



The Informer

Monthly News for Heritage Place Members and Friends

March 2022
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www.heritageplaceindy.org

Lessons Learned

We are always learning something, all the time. And often we don't even realize it! Lifelong learning is not a new concept, nor is it one reserved for the older population. It's defined just as the name implies, *Life Long*. This is the whole purpose of organizations such as Heritage Place. If we just assumed "learning" ended when we finished whatever education we had, what's the point?



A prime example of what I'm talking about is our Genealogy Studies series, presented by Judy Casey on

the 3rd Wednesday at 10:00. This topic encourages learning! The idea that we learn more about who we are, what makes us the way we are...it's all just fascinating to me. I come from a fairly typical family. Mostly Presbyterian, so we seldom talked about the unpleasant things in our background. You know, bad marriages, financial problems, health issues. We kind of glossed over these things. It's not that we didn't know about these family issues, we just didn't talk about them a lot. What I've learned over the last decade or so since my parents aged and eventually passed away, tells me so much more about who I am than I could possibly comprehend as a youngster. In the coming months I

hope to share with you some of the wonderful things (at least I think they are wonderful!) that I have discovered, learned and now cherish about my family and certainly about past generations.

Judy's Genealogy Series, and Tom Mould's Family Storytelling Class are two wonderful and unique examples of opportunities here at Heritage Place! Naturally we can't help but pick up a few things about ourselves during the run of our lives, but to really dig deep and find out how we got here, that's when the fun begins!

Come join us on our individual discovery, and have a wonderful March!

Ed Alexander
Executive Director

Popular Classes Returning in April!



Bouye



Oglesby

We're so very happy to announce that two extremely popular Heritage Place classes will be returning in April! **Colela Bouye's Chair Aerobics** and **Linda Oglesby's Indy Silver Foxes**. Indy Silver Foxes begins Tuesday, April 5 at 1:30 pm and Chair Aerobics begins Thursday, April 7 at 1 pm.

Look for full details and class descriptions in the April Informer, or feel free to contact us at Heritage Place. We look forward to seeing Colela and Linda back with us!

Blood Pressure Bingo!

Date: Friday, March 18
Time: 11:30 am-1:30 pm
Location: Heritage Place
Presenter: Russell Watkins, Jr.,
Health Promotion Coordinator
Light Lunch Provided
Pre-Registration required by calling (317) 283-6662

Blood pressure bingo is brought to you by **American Village**. Don't miss this opportunity to get a blood pressure screening, learn from a short presentation about heart health, play bingo and win prizes and enjoy a light lunch. Heart disease is the number one killer in the United States and affects men and women alike. Please join us to learn how you can stay heart healthy.



Weather Closings

Be mindful of the weather before you head out to your favorite Heritage Place class or program!

In the event of inclement weather, you will find our weather closing announcement locally on:

WISH-TV 8

MYINDY-TV

FOX 59

WTHR 13

RTV 6

Meet Judy Casey

Judy is the Genealogy Studies group instructor at Heritage Place and participated in the group prior to taking on the leadership role in 2019. Judy was instrumental in helping coordinate and promote the Butler Family Stories Project with Heritage Place members in 2020. She was also a participant in the project.



Judy is a genealogist and lecturer, specializing in Research Methodology and African American Research with a particular interest in 19th Century African American Settlements and USCT (United States Colored Troops) Civil War Veterans. She has been researching genealogy for more than 20 years.

Judy is the immediate past president of the Indiana African American Genealogy Group and past vice president of the African American Genealogy Group of the Miami Valley in Ohio. She is a member of the Indiana Genealogical Society, The Ohio Genealogy Society, The Georgia Genealogical Society, and member and former Board of Directors member for the Genealogical Society of Marion County.

In addition to Heritage Place, Judy has conducted Genealogy classes at the Michigan Road Branch of the Indianapolis Public Library and will resume classes there again soon. She completed her B.A. at the University of Michigan, her M.A. at Ball State University, and Doctoral Studies at New York University. Judy is a retired College Administrator.

Look for details about Judy's class in the Heritage Place Classes and Programs section.

Knitting for a Cause

A shout out to Madora Lewis, instructor, Marsha Dabney, Elaine Baker and Susie Dye from the Heritage Place Knit, Loom Knit and Crochet for a Cause group. These knitters

are not sitting idle. In February, they donated over 100 hats and scarves they have knitted over the past year to Wheeler Mission. What an outstanding effort! This is a labor of love and it is wonderful these dedicated knitters provide this community service on behalf of Heritage Place. They would love to have additional knitters and know you are wanted and welcome. Don't know how to knit? You can learn to put those needles into action. See details about the Knit, Loom Knit, and Crochet for a Cause class in the Heritage Place Programs and Services section of this publication. Engage and support the Cause for Heritage Place's community involvement.



38th Annual Hoosier Heritage Night

Hoosier Heritage Night, our signature fund raising event, is set for Thursday evening, June 16, 2022. Nominations are now open for candidates to be considered for selection into the Hoosier Heritage Night Hall of Fame. Now in its 38th year, Hoosier Heritage Night has honored nearly 200 men and women from Indianapolis & Central Indiana, recognizing their outstanding contributions to our communities, all while raising valuable program dollars for Heritage Place of Indianapolis. If you would like to make a nomination, simply request a nomination form by contacting Ed Alexander at Heritage Place at Edward.Alexander@heritageplaceindy.org. Watch for more event information as it develops!

SHarP Community Garden

Did you know Heritage Place is the steward of the two super-raised VegTrug beds at SHarP Community Garden right across the street?



Did you know the produce grown in the VegTrug beds is donated to the Boulevard Place Food Pantry right in our neighborhood?

Did you know, as a Heritage Place member helping cultivate the VegTrugs, you can get some of the vegetables grown? See yourself biting into a juicy red tomato or crisp cucumber?

Tempting? Curious? Interested? Call Heritage Place at (317) 283-6662.

You Can Still Change Your 2022 Medicare Advantage Plan

If you don't like the Medicare Advantage Plan you're enrolled in for 2022, 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 election to change to another Advantage Plan or to return to Original Medicare in 2022. If you use this option to return to Original Medicare, you can also make a coordinating change to add Part D prescription drug coverage. As with several other government programs, 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. You can request a plan change online at www.medicare.gov/plan or by calling 1-800-MEDICARE (800-633-4227).

Medicare Medigap Supplement policies might also be available if you terminate your Advantage Plan and return to Original Medicare during this Advantage Plan Open Enrollment Period. Medigap Supplements help pay deductibles, copayments and coinsurances not covered by Original Medicare. Traditionally, you can't have both a Medicare Advantage Plan and a Medigap Supplement at the same time. Although you can apply for a Medigap Supplement policy with an insurance company anytime, dropping an Advantage Plan and returning to Original Medicare coverage during Medicare's Advantage Plan Open Enrollment Period doesn't automatically allow you to buy a Medigap Supplement with guaranteed issue rights. That means Medigap Supplement insurance companies could ask you health questions and increase your premiums, impose a waiting period for coverage of your pre-existing health conditions or refuse to sell you a Medigap Supplement policy based on your health history. Therefore, in this situation, it would be important to make sure your application for a Medigap Supplement policy has been approved before you cancel your Advantage Plan.

If you have 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 Heritage Place at (317) 283-6662 to talk with Denis Schwartz, SHIP counselor.**



Sally on the Go

As if Sally Catlin isn't busy enough lecturing IUPUI technology classes, facilitating her students to teach Heritage Place members, working on her Master's Degree and balancing family life, here she is promoting Senior Medicare Patrol information!

Time to Get Outdoors

Spending time outdoors is good for you. Getting outdoors improves your physical and mental well-being and seniors who spend time outdoors experience less depression and anxiety. Just one hour in a natural environment can improve your attention span and memory by 20 percent, according to one study.

Nature walks with others have been linked to more positive feelings and less stress. Gardening is another way to get outdoors and a good way to exercise. Spending time outdoors boosts your immunity and facilitates quicker recovery from injury or illness. Even if you can't exercise, getting outdoors offers benefits like relaxation, creativity and increased feelings of happiness.

Being outdoors helps increase vitamin D levels and fifteen minutes in the sunshine each day contributes to the daily recommended dose of vitamin D. Low levels of this nutrient are linked to pain in muscles and bones, inflammation, higher risk of diabetes, and some types of cancer.

Sources: AARP, NurseCore, Science Daily, Real Simple, WebMD

The State of Indiana offers a great way to get outdoors. Seniors who are age 65 and older can purchase a Golden Hoosier Park Passport for \$25.00. This pass will give you unlimited admission to all Indiana State owned parks, recreation areas, reservoirs, and forests and is valid for one calendar year. The pass admits the eligible individual and all persons accompanying the cardholder in a single private, family-type non-commercial vehicle or two motorcycles.



The Golden Hoosier Park Passport can be purchased at any entry gate or online at <https://stores.innsgifts.com/2022-golden-hoosier-passport-permit/>.

The permit does not cover special user charges for services and facilities within the property such as camping, inn, or fishing license fees. The passes are not valid at the Indiana State Museum, State Historic Sites or the Falls of Ohio Interpretive Center.

A reminder the City of Indianapolis is home to Fort Benjamin Harrison State Park featuring walking and jogging trails, picnic sites, fishing access to Fall Creek, and a museum. For details about the park go to <https://www.in.gov/dnr/state-parks/parks-lakes/fort-harrison-state-park/> or call (317) 591-0904.

The mapping address for Fort Benjamin Harrison State Park is 6000 N. Post Road, Indianapolis, IN 46216 and the mailing address is 5753 Glenn Road, Indianapolis, IN 46216.



MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Women's History Month March 8 Int'l Women's Day March 13 Daylight Savings Time begins. Move clocks forward 1 hour. March 20 Spring Equinox March 21 Nat'l Common Courtesy Day and World Poetry Day	1	2	3	4
	10:00-12:00 SHIP (in person or phone)	11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person) Ash Wednesday	10:30 Ladies of the Dance (in person)	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)
7	8	9	10	11
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)	10:00-12:00 SHIP (in person or phone)	11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10:30 Ladies of the Dance (in person)	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)
14	15	16	17	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)	10:00-12:00 SHIP (in person or phone)	10:00 Genealogy Studies (hybrid) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10:30 Ladies of the Dance (in person) St. Patrick's Day	11:00 Tai Chi EnerChi (Zoom) 11:00 No Technology Class – IUPUI Spring Break 11:00 Knit, Loom Knit & Crochet (Zoom) 11:30 Blood Pressure Bingo (in person-Pre-Register) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
21	22	23	24	25
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)	10:00-12:00 SHIP (in person or phone)	10:00 Good Grief Talks from Heartland Hospice (conf. call) 11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10:30 Ladies of the Dance (in person)	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)
28	29	30	31	
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)	10:00-12:00 SHIP (in person or phone)	11:00 Tai Chi EnerChi (Zoom) 11:30 Spanish (in person)	10:30 Ladies of the Dance (in person)	March 22 American Diabetes Association Alert Day March 25 National Medal of Honor Day March 29 National Vietnam War Veterans Day March 30 Take a Walk in the Park Day March 31 Transgender Day of Visibility

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.

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: \$3.00 Member, \$5.00 Non-Member

continued from previous page

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.

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.



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.

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

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.

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