How Medicare coordinates with other health insurance and government benefits.
- Guidelines for eligibility for Medicare Savings Program and Extra Help.



OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	10:30 Ladies of the Dance 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
10	11	12	13	14
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers Dr. Laster by appt.	10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	10:30 Ladies of the Dance 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
17	18	19	20	21
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	10:00 Genealogy Studies Group 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 3:00 Senior Planet: Online Health Resources	10:30 Ladies of the Dance 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
24	25	26	27	27
10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	10:00 Good Grief Talks 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 2:00 Senior Planet: The Internet of Things	10:30 Ladies of the Dance 1:00 Chair Fitness	10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
31				LGBTQ+ History Month Oct. 9-15 Fire Prevention Week Oct. 1 Int'l Day of Older Persons Oct. 5 Yom Kippur Oct. 7 Nat'l Diversity Day Oct. 10 Columbus Day Indigenous People's Day Sukkot Oct. 24 Diwali Oct. 31 Halloween

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)

Dates: September 12-December 16

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/82476667723?pwd=M01QWldCWnR1bklYaFJlSS8yMWJ5Zz09>

Meeting ID: 824 7666 7723

Passcode: 079863

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: 252581

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)

Tuesday: 10:30 am-11:30 am

Thursday: 1 pm-2 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)

NOTE: Now in-person instead of teleconference

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)

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: 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.



Thanks to Aiden and Evelyn, the "garden buddies" have been keeping watch over the garden this summer.

The Informer is a monthly publication of Heritage Place of Indianapolis, Inc.

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Heritage Place of Indianapolis, Inc.

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10 am to 2 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.