



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

August 2022
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Happy Birthday to Heritage Place of Indianapolis!

Happy August to everyone, and Happy Birthday to Heritage Place of Indianapolis! On August 29, we turn 46 years old! Let's look back at some of the other news making headlines from August of 1976...



Ronald Regan for the Republican Presidential Nomination.

And, on August 29 of '76, a tiny organization was launched in donated space at 46th & Illinois Streets. On that day, we didn't even have a formal name yet; Just "Senior Citizens Center". Voting on a name came after. So much has happened in those 46 years, but we are so very proud of our humble beginnings and the fact that we are still the anchor at the corner of 46th & Illinois Streets. Heritage Place of Indianapolis has never deviated from our mission created shortly after our opening. We are a welcoming organization of men and women brought together to maintain active lifestyles and to learn from each other.

As has been kind of a tradition, we invite you to stop by "Our Birthday" celebration on August 29 to enjoy a slice of cake. If you've not been in

to see us recently, now is the time! If you received your membership renewal notice, now is the time to complete it and return with your annual dues. Remember, you can always pay dues at www.heritageplaceindy.org (click the "donate" button), via the envelope provided in your renewal, or stop in anytime and we can help you.

As I close, I want to "tease" you. In September, we anticipate an exciting announcement that will expand the current Heritage Place programs greatly, and the reach of those programs. Some of you who attended Hoosier Heritage Night in June had a sneak peek at this new program. I don't want to say too much yet, so watch for news in your September ***Informer*** newsletter!

Have a great month, and Happy Birthday to US!

Ed Alexander
Executive Director

Meet Lynnette Lewis

Every Monday, Wednesday and Friday, stop in at Heritage Place and say hi to Lynnette who has been with our organization since June 2021. Lynnette loves nothing more than seeing members come into Heritage Place to attend various classes and activities and is working very hard on getting to know each and every member by name!



Lynnette was born and raised in Montpelier Indiana which happens to be in the 3rd smallest county in Indiana: Blackford County. The oldest of 5 children, Lynnette grew up in a

lively household that made education paramount. Her father was a Band and Choir Director at Montpelier High School, then became Assistant Principal at Blackford High School in 1970. Lynnette's mother was a Kindergarten teacher nearly her entire career in Montpelier and taught several generations of local students.

Lynnette has 3 sisters and 1 brother—the youngest sister and brother are twins. Eight years separated the siblings and all were very active in extracurricular activities growing up. Each played a band instrument and all took piano lessons, so music was a very important aspect of life in the Lewis clan.

At the end of her Senior Year in

High School, Lynnette still had no clue what she wanted to do career-wise. So, she went to Purdue University and studied a hobby--sewing. She majored in Apparel Technology which at the time was in the "Home Ec" school: Consumer and Family Sciences. While at Purdue, Lynnette was also active in sorority life and made life-long friendships as a result. Her degree led her to a job with Marshall Field's in Chicago where she was a management trainee working in the Alterations Department and as an Assistant Buyer in the Women's Accessory Division. In 1983, Lynnette returned to Indiana and obtained an MA in Psychology from Ball State,

LEWIS continued on next page

HP Dance Group State Fair Performances

Belly Dancing Fitness will perform at the Indiana State Fair Dance Stage the following:

Sunday, July 31, 4-5 pm
 Saturday, August 6, 5-6 pm
 Sunday, August 7, 3-4 pm
 Friday, August 12, 5-6 pm
 Sunday, August 14, 3-4 pm
 Saturday, August 20, 3-4 pm
 Sunday, August 21, 4-5 pm

Ladies of the Dance will perform at the Indiana State Fair Dance Stage the following:

Thursday, August 4, 1-2 pm
 Thursday, August 11, 1-2 pm
 Thursday, August 18, 1-2 pm.

The Golden Line Dancers will perform at the Indiana State Fair Dance Stage the following:

Friday, August 5, 2-3 pm
 Friday, August 19, 5-6 pm

The **Indiana State Fair** runs from July 29-August 21. For details go to <https://www.indianastatefair.com>.

Mark a Special Occasion and Support Heritage Place!

Are you looking for a special way to commemorate a special occasion? Why not a gift membership to Heritage Place? That's what member Cathy Brown did when her daughter and son-in-law celebrated their 50th Wedding Anniversary recently. She gave them a family membership! Welcome Dianne and Andrew, and congratulations!



Here's the Scoop

Join us for the Heritage Place Birthday Ice Cream Social on Wednesday, August 24 from 1:00-3:00 pm on the north lawn! Assorted ice creams and chilled water provided. FREE for all Heritage Place members. Not sure if your membership is current? Stop in the office and we'll tell you! **Registration is required** so we have enough ice cream. Call (317) 283-6662 or stop by the office to register.

We ask that you bring two (2) canned goods or other non-perishable food products that will be donated to our friends at the Boulevard Place Food Pantry.



LEWIS continued from previous page

which led her to employment opportunities in Human Resources. This included Goodwill Industries where she hired everyone from dockworker to social worker.

Following many years with Goodwill Industries, Lynnette worked with several non-profits in either case management, housing, human resources and business administration. These non-profits include The Damien Center, NAMI (National Alliance on Mental Illness) Indianapolis and now Heritage Place. Social services work has always been purposeful for Lynnette. On Tuesdays and Thursdays, Lynnette puts on her for-profit 'hat' and works as Administrator for Black Plate Catering where she keeps the books for the business and sometimes channels her inner 'foodie' by performing kitchen prep. Bacon-wrapped, almond stuffed dates are her specialty.

At age 14, Lynnette began studying the history of lighthouses and was indulged by family on a trip to the East Coast. She visited her first lighthouse! Since this time, she has become a member of the United States Lighthouse Society and takes any chance at all to visit these majestic beacons. Lynnette's goal is to see all the lighthouses on the Great Lakes and together with her parents, she is two-thirds 'there' to reaching this milestone.

For fun, Lynnette also enjoys herb gardening, cooking and spending time with her 6 nephews. The score: 6 nephews, 0 nieces. She was never able to make a purple velvet dress for a niece (and somehow couldn't talk a nephew into it), but as a great aunt she finally has the occasion as she has one great niece! Lynnette is fortunate to have a nearly 90-year-old mother in her life and together with siblings, relishes keeping her mother living independently as long as possible.



AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers	2 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	3 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	4 1:00 Chair Fitness	5 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge Club 1:00 Belly Dancing Fitness
8 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers	9 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	10 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	11 1:00 Chair Fitness	12 11:00 Advanced EnerChi 11:00 Technology Club 12:00 Bridge Club 1:00 Belly Dancing Fitness
15 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers	16 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	17 10:00 Genealogy Studies Group 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	18 1:00 Chair Fitness	19 Heritage Place Closed for St. Thomas Aquinas SausageFest No In Person Classes
22 10:00-2:00 SHIP 11:00 Advanced EnerChi 12:00 Golden Line Dancers	23 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	24 10:00 Good Grief Talks 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 1:00-3:00 Ice Cream Social	25 1:00 Chair Fitness	26 12:00 Bridge Club 1:00 Belly Dancing Fitness
29 10:00-2:00 SHIP 12:00 Golden Line Dancers	30 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	31 11:30 Spanish 12:00 Learn & Play Bridge	<p>August 7-Purple Heart Day</p> <p>August 9-Int'l Day of World's Indigenous People's Day and Book Lovers Day</p> <p>August 26-Women's Equality Day</p> <p>August 29-Heritage Place Birthday</p>	

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)

Note: On summer break. Resumes in September.

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 (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

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: 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

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)

Note: On hiatus from August 16 until September. Start date TBA.

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 (In-Person)

Tuesday: 10:30 am-11:30 am

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)

Note: On summer break. Resumes in September.

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)

Technology Class starts September 2

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, Associate Executive Director

NOTE:

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

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 & 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.

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.