



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

June 2022
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Celebrating the People of Heritage Place

I've said this before...Heritage Place "people"; our members, occasional visitors, volunteers, are all remarkable men and women. They are, no question about it! I could write volumes on the hard-working and dedicated people who have, for years, made Heritage Place the organization it is today. But It's also some of the things our people do outside of the 4550 building that is remarkable. During the early weeks and months of the pandemic, many "HP Folks" saw to it that trips were made to the supermarkets and drug stores, securing needed supplies for those who were more home bound. We learned about the daily telephone calls made to those living alone, and how quickly people learned and taught us about "Zoom", connecting us with the outside world again...remarkable and generous! Recently, I learned about a group of our folks who had researched to find an appropriate and secure method to support the people of Ukraine. Now we're hearing of groups of grandparents who have searched local stores for the much-needed baby formula. Heritage Place people are just the best!



This month we are launching a new occasional feature in *The Informer* that celebrates our members. **Member Retro Memories** will share a picture of one of our members, with a few words of explanation of the picture and their memories associated with it! The word "retro" is really overused these days, but in this case, we expect it to be very fun! If you would like to submit a photograph and memory, simply send them to me at Edward.Alexander@heritageplaceindy.org. Thanks to our own Cathy Brown for being our first subject!

Have a wonderful June!

Ed Alexander
Executive Director

Save the Date!

Heritage Place Older Adult Services presents the **38TH ANNUAL HOOSIER HERITAGE NIGHT 2022**

TITLE SPONSOR: R.B. ANNIS EDUCATIONAL FOUNDATION

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

IN-PERSON EVENT!

Watch for Reservation Information
Sponsorship Opportunities Available

Contact Ed at Edward.Alexander@heritageplaceindy.org

Juneteenth

Juneteenth commemorates the ending of slavery in the U.S. and is also known as Freedom Day. Take advantage of the many festivities in Indianapolis to celebrate Juneteenth. Visit

<https://www.indyjunteenth.com> or <https://allevents.in/indianapolis/juneteenth> or for an interactive food experience at the Benjamin Harrison Presidential site click for details <https://bhpsite.org/events/juneteenth-foodways-festival/>. For a historical perspective on Juneteenth visit <https://www.history.com/juneteenth>.

JUNE TEENTH
FREEDOM DAY

JUNE 19

A Beginner's Guide to DNA and DNA Testing

A Two-Part Heritage Place Event in July

Presenter: Angela Guntz, Genetic Genealogist, Central Indiana DNA Interest Group

Have you recently taken a DNA test? Are you thinking about purchasing a DNA kit? Join us for an overview of ancestral DNA, features of DNA test basics and clarification of DNA privacy concerns.

Part 1-An Introduction to DNA and DNA Testing!

Wednesday, July 6, 2022 from 2:00-3:15 pm

Topics:

- What is DNA?
- How do we inherit it?
- What DNA testing companies are in existence?
- What are the different test types?
- Why take a DNA test?

Part 2-You Received Your DNA Test Results!

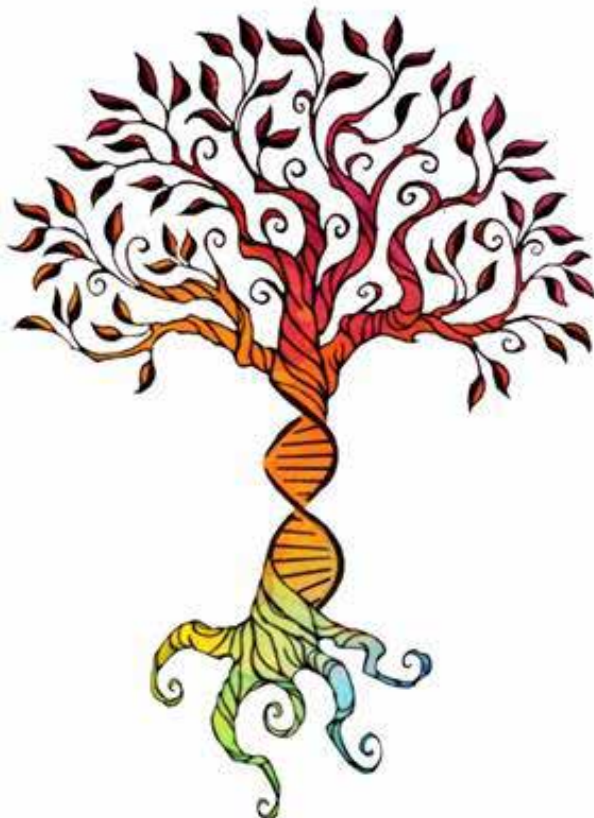
Now What?

Wednesday, July 20, 2022 from 2:00-3:15 pm

Topics:

- Understand Ethnicity estimates!
- Getting the most out of your DNA matches!
- Connecting your family tree with your DNA results!
- Learn how to use the results to solve mysteries in your family history research!

The cost is free, but registration is required. Call Ed or Lynnette at (317) 283-6662.



Member Retro Memories

Do you recognize this young lady? Here's Cathy Brown's memory!

"In 1953, my husband and I went on a cruise. When we boarded ship, I was approached and asked if I would be interested in a beauty contest. Of course, I said yes. I decided to go as Cleopatra. There were no costumes, so a very nice lady helped me invent one; she draped me in a sheet which was just beautiful!



I came in first place and won a bottle of Champagne! I also won the dance contest, and the ship had a mechanical horse and I won \$100.00! My husband and I were blessed to go on many cruises and I always like to model in fashion shows when asked. Today, I model and dance and I love it! Seniors, regardless of our age, follow your dreams and keep dancing!"

Cathy Brown can be found dancing every Friday afternoon in the Belly Dancing Fitness Class at Heritage Place.

AARP Bulletin-Data Breaches Fuel Financial Fraud

Protect your personal information! Have you ever wondered how much your personal information is worth to fraudsters and scam artists?

- A Social Security number is worth about \$2.00.
- A Social Security number with a name and date of birth is worth \$4.00 or \$5.00.
- A person's credit card information is worth about \$25.00-\$35.00.
- A hacked Facebook account can bring \$65.00.
- A selfie photo with a U.S. driver's license is about \$100.00.

Here are some tips on how to stay safe:

- Set up your digital accounts to require multifactor authentication.
- Freeze your credit at the three major credit bureaus.
- Do not save credit card numbers online with merchants or service providers.
- Activate biometric locks such as facial recognition or fingerprints on your mobile device to safeguard data in case the device is lost or stolen.
- Use antivirus software and perform recommended cybersecurity updates on your devices.
- Remove your phone number from as many online accounts as possible. If you need to use your phone number to open some accounts go back and remove it later.

For more information visit <https://www.aarp.org/money/scams-fraud/info-2022/data-breaches-fuel-financial-fraud.html>.



JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LGBTQ+ Pride Month June 5-Native American Day June 6-D-Day June 14-Flag Day June 15-World Elder Abuse Awareness Day June 19-Father's Day and Juneteenth (Federal Holiday) June 20-Heritage Place Closed-No Classes June 21-Summer Solstice		1 11:00 Advanced EnerChi (Zoom) 12:00 Learn & Play Bridge (in person)	2 10:30 Ladies of the Dance (in person) 1:00 Chair Fitness (in person)	3 11:00 Advanced EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
6 10:00-2:00 SHIP (in person or phone) 11:00 Advanced EnerChi (Zoom) 11:00 Inspirational Studies (conf. call) 12:00 Golden Line Dancers (in person)	7 10:00-12:00 SHIP (in person or phone) 1:30 Indy Silver Foxes (in person)	8 11:00 Advanced EnerChi (Zoom) 12:00 Learn & Play Bridge (in person)	9 10:30 Ladies of the Dance (in person) 1:00 Chair Fitness (in person)	10 11:00 Advanced EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Club (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
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20 Juneteenth Observed Heritage Place Closed No Classes	21 10:00-12:00 SHIP (in person or phone) 1:30 Indy Silver Foxes (in person)	22 10:00 Good Grief Talks (conf. Call) 11:00 Advanced EnerChi (Zoom) 12:00 Learn & Play Bridge (in person)	23 10:30 Ladies of the Dance (in person) 1:00 Chair Fitness (in person)	24 11:00 Advanced EnerChi (Zoom) 11:00 Knit, Loom Knit & Crochet (Zoom) 11:00 Technology Club (hybrid) 12:00 Bridge Club (in person) 1:00 Belly Dancing Fitness (in person)
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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

Indy Silver Foxes-Beginner and Intermediate Line Dance

Tuesday: 1:30 pm-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 am-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)

Note: No classes in June-resumes July 6

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: 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! Learn to play in this weekly course which runs through June 22, then use your skills in an ongoing weekly scheduled Bridge Game!

Cost: Free

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

Chair Fitness

Thursday: 1 pm-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.

NOTE:

EnerChi for Beginners and Can We Talk?
are on hold until September.

Technology Club (Hybrid)

Call (317) 283-6662 to sign up

Friday: 11 am-12:30 pm

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.

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.

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

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

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 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

Don't miss the last two sessions offered by Heartland Hospice Good Grief. Many needs arise for widows and widowers facing life alone after the death of their spouse. 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 6:30-8:30 pm at 931 E. 86th St., Suite 208, Indianapolis, IN 46240.

June 6 *Feel, Deal, and Heal*

June 20 *Managing Special Occasions & Anniversaries*

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.