



# The Informer

May 2022  
Volume 46 | No. 5

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

## Hoosier Heritage Night, History & Legacy

The 38th Annual Hoosier Heritage Night is just a few weeks away, Thursday evening, June 16 at Meridian Hills Country Club in Indianapolis. This event has truly become our “signature” event. You say “Hoosier Heritage Night” and you think of Heritage Place! You think of men and women who have done some incredible things in the community; who have worked tirelessly to make Central Indiana a wonderful place to live for all Hoosiers. It’s an opportunity for Heritage Place to shine and show off some of the wonderful things we do every single day, and to celebrate our own accomplishments and remarkable members!



The concept of this event started small in 1983, with three award winners (Eldon Campbell, Mildred Compton and Bishop J. Clinton Hoggard), and a short program about Heritage Place. The seed was planted that this was a good idea and should continue. The next event was held in 1985, with the next in 1987 with number four in 1988. Starting in 1990 the event was solidified as an annual event, and has remained so. Thirty-seven years and 187 Award winners, all supporting Heritage Place of Indianapolis, now that’s what makes a signature event!

Kaleidoscope; Derrick Thomas, Emmy winning Journalist formerly from WRTV-6; James Trippi, Doctor of Internal Medicine & Cardiovascular Disease; Andrea Neely, President & CEO of the Simon Youth Foundation; Judy Hanna, Heritage Place member and long-time dance instructor; and lastly Wayne & Carolyn Weber, representing the Annis Educational Foundation. Wayne has been instrumental in directing important program dollars to Heritage Place. His wife, Carolyn, is a Heritage Place volunteer.

The concept of this event started

For the 38th year, nine individuals will be honored on June 16 for their contributions to our communities. They include Donna Stephens, former CEO of Learning Well, Inc.; Jean Paison, Co-Founder and former CEO of Second Helpings; David Hochoy, Artistic Director of Dance

Watch your U.S. and electronic mail for your invitation to this fun and inspirational event! Reservations will soon be accepted.

Have a great May!

**Ed Alexander**  
Executive Director

## Hoosier Heritage Night Host

Leslie Olson, Public Relations Manager for The Indianapolis Children’s Museum will be our Host for the 38th Annual Hoosier Heritage Night on Thursday, June 16 at Meridian Hills Country Club. Leslie is a great friend of Heritage Place, and last served as our Mistress of Trivia at the 2021 Trivia Bowl Challenge.



Contact any Heritage Place staff member at (317) 283-6662 to learn about sponsorships and purchasing a table or individual tickets.



38th Annual Hoosier Heritage Night • Thursday, June 16, 6:00 PM  
Meridian Hills Country Club • 7099 Spring Mill Road, Indianapolis, IN

**IN-PERSON EVENT!**



## Calling All Singers!

Heritage Place is bringing back the choir! Under the direction of Alice Hopkins, we are looking for men and women who love to sing! We don’t have a start date yet, but please contact the Heritage Place office at (317) 283-6662 or email Ed Alexander at [Edward.Alexander@heritageplaceindy.org](mailto:Edward.Alexander@heritageplaceindy.org) and let us know if you are interested!

## Butler Family Stories Wrap

Thanks to Deb McElroy, HP member and Lynnette Lewis, HP staff and member for participating in the Butler Family Stories project. This is the third year Heritage Place has partnered with Butler University professor Dr. Tom Mould and his students in “The Power of Everyday Storytelling” class.



Lynnette loved working with her students and said, “I have thoroughly enjoyed this experience and I’m so glad I signed up to participate. The students I was paired with made me feel comfortable from the beginning of the project, which allowed me to share details of my family story more readily. I am amazed that the students are only 19 years old—their listening ability and maturity made them seem far beyond their years! I would highly recommend this experience to other Heritage Place members; it will prove to be time well spent. I look forward to treasuring my booklet the students have prepared for me!”

## Scam Alert from SMP

Scammers are calling Medicare beneficiaries and claiming Medicare is replacing paper Medicare cards with plastic cards that include chips. This is NOT true—Medicare is NOT replacing cards!



A reminder to never share personal information or your unique Medicare card number. If you have received a call about replacing your Medicare card, call Indiana Senior Medicare Patrol at (800) 986-3505 or (317) 205-9201 to report.

## Interpreting DNA Results

Have you taken an Ancestry DNA test and need assistance in understanding results? In July, Heritage Place will host DNA workshops to answer your questions about the basics of how DNA testing works, delve more in-depth into understanding DNA test results, and how you can purchase a DNA test kit. Look for more information in the June Informer.



## Smile!

Simply put, smiling is good for you and has a positive effect on others. You have an entire month to practice before National Smile Day on May 31st. Some of the benefits of smiling include:

- Reduce Blood Pressure
- Increase Endurance
- Reduce Pain
- Reduce Stress
- Strengthen Immune System



## Class Alerts

**EnerChi for Beginners** starts May 3 at 11 am, but no class May 10.

**Advanced EnerChi** continues on Zoom May 2 at 11 am, but no classes May 9, 11, and 13.

**Can We Talk?** Starts in person May 5 at 11 am.

**Learn & Play Bridge** for beginners starts May 18 from 12-3 pm.

**Technology Class** held the last session on April 29 for the spring semester and **Technology Club** for the summer starts May 20 at 11 am.

*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](mailto: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.

4550 North Illinois Street  
Indianapolis, IN 46208  
(317) 283-6662  
[admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)  
[www.heritageplaceindy.org](http://www.heritageplaceindy.org)

**10 am to 2 pm Monday – Friday**

### Staff

Edward Alexander, Executive Director  
Lynnette Lewis, Programs and Services Director  
Ellen Morley Matthews, Business Manager



# MAY 2022

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>2</b>   | <b>3</b>  | <b>4</b>   | <b>5</b>   | <b>6</b>  |
| <b>10:00-2:00</b> SHIP (in person or phone)<br><b>11:00</b> Advanced EnerChi (Zoom)<br><b>11:00</b> Inspirational Studies (conf. call)<br><b>12:00</b> Golden Line Dancers (in person) | <b>10:00-12:00</b> SHIP (in person or phone)<br><b>11:00</b> EnerChi for Beginners (in person)<br><b>1:30</b> Indy Silver Foxes (in person) | <b>11:00</b> Advanced EnerChi (Zoom)<br><b>11:30</b> Spanish (in person)   | <b>10:30</b> Ladies of the Dance (in person)<br><b>11:00-12:30</b> Can We Talk? (in person)<br><b>1:00</b> Chair Fitness (in person) | <b>11:00</b> Advanced EnerChi (Zoom)<br><b>11:00</b> Knit, Loom Knit & Crochet (Zoom)<br><b>12:00</b> Bridge Club (in person)<br><b>1:00</b> Belly Dancing Fitness (in person)  |
| <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>  | <b>13</b>   |
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| <b>16</b>  | <b>17</b>   | <b>18</b>  | <b>19</b>  | <b>20</b>   |
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| <b>23</b>  | <b>24</b>   | <b>25</b>  | <b>26</b>  | <b>27</b>   |
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| <b>30</b>  | <b>31</b>   | Older Americans Month<br>Asian American Month<br>Pacific Islander Heritage Month<br>Nat'l Blood Pressure Month<br> |  | May 3 Primary Election and Eid al-Fitr<br>May 5 Cinco de Mayo<br>May 7 Nat'l Fitness Day<br>May 8 Mother's Day<br>May 21 Armed Forces Day<br>May 30 Memorial Day-HP Closed<br>May 31 Nat'l Smile Day                    |
| <b>Heritage Place Closed no classes</b><br><br><b>Memorial Day</b>   | <b>10:00-12:00</b> SHIP (in person or phone)<br><b>11:00</b> EnerChi for Beginners (in person)<br><b>1:30</b> Indy Silver Foxes (in person) |  |  |   |

## 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

### Advanced EnerChi (Zoom Platform)

**Monday, Wednesday, Friday: 11 am-12 pm**

**Dates: May 2-Aug 24**

**Instructor: Carolyn Meeker**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/89851087466?pwd=eWJmZm8zL2p2Zyt1dU9xQlZlZW4yQT09>**

**Meeting ID: 898 5108 7466**

**Passcode: 531880**

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

### EnerChi for Beginners (In-Person)

**Tuesday: 11 am-12 pm starting May 3**

**Instructor: Carolyn Meeker**

EnerChi combines easy to learn tai chi forms and qi-gong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance recovery and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options.

**Benefits:** Decrease stress, anxiety and depression. Improve mood, flexibility, balance and agility. Enhance aerobic capacity. Increase energy, stamina and muscle strength and definition.

**Cost:** Free

### Indy Silver Foxes-Beginner and Intermediate Line Dance

**Tuesday: 1:30-3:30 pm**

**Instructor: Linda Oglesby**

For all who have expressed having two left feet, it's your day. All levels of line dance skills are welcome at any time. New dancers and seasoned dancers will continue dance steps to help with balance, coordination, memory and creativity set to popular music. Mask required for this class.

**Cost:** Member \$3

Non-member \$5

### 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:** Member \$3

Non-member \$5

## Can We Talk? (In-Person)

**Thursday: 11 am-12:30 pm starting May 5**

**Instructor: Carolyn Meeker**

"Can we talk?" is a knowledge sharing forum and will take place in person once a week at Heritage Place. Knowledge sharing is an activity through which knowledge, namely information, skills, or expertise is exchanged among people, friends, peers, families, communities, or organizations.

Join in a lively discussion on a topic each week for a selected topic. Participants will be asked to share their issues and expertise on the topic with other participants.

The first topic will be "Sleep" with the discussion of the following thoughts:

- Why can't I sleep?
- What is keeping me awake?
- What can I do to improve my sleep?

**Cost:** Free

## Chair Fitness

**Thursday: 1-2 pm**

**Instructor: Colela Bouye**

This workout offers a solid low-impact cardiovascular workout, set to up-tempo music. Exercises can be performed sitting in a chair or standing so it is adaptable to all levels, abilities and limitations. Participation will increase your overall stamina, muscle strength, endurance and flexibility. Fitness bands, small hand-held weights or any extra equipment may be used.

**Cost:** Member \$3

Non-member \$5

## 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 Club (Hybrid)

**Call (317) 283-6662 to sign up**

**Friday: 11 am-12:30 pm starting May 20**

**Facilitator: Sally Catlin & IUPUI Student(s)**

A great way to learn about how to use electronic devices and explore topics in technology. You are welcome to join the summer club, but student presentations will not begin until fall semester.

**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.

## 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 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.



### Good Grief for Widows and Widowers

Heartland Hospice Good Grief explores the needs of widows and widowers facing life alone after the death of their spouse. Although the sessions have started, you can still register for the remaining sessions. Learn about physiological, emotional, and mental aspects of grief and ponder the nuances of grieving as a science and art. Sessions are on Mondays from 6:30-8:00 pm at 931 E. 86th St., Suite 208, Indianapolis, IN 46240.

|         |   |
|---------|---|
| May 9   | <i>But I'm Not Angry</i>                              |
| May 23  | <i>Overcoming Guilt &amp; Depression</i>              |
| June 6  | <i>Feel, Deal, and Heal</i>                           |
| June 20 | <i>Managing Special Occasions &amp; Anniversaries</i> |

Facilitators Bryan & Karen Jinnett, widowed volunteers, have worked in bereavement support for over 20 years. RSVP to Gene Million at (317) 251-3012. Guests and walk-ins are always welcome.

### 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.

