



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

April 2023
Volume 47 | No. 4

Heritage Place is Groovy!

We're celebrating the 1960's... the music, fads, fashion and fun... all leading up to the 39th Annual Hoosier Heritage Night on Wednesday, June 14, 2023!



For nearly 40 years, Hoosier Heritage Night has honored some truly remarkable men and women, the movers and shakers of Central Indiana who have made significant contributions to our communities. It's also the largest signature event that benefits the programs and services of Heritage Place of Indianapolis!

This year we're looking back at the decade that brought us The British Invasion, the Mini Skirt, Bell-Bottoms, Go-go Boots, The Twist and Love Beads! Music and Iconic Television, Art and Literature, Landing on The Moon, Tiny Tim and Twiggy!

The poster features a green Heritage Place logo at the top left. The main title reads 'CELEBRATING the 1960's' in a pink banner. Below this, it says 'PRESENTS the 39th annual HOOSIER HERITAGE NIGHT'. The date and time are 'Wed., June 14th 6:00 PM' at the 'Meridian Hills Country Club, 7099 Spring Mill Rd., Indianapolis, IN'. The sponsor is 'R.B. ANNIS EDUCATIONAL FOUNDATION'. The poster also includes a 'V' hand sign icon and a photo of three young women.

Watch your mail (U.S. and Electronic!) for ticket information. Our 2023 Hoosier Heritage Night Planning Committee is Chaired by MaryBeth Wott from The Federal Home Loan

Bank of Indianapolis. Our Heritage 39th Anniversary Sponsor is The R.B. Annis Educational Foundation.

Ed Alexander
Executive Director

Meet Adam Alexander

Adam Alexander, Heritage Place's newest board member, is excited to be part of the team and looks forward to helping Heritage Place grow as the premiere organization helping to provide learning and recreation for Indiana's seniors. Adam was born and raised in Muncie, Indiana, and now lives with his wife in Greenwood. Adam went to Wabash College in Crawfordsville before briefly moving to Chicago to complete law school at Northwestern University, and finally coming home to Indiana. Adam's wife, Julianne, is pursuing her doctorate in speech pathology and neuroscience at Indiana University in Bloomington. When not working, Adam loves to travel with his wife, an



avid hiker, and the couple has a goal of visiting all of the national parks together. Their travels always yield fun stories, like when the pair was escorted out of a Las Vegas casino after accidentally entering a restricted area.

Although Adam is a lawyer, he promises that he is more fun to talk to than most lawyers (Heritage Place's other board members excluding, of course). Adam feels that having a sense of purpose is critical to a person's self-worth, and he understands that as people age, being involved in their communities grows even more important. That's why Adam is excited to be a part of Heritage Place's mission; Adam views Heritage Place as an organization that can help foster a sense of belonging in Indiana's seniors, and engage with them in fun and educational activities which will in turn reinforce their own sense of purpose in their lives.

Technology Class

Since Heritage Place will be closed for in person classes on Friday, April 7 in observance of Good Friday, Technology Class will meet via Zoom only. Click on the Zoom link <https://iu.zoom.us/j/135262418> or you can go to <https://zoom.us/> and enter the meeting ID: 135 262 418. Class begins at 11:00 am.

Senior Planet

All Senior Planet classes and lectures are in person and require advance registration. Class sizes are limited. For more information or to register call (317) 283-6662 or stop by Heritage Place.



Senior Planet Classes

Computer Essentials-Computer Training Course meets twice a week on Mondays and Wednesdays from 2:30-3:45 pm for five weeks from April 10-May 10.

Monday, April 10	Wednesday, April 26
Wednesday, April 12	Monday, May 1
Monday, April 17	Wednesday, May 3
Wednesday, April 19	Monday, May 8
Monday, April 24	Wednesday, May 10



National Volunteer Week

April 16-22 is National Volunteer Week. Thanks to all of our Heritage Place volunteers and to our members who volunteer in the community. Your contributions are greatly appreciated! Keep volunteering and engaged. Heritage Place needs you. The community needs you!

Ukulele Classes

In response to the information sessions ukulele classes are a go. Starting April 3 classes will be offered free; however, you will need to purchase a ukulele to participate if you do not own one. Ukuleles can be purchased for under \$100.00. Instructor Mike Kruse can give you tips about purchasing a ukulele. See the Classes and Programs section for description and details.



AARP Smart Driver Course

Learn research-based safety strategies to help keep you safe while on the road. After taking this newly updated course, you may be eligible for a multi-year discount on your car insurance! (Consult your auto insurance agent for details.) An AARP Smart Driver course will take place at Heritage Place in July. More details coming in the May issue.



Congratulations Graduates!

The first 5-week Computer Essentials class offered at Heritage Place under the Senior Planet banner concluded on Monday, March 13. Con-

gratulations to our graduates!

A new round of lectures will launch April 10 (see related announcement in this issue!). Senior Planet is funded

by OATS (Older Adults Technology Services) and AARP, with additional local support from the Central Indiana Senior Fund.



Program Instructor Diane Schussel (left), and Lead Instructor Sally Catlin (right), present Andrew Bowman with his certificate.



Program Instructor Nolan Taylor presents Olivia Martin with her certificate.



Program Instructor Nolan Taylor presents Shelly Ford with her certificate.



APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class	4 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	5 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	6 10:30 Ladies of the Dance 1:00 Chair Fitness	7 Heritage Place Closed 11:00 Technology Class-Zoom only <i>(see note on page 2)</i>
10 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30-3:45 Senior Planet: Computer Essentials	11 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	12 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30-3:45 Senior Planet: Computer Essentials	13 10:30 Ladies of the Dance 1:00 Chair Fitness	14 10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge 1:00 Belly Dancing Fitness
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24 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Ukulele Class 2:30-3:45 Senior Planet: Computer Essentials	25 10:00-12:00 SHIP 1:00 Chair Fitness 1:30 Indy Silver Foxes	26 10:00 Good Grief Talks 11:00 Advanced EnerChi 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish 2:30-3:45 Senior Planet: Computer Essentials	27 10:30 Ladies of the Dance 1:00 Chair Fitness	28 10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge 1:00 Belly Dancing Fitness Dr. Laster Foot Care. Appointment required.

Celebrate Diversity Month
 April 3-9 Nat'l Public Health Week
 April 4-8 Nat'l Wildlife Week
 April 16-22 Nat'l Volunteer Week
 April 23-29 Nat'l Library Week

April 1 April Fool's Day
 April 2 Palm Sunday & Nature Day
 April 5 Passover Begins
 & Nat'l Walking Day
 April 7 Heritage Place Closed
 for Good Friday

April 9 Easter
 April 14 Nat'l Gardening Day
 April 22 Earth Day
 April 28 Arbor 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 Heal 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 Heal 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.

VITA Tax Assistance 2023

VITA Tax Assistance is a free service for those with an adjusted gross income of \$68,000 or under. Heritage Place is not a preparation site, however the E. 38th Street Library located at 5420 E. 38th St., Indianapolis, IN 46205 offers in person appointments from February 2 through April 22. You must schedule an appointment by calling the library at (317) 275-4350 and drop off is not available this year. For other locations call 211.



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)

Monday, Wednesday, Friday: 11 am-12 pm

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/86177745963?pwd=WEpVdDJrTzE0TkJ2U2ZLcmdvaSszQT09>

Meeting ID: 894 5226 0492

Passcode: 170986

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

Inspirational Studies (Audio Conference)

Monday: 11 am-12:30 pm

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 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 \$3

Non-member \$5

Ukulele Class (In-Person)

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

Chair Fitness (In-Person)

Note: Tuesday time change to 1:00 pm

Tuesday and Thursday: 1:00 pm-2:00 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)

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

Heritage Place Classes and Programs

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

Note: There is now a Beginning Class and Advanced Class.

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

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.

Foot Care – Dr. Laster

Dr. Laster will be on site at Heritage Place on Friday, April 28. Stop by the office or call (317) 283-6662 to schedule your foot care appointment. See the Heritage Place and Community Services section on page 4 for details.

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

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9 am to 4 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.