



The Informer

October 2023
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

The Uniqueness of Heritage Place

We certainly had a lot going on at Heritage Place during the month of September! New class schedules, new (or reimagined) class topics and a couple of returning favorites. As I write this, it's smack dab in the middle of September, and we are celebrating Senior Center Month! We celebrate our organization all the time, but recently I've been thinking about what sets us apart from more traditional centers.



First, it's our longevity. We've been in this location, following the same mission, for nearly fifty years. Sure, we do things differently and we're certainly serving a vastly different and diverse population than we did in the 1970's, but we are a gathering place. People come to Heritage Place for classes, for information, social activities, just about everything. Secondly, we're multi-generational. We've lots of members who tell us they first heard about us when their

parents were engaged with HP. Also, it's not at all uncommon for us to know future generations of children and grandchildren who often join in the fun or provide transportation and ultimately support us by attending events, etc. And most importantly, it's the people. Our instructors, board members, community members and always the staff are drawn to all the things that make Heritage Place special.

Senior Center Month makes me think of a story about my own family. When my parents retired and moved to the very western mountains of North Carolina in the early 1980's, the first thing they did was seek out services that were appropriate and interesting to older adults. They were busy establishing themselves in their new community and had a lot of interests but found few options for them at this stage in their lives. Eventually, my dad discovered a former, long vacant elementary school, and in very short order, he and some of his new friends established not just a Senior Center,

but a Community Center. My mother quickly got on board and helped create and run the place, soliciting donations to replace windows, the roof and pay associated expenses. Soon, they were teaching classes on quilt making, photography, chair caning and (much like HP), bridge clubs. Before any of us knew it, our mother was running a senior thrift shop, and dad was the unofficial, unpaid janitor for their enterprise. I'm happy to report that forty years after the Cruso Community Center opened, this crazy idea of a bunch of retirees, it's still going strong!

The evolution of Heritage Place of Indianapolis is not that much different, just a few years older. A group of people with a shared vision all coming together to make it happen.

Heritage Place would never be doing what we do without your continued support. Check out how you can support us in this issue of *The Informer*

Ed Alexander
Executive Director

Meet Vicki and Mike Kruse

Vicki and Mike learned about Heritage Place in 2021 after moving to Indianapolis from Batesville and Vicki started attending Judy Hanna's belly dance class. Vicki had been taking lessons from Judy, at her home, for the last 13 or so years.

Vicki and Mike started playing ukuleles about 10 years ago when Mike was director of the public library in Batesville. Their son, Adam, was a Music Education major at Michigan State University and he told Mike about community ukulele clubs that were forming around the country.

Adam encouraged Mike to start such a club at the library. Neither Vicki nor Mike had ever played the instrument (although Mike played guitar and banjo), and twelve other "newbies" joined them for their first ukulele session at the library. Over the years, the group has performed at many community events, and even traveled to Detroit for two different performances.

Upon moving to Indianapolis after Mike's retirement, they approached Ed and Lynnette at Heritage Place to see if they were interested in hosting a similar ukulele class. With welcoming



enthusiasm, a weekly class was started in April 2023 for about 10 people who wanted to learn how to play the uku-

See **KRUSE** on page 3

Senior Planet

Senior Planet at Heritage Place is looking for a few volunteers interested in becoming Senior Planet class instructors/trainers. All training is provided by Senior Planet training staff virtually. For the last year, Senior Planet at Heritage Place has offered older adults a wide variety of topics, all related to computer technology and associated topics.

What does it take to be a trainer? Having a background in any discipline related to computer technology is helpful, but not required. If you like working with people and like the idea of explaining some of the functions of a laptop or other device, you will enjoy being a volunteer Senior Planet Instructor! If you have even the slightest interest, contact us at Info@heritageplaceindy.org for additional information.

SENIOR PLANET
FROM **AARP**

15th Annual Trivia Bowl Challenge!

You still have some time to organize your team, start watching “Jeopardy!” and support Heritage Place of Indianapolis by being part of the 15th Annual Trivia Bowl Challenge on Thursday evening, November 16! This popular event includes dinner and the opportunity to purchase beer and wine. Lots of other surprises are available! But don’t wait, early bird special registration rates expire soon! For additional information contact Heritage Place at Info@heritageplaceindy.org.



Medicare Open Enrollment

Medicare plans change each year, so it is important to learn about these changes in order to make the best decisions for yourself. **Open Enrollment is from October 15 to December 7.** Schedule an appointment with our very own SHIP counselor, Denis Schwartz, here at Heritage Place. You can also contact the SHIP Call Center at (800) 452-4800 to learn about the changes for 2024. SHIP gives objective assistance and does not represent any insurance companies.

Here are some common Medicare concerns SHIP can explain:

- Medicare vs. Medicaid and the differences.
- The four parts of Medicare and what benefits they provide.

- Who can enroll in Medicare and when to enroll.
- Difference between traditional Medicare, Medigap Supplement Plans and Medicare Advantage Plans.
- How Medicare coordinates with other health insurance and government benefits.
- Guidelines for eligibility for Medicare Savings Program and Extra Help.

To schedule an appointment with Denis Schwartz at Heritage Place, call (317) 283-6662 or email Info@heritageplaceindy.org. Do it soon as appointments fill up fast!

10 Steps to Protect Yourself

1. Use trusted providers, hospitals or clinics for medical treatment. Don’t respond to phone calls for equipment, tests, or services.
2. Medicare doesn’t call you unsolicited. Screen calls and don’t answer unknown numbers. Let them go to voicemail. If you answer and the caller threatens or pressures you – hang up!
3. Medicare will never come to your door. Don’t open your door to a stranger.
4. Don’t give out your Medicare number in exchange for free services, prizes, or money.
5. Don’t share your medical or prescription history with someone you don’t know unless your doctor refers you.
6. Don’t leave mail in your mailbox for more than one day. Identity thieves might steal mail out of your mailbox. Sign up for Informed Delivery via USPS.
7. Shred Medicare paperwork and other important documents before discarding. Identity thieves go through trash.
8. Medicare doesn’t sell anything. For help with reviewing your Medicare plan, call Indiana State Health Insurance Assistance Program (SHIP) at 800-452-4800 for unbiased counseling.
9. Review your Medicare Summary Notices (MSNs) or Explanation of Benefits (EOBs) for suspicious charges, double billing or services or items not received.
10. Sign up for electronic MSNs on [Medicare.gov](https://www.Medicare.gov) or for electronic Explanation of Benefits (EOBs) if on a Medicare Advantage plan. Contact Indiana Senior Medicare Patrol (SMP) at (800) 986-3505 or (317) 205-9201 if you suspect Medicare fraud.



Donating to Heritage Place Made Easy

Your support of Heritage Place is more important than ever, so we've tried to make it easier than ever! Simply scan and open this QR Code to make your tax-deductible gift today!



Remember to Vote

A reminder there is a general election on **Tuesday, November 7**. If you are not registered or you want to vote absentee there is still time, but hurry!



Marion County Election Office

<https://www.countyoffice.org/marion-county-board-of-elections-indianapolis-in-2cb>
(317) 327-5040

Hamilton County Election Office

<https://www.hamiltoncounty.in.gov/939/voting-and-elections>
(317) 776-8476
Elections@hamiltoncounty.in.gov

Save the Date: Special Good Grief Talks Event

Holidays can be a particularly difficult time to cope with grief. Gene Million, Bereavement Coordinator with Heartland Hospice will hold a special group interactive session in discovering and discussing helpful tips to help you cope with grief during the upcoming holidays. This session is on **Wednesday, November 10** at Heritage Place. Start time is 10:00 am with morning time refreshments.

Festival of Trees 2023

It's the most wonderful time of the year! The Indiana History Center's 10th Annual Festival of Trees, showcasing nearly 75 decorated holiday trees is a wonderful way to kick off the holiday season. Trees will be on display from November 10, 2023-January 6, 2024. Again, this year, Heritage Place of Indianapolis is sponsoring a decorated tree, and we need some creative volunteers to help us plan it, design it and pull it all together! Please watch for an email "blast" with an organizational planning date and time for all interested volunteers! If you've helped in the past, you know this is really great fun! For additional information, contact Heritage Place at Info@heritageplaceindy.org.



Heritage Place Holiday Open House!

Believe it or not, it's almost time for us to Deck the Halls at 4550 N. Illinois Street, and we will be in time for our Holiday Open House and Party on Wednesday, December 6, 2:00-4:00. Santa, holiday goodies, entertainment and more! Plan on being here and stay tuned for more information.

KRUSE continued from page 1

lele. The group has been working hard and has performed twice, along with players from the Batesville group, at the Indiana State Fair this year. The group is looking forward to learning more songs and to playing at more public events, perhaps for some Christmastime event.

New ukulele players are welcome to stop in for an introduction when we meet at Heritage Place on Mondays. Arrive around 1:30 if you'd like some one-on-one help in getting started. We even have some spare ukuleles for you to try out. Class starts at 2:00 p.m.

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.



OCTOBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 2:00 Ukulele Class	10:00-12:00 SHIP 12:00 Active Older Adults 1:30 Indy Silver Foxes	10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	12:00 Active Older Adults	10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge 1:00 Belly Dancing Fitness
9	10	11	12	13
10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 2:00 Ukulele Class 3:15 Euchre Club	10:00-12:00 SHIP 12:00 Active Older Adults 1:30 Indy Silver Foxes	10:30 Fall Prevention Class 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	12:00 Active Older Adults	10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 Fall Prevention Class 11:00 Topics in Technology 12:00 Bridge 1:00 Belly Dancing Fitness
16	17	18	19	20
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23	24	25	26	27
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30	31	<h2>October Celebrations and Events</h2>		
10:00-2:00 SHIP 10:30 Fall Prevention Class 12:00 Golden Line Dancers 2:00 Ukulele Class	10:00-12:00 SHIP 12:00 Active Older Adults 1:30 Indy Silver Foxes Happy Halloween!	Breast Cancer Awareness Month LGBTQ+ History Month National Book Month October 2-8 Active Aging Week October 8-14 Fire Prevention Week	1 Int'l Day of Older Persons 7 Nat'l Diversity Day 9 Columbus Day/Indigenous People's Day 10 World Mental Health Day 24 United Nations Day	

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.

Fall Prevention Class (Hybrid)

Note: Classes begin September 18 for 12 weeks.

Monday, Wednesday, Friday: 10:30 am-11:30 am

Presenter: Carolyn Meeker, certified Silver Sneakers instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/82694366965?pwd=SjdGQlZOSnB1ZWdXd1ZtS3E1ZEQ1QT09>

Meeting ID: 826 9436 6965

Passcode: 711017

Join us in person or on Zoom to learn lots of great information and exercises to work on the issues associated with preventing falls.

Cost: Free

Advanced EnerChi

Note: On hiatus until further notice.

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

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 practiced 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

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)

New beginners welcome at 1:30 pm.

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

Euchre Club (In-Person)

2nd & 4th Monday: 3:15 pm-5:15 pm

Group Leader: Leslie Olsen

A trick-taking social card game popular in the Mid-western states. From learn to play to those who played years ago but would like to revisit the game to those who play regularly. All are welcome regardless of knowledge and proficiency level.

Cost: Free

Active Older Adults with Colela (In-Person)

Note: Formerly known as Chair Fitness

Tuesday and Thursday: 12 noon-1 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 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

Good Grief Talks (In-Person)

Note: No session on Wednesday, October 8.

See page 3 in this Informer issue for details on a special session Wednesday, November 10.

2nd Wednesday: 10 am-11 am

Group Facilitator: Gene Million, Heartland Hospice

Any loss can be difficult and there is no need to be alone during tough times of grief or loss. Support is offered to adults who want some extra help coping with loss of any kind. Confidential or group conversations available.

Cost: Free

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

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

Inspirational Studies (Hybrid)

Note: In addition to in-person and audio conference this class offers participation via Zoom.

Friday: 10 am-11 am

Dial-in: (978) 990-5000

Access Code: 752581#

Join Zoom Meeting

<https://us02web.zoom.us/j/85103862196>

Meeting ID: 851 0386 2196

Group Leader: Rev. Samuel Murray

Classes include a period designed for spiritual devotion such as prayer, prayer concerns, selected Scripture (Prophet Isaiah) 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. This class has proven to be genuinely helpful to those seeking spiritual support and sincere fellowship.

Cost: Free

Topics in Technology (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-1 pm

Facilitator: Sally Catlin & IUPUI Students

Explore topics in technology like podcasts, smart watches, popular apps and online resources.

Cost: Free

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.



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

Heritage Place of Indianapolis, Inc.

4550 North Illinois Street; Indianapolis, IN 46208

(317) 283-6662

Info@heritageplaceindy.org

www.heritageplaceindy.org

9 am to 4 pm Monday – Friday

Staff

Edward Alexander, Executive Director

Lynnette Lewis, Associate Executive Director