



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

February 2024
Volume 48 | No. 2

Why Numbers Matter

It's the time of year when we count. Sure, we count the days until Spring (as I write this, it's 62 days until Spring!), but right now we're talking about counting people and why we do it.

For those of you who are here a lot know, I'm the guy who often yells out "Hello!" as you come in, and "Be sure to sign in!". We do this so we know who is in the building, who is



taking a specific class, and what class is popular or not so popular. Think of this as the Heritage Place Census.

It's very important to have an accurate count of who is in what class. Our funders want to know; it's a great way to market or promote a class if we have an idea of who attends; and it helps us identify those who might not be members just yet! For our members, we want to make sure that we are offering the type of programming people want, and the only way we really know this is by who is attending. "The Count" as I call it, also tells us

how many of our members are engaged with us. We take into account things like holidays, snow days or other events that might cancel or delay a class. It's a long process, but the outcome really does help us in the coming year.

We don't have a very modern method to capture attendance just yet. We depend on you to sign in. We collect all the sheets at the end of the day, and then at the start of the new year, we count! So, do your part!

Have a great February!

Ed Alexander
Executive Director

Heritage Place Welcomes New and Returning Members!

Laretta Boyett	Sonja Haines
Josephine Cabbell	Steven & Janet Holzer
Michael Gant & Rita	Manolo Santalla
Gaither-Gant	& Phillip Tirey
Margaret Glenn	Carolyn Shelton

Watch for Weather Closings

Be mindful of the weather before heading out to Heritage Place for classes and programs. In the event of inclement weather, you will find Heritage Place weather closing announcements on the following local TV stations:

RTV 6
WISH-TV 8
WTHR 13
FOX 59
MyINDY TV-WISH TV



Hoosier Heritage Night

Nominations for Lifetime Achievement Honorees for 2024 are now open. This year celebrates the 40th Anniversary of this signature event on Thursday, June 6 at Meridian Hills Country Club in Indianapolis.

Criteria for Nominations:

- Candidates must be 55 years or older.
- Candidates must be current residents of Central Indiana.
- Nominations should exemplify the candidate's contribution to the betterment of his/her community and/or outstanding achievement in his/her industry.
- Nominations should be made in narrative form and include the candidate's current contact information.
- Nominations should be signed by the person making the nomination with their current contact information.
- Nominations should be submitted electronically or via U.S. Mail no later than Friday, March 15.

Send nominations to:

Edward Alexander
Heritage Place of Indianapolis, Inc.
4550 N. Illinois Street
Indianapolis, IN 46208
Edward.Alexander@heritageplaceindy.org

Ways to Give to Heritage Place

- Make a charitable donation the next time you are in the building! Lynnette or Ed can help with the transaction.
- Call Heritage Place at (317) 283-6662 and we'll gladly help with your transaction. Remember, never leave credit card or other personal information on voicemail.
- Visit www.heritageplaceindy.org and follow the big green "donate" button.
- Consider becoming a monthly donor! Contact Lynnette or Ed at Info@heritageplaceindy.org for easy step-by-step instructions.
- Scan the donation QR Code that is always found in each issue of The Heritage Place Informer!



Your Roadmap to Stress-Free Senior Living

Save the date for Thursday, March 21 from 11:30 am-1:30 pm for an expert panel presentation.

Topics include:

- Long-Term Financial Planning
- Decluttering and Downsizing
- Medicaid & VA Planning
- Navigating Senior Living Options.

Lunch will be provided, and space is limited. RSVP required no later than March 18 by contacting Lynnette Lewis at (317) 283-6662 or email llewis@heritageplaceindy.org.

Look for more information in the March Informer.

One Last Look at Christmas 2023



Ed Alexander, executive director, Shirley Ward, instructor, and HP members Jo Cabbell and Cathy Brown enjoy the Golden Line Dancers holiday party.



Visit the link below for Black History Month events:

<https://do317.com/p/best-black-history-month-indianapolis>

Soup's On

There's nothing like sitting down with a steaming cup or bowl of soup, especially on a cold winter day. There are many health benefits as to why soup is good for you.

Soups provide plenty of vitamins, fiber and protein. Other benefits include hydration, increases vegetable intake and fullness, relieves congestion, and boosts the immune system.

Another side benefit is it's affordable to make soup. It doesn't



require expensive ingredients and it can be a quick fix for a meal. Add some whole grain bread and a piece

of fruit on the side and you have a healthy, low-fat option.

Soup is best when prepared with fresh or frozen ingredients. Fresh soup packs the nutrients better than processed soup. You can also control what ingredients go into your pot of brew.

And, soup is easy to freeze or to dip up a pint and share with a family member or friend. Soup; the ultimate comfort food that is good for you!

Bon Appetit!

You Can Still Change Your 2024 Medicare Advantage Plan

If you don't like the Medicare Advantage Plan, you're enrolled in for 2024, 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 2024. 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 would 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.

Understanding Medicare: What Are the Parts?

When asking beneficiaries if they have Original Medicare, Medigap or an Advantage Plan the response is commonly, "I don't know, I just have Medicare." Hopefully this article will help clarify what the Parts are of Medicare. Medicare can be difficult to understand. What may be good for you may not necessarily be good for your family or friends. When deciding what is best for you, think about your medical needs, how many doctors you see and what prescription drugs you take. Another consideration is do you spend several weeks or months in another state during the year?

Original Medicare consists of **Parts A and B** so here is a breakdown. Part A helps pay for hospital stays and inpatient care. Part A is free to most, however there are some exceptions. Part B helps pay for doctor visits and outpatient care. The premiums for Part B are tied to taxable income and for most, deducted from your monthly Social Security payment. With Part B, after paying the deductible, you will usually pay 20% for each Medicare-covered service and Medicare pays 80%. Parts A and B do not cover prescription drugs.

Medicare Part C is a Medicare Advantage Plan, offered by private insurers, and offers the same services as Medicare Parts A, B, and D. Many of these plans also include prescription drugs and some limited dental, vision, hearing and other services. You still must be enrolled in Part A and pay for Part B. There may be a premium cost to a Plan C option, depending on what plan you choose. These are Medicare's managed care options. Costs and networks vary by plan.

Medicare Part D helps cover prescription drugs. If you have Original Medicare and want insurance to help pay for medications, you will need to enroll in a Medicare Part D prescription drug plan. These plans are available through private insurance companies who contract with Medicare. Premiums, deductibles, drug costs and availability vary. There are also some rules around when you can purchase a plan and possible late enrollment penalties.

Supplement (Medigap) helps cover some or most of the costs not covered by Parts A and B. These plans are offered through private insurance companies. You can only have a Supplement (Medigap) policy with Original Medicare.

Do your self-assessment, determine your personal needs, and research your options. It is important to evaluate your needs each year as your medical needs and financial resources can change while at the same time the Medicare system is ever-changing. You can meet with a trained and certified SHIP counselor right here at Heritage Place by calling (317) 283-6662.

Sources: AARP, National Council on Aging, Social Security Administration, and SHIP

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

To unsubscribe to this publication, please email your name and address to Info@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

Info@heritageplaceindy.org
www.heritageplaceindy.org

9 am to 4 pm Monday – Friday

Staff

Edward Alexander, Executive Director

Lynnette Lewis, Associate Executive Director



FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February Celebrations and Events American Heart Month Black History Month Nat'l Cancer Prevention Month Feb. 1-7 Women's Heart Week Feb. 7-13 African Heritage & Health Week Feb. 1 Nat'l Freedom Day Feb. 2 Ground Hog Day			1 1:30 Zumba	2 10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
5 10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class	6 10:00-12:00 SHIP 12:00 Active Older Adults 2:00 Indy Silver Foxes	7 10:30 EnerChi/Stability 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 1:00 Advanced Spanish	8 1:30 Zumba	9 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 EnerChi/Stability 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
12 10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class 3:15 Euchre Club	13 10:00-12:00 SHIP 12:00 Active Older Adults 2:00 Indy Silver Foxes	14 10:00 Good Grief Talks 10:30 EnerChi/Stability 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 	15 1:30 Zumba	16 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 EnerChi/Stability 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
19 President's Day Heritage Place Closed	20 10:00-12:00 SHIP 12:00 Active Older Adults 2:00 Indy Silver Foxes	21 10:00 Genealogy Studies 10:30 EnerChi/Stability 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	22 1:30 Zumba	23 9:30-11:00 Dr. Laster by appt. 10:00 Knit & Crochet 10:00 Inspirational Studies 10:30 EnerChi/Stability 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
26 10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class 3:15 Euchre Club	27 10:00-12:00 SHIP 12:00 Active Older Adults 2:00 Indy Silver Foxes	28 10:30 EnerChi/Stability 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	29 1:30 Zumba	BLACK HISTORY 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 or email Info@heritageplaceindy.org.



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 and movies. Feel free to peruse the bookshelves at Heritage Place and pick a good read or watch. No check-out, 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.

EnerChi/Stability (Zoom)

Note: Feb. 5-May 31.

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

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/83582264042?pwd=R3FiUDRYWkw5SzRBbGc2blBEdk05UT09>

Meeting ID: 835 8226 4042

Passcode: 987792

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

Senior Urban Line Dance-Golden Line Dancers (In-Person)

Monday: 12pm-1 pm Advanced Class

Wednesday: 11 am-12 pm Beginners Class

Instructor: Shirley Ward

Line dancing is an easy way to have fun while exercising your body and mind. This senior urban line dance class focuses on more than learning the latest dances-it teaches variations of choreography so participants will intuitively know which dance to do with different songs. This class is for women and men and performs in the community at events like the Indiana State Fair and Indiana Black Expo Summer Celebration.

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 Midwestern 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 (In-Person)

Tuesday: 12 pm-1 pm

Instructor: Colela Bouye

This is a traditional fitness exercise class 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: 2 pm-3:30 pm

Instructor: Linda Oglesby

Join the fun and fellowship while exercising to make you want to move to music. All levels of line dancing are welcome. Line dance steps help with balance, memory and coordination and gives opportunities to be creative.

Cost: Member \$3

Non-member \$5

Good Grief Talks (In-Person)

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 pm-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)

Note: No class Feb. 7

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

Zumba (In-Person)

Thursday: 1:30 pm-2:30 pm

Instructor: Mona Miles, ZUMBA certified

A dance craze that moves your mind, body and soul. Formatted for all levels of stamina and activity. Whether you're looking for toning or have limited mobility, ZUMBA is for dancing, exercise and pure fun.

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

Inspirational Studies (Conf. Call)

Conference call only until further notice.

No in person or Zoom.

Friday: 10 am-11 am

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 (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 & IU-Indianapolis Students

Classes are hosted in a senior-friendly environment to learn how to use your devices such as smartphones, laptops and tablets. Explore topics in technology like podcasts, social media platforms, 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

