



# The Informer

September 2022  
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

## Aging with Attitude at Heritage Place

### Greetings and Happy September!

As many of you know, we've recently completed a 3-year Strategic Plan for Heritage Place of Indianapolis. This in itself is not newsworthy, as such a plan is a staple for most organizations and businesses. But this time, we've really put a focus on our people. All of you, our members and friends, drive what we do! As part of this exercise, we looked at how our members describe themselves. Responses were very diverse, with so many positive images such as "Interested", "Eager", and "Optimis-



tic". Digging further, I think it's safe to say our membership is successfully aging with attitude! A couple of folks said it best when they commented that sure, they might be retired from their careers, but certainly not retired from life. This is what "Aging with Attitude" is all about.

In the coming months, you will be hearing more references to "Aging with Attitude" as Heritage Place welcomes a new collaboration, probably about October 1. Again, many of you have already been let in on our secret, but we will soon be collaborating with *Senior Planet*. Senior Planet is a program created by OATS, Older Adults Technology Services, also in collaboration with AARP. Your board

and staff are busy learning all the ins and outs of the program, but I can tell you it will open more doors of opportunity to our members and certainly those who should be members! Watch for our big formal announcement very soon.

We're not done with summer yet, so do enjoy these last few weeks! Thanks for all each of you do for Heritage Place. Remember to keep your membership current so you don't miss a single thing! Not sure of your membership status? You can easily email Lynnette Lewis at [Llewis@heritageplaceindy.org](mailto:Llewis@heritageplaceindy.org) and she will be more than happy to assist you!

**Ed Alexander**  
Executive Director

## Meet Jessica Garrett

Heritage Place is such a special and unique organization. It's such a privilege to serve on the Board of Directors (for a second time!) I originally became involved with HP back in 2017 volunteering for the Heritage Place Breakfast fundraiser event. I then joined the HP Board continuing to volunteer with the Breakfast event, Hoosier Heritage Night and Trivia Bowl. I served on the board for two years, before moving to New York City in 2019. While NYC was memorable, I am very happy to be back in my



home state – and was pleasantly surprised when Ed reached out to reconnect. (Just how did he know I was back?!)

Over the years, I've had experience working as a graphic designer, non-profit consultant, and healthcare/research coordinator. Currently, I work in clinical research at the IU Simon Comprehensive Cancer Center. As a board member and volunteer, I'll continue to advocate for the growth of this organization, so it can reach its fullest potential. The future for Heritage Place looks bright, and I'm proud to be a part of it.

Heritage Place is pleased to welcome Jessica back to the Board of Directors and appreciates her contributions.

## Technology & 50+

Technology use is growing with those 50+. An AARP report shows 92% of 50+ use texting as their #1 go-to technology and three in four rely on technology to stay connected-50s (76%), 60s (79%) and 70s (72%).

Smartphone and overall app usage is up for consumers age 50+ as is engagement on social media platforms. Expansion of tech devices owned, as in home assistants, increased to 35% and wearables increased to 30%.

By 2030 the 50+ market will have grown to 132 million.

**Source: AARP**

The Technology Class at Heritage Place for fall semester begins September 2. Call (317) 283-6662 for details and learn how you can keep connected by signing up.



## 2022-2023 Board of Directors

### Joanne Sommers, President

Partner, Plews Shadley Racher & Braun LLP

### Kristen Wrestler, Vice President

Practice Mgr./Geriatrics, IU Health Physicians

### Nolan Taylor, Secretary

Clinical Assistant Professor, IUPUI  
Heritage Place Member

### Michael Heavilon, Treasurer

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### Angela Della Rocco, Director

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Registered Nurse, IU Health Riley Hospital

### Margaret Francis, Director

Community Volunteer  
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### Jessica Garrett, Director

Clinical Research Specialist, IU Simon Comprehensive  
Cancer Center

### Manolo Santalla, Director

Community Volunteer  
Heritage Place Member

### Chris Wagner, Director

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### Myra Whitaker, Director

United Way Board Fellow  
Staff Chaplain, Indiana University Health

### MaryBeth Wott, Director

Sr. VP, Community Investment Officer,  
Federal Home Loan Bank of Indianapolis

### Edward Alexander

Executive Director, Heritage Place of Indianapolis

## Voting in Indiana

A reminder there is a general election on Tuesday, November 8. First, if you are not registered to vote you



need a valid Indiana driver's license or government issued ID to register. If you are already registered and want to check your registration status, who is on the ballot, what issues are on the ballot, or how to cast an absentee vote, there are plenty of resources to be a well-informed voter.

The League of Women Voters [www.vote411.org](http://www.vote411.org) answers general questions, information on becoming a poll worker and absentee voting. Check out [www.states.aarp.org/Indiana/election-voting-guide](http://www.states.aarp.org/Indiana/election-voting-guide) to answer FAQs and find links to common questions. For more detailed information visit [www.Indianavoters.com/SOS/files](http://www.Indianavoters.com/SOS/files) to look at easily organized sections. You can also register to vote on this site.

Voter registration closes on October 11 and the first day of early in-person voting is October 12. Remember your local public library is a great place to get information and provides computer access if you do not have a computer at home. Voting matters! Your vote matters!

## Advance Care Planning & BINGO

Monday, September 19: 2:00 pm

Presenter: Myra Whitaker, Staff Chaplain,

IU Health & Heritage Place Board of Directors  
Member

Have you ever wondered what would happen with your health care desires if you are unable to speak for yourself due to serious illness or injury? Here are some things to ask yourself and what you desire when making advance care planning decisions:

- Do I want everything done i.e., CPR, ventilator support etc.?
- Do I want a time limit on what medical care is given?
- Do I want medical care done at all?

Join us for a discussion on options and what they mean when making these decisions. There will be an opportunity for one-on-one discussions with the presenter and Advance Care Planning forms will be available. BINGO and light refreshments will follow the presentation. Registration is required. Call (317) 283-6662 to RSVP.



## Heritage Place and Community

Thanks to everyone who donated non-perishable food items at the ice cream social to celebrate Heritage Place's birthday! Because of your generosity, Heritage Place donated food to the Boulevard Place Food Pantry located in the Butler Tarkington neighborhood!



## Senior Season Savvy: How Do I Navigate My Way?

Wednesday, September 21: 1:00 pm

**Presenter:** Curtis Baylor, Bankers Life, CLTC/Sales Representative, MBA, Retired Military & Heritage Place Member

It's never too soon or too late to plan for the future. Sometimes we don't like to think of things like end-of-life planning or critical illness or what are the needs in the event of death. Common concerns for seniors include health care, custodial care, retirement income and estate planning.

This presentation will help you navigate your way to be savvy in your senior season and how to protect your loved ones. Registration is required. Call (317) 283-6662 to RSVP.

## Pandemic Jiggle!!! Get Away from Here!!!

Just in case you haven't noticed, "Join me in looking at the new crop of cellulite that has laid claim to the body I have had for 78 years!" Is it happening to you too? Please say yes, because I know I'm not alone in this. In addition, having to pick and choose when and where to mask because there are new variants of COVID, experiencing emotional ups and downs, and suffering from too much isolation. And I know that I'm sitting for way too many hours in one place, binging on Netflix no brainer movie series, eating anything and everything that don't eat me, and calling complete strangers just to make sure I still know how to talk to people politely. A poll showed 39% of adults have experienced WEIGHT GAIN during quarantine! Now mind you 35% of adults in that same poll indicated they had lost weight, so why me? Or you?

So, what does that mean-I got cellulite jiggle here, a cellulite jiggle there, a jiggle jiggle here, a jiggle jiggle there, here a jiggle, there a jiggle, everywhere a jiggle jiggle! And my friends, I do not like it! Take a look down and around that body...stop looking away from the mirror. Stop...stop...stop-it's time to do something about the jiggle ya'll!

Join me in vowing to enhance and/or establish some new routines, in sitting, eating, and laying down. Jiggly is not good! My body doesn't like it from head to toe. Refocus on taking better care of me-all of me-and you; mind, body and spirit. Well, it just so happens that Heritage Place may be able to help us out. Have you seen the exciting experiences available in our place? Whether a class to aid the brain and extend the knowledge like bridge, Spanish or genealogy studies, a class to stop the jiggle like dance or chair fitness, stretching in a EnerChi class, an experience to acknowledge the spiritual self through inspirational studies, keeping current with a technology class, or knitting for a community cause, Heritage Place has it! Check out the listings in this newsletter issue. Let's stop the jiggle jiggle!

**Dorothy Simpson Taylor, PhD**  
Heritage Place Member

## Foot Care with Dr. Laster

Dr. Laster will be on site at Heritage Place on Friday, October 7. Appointments are available starting at 9 am. Call Heritage Place at (317) 283-6662 to get on the schedule. First time participants will be issued paperwork to complete and bring with you to the first appointment. There is no cost to participants, however Dr. Laster bills Medicare for her services.



# SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Latinx Heritage Month Sept. 10-Harvest Moon Sept. 11-Grandparent's Day & Patriot Day Sept. 15-Oct. 15- Hispanic Heritage Month Sept. 21-International Day of Peace Sept. 23-Native American Day Sept. 26 Rosh Hashanah Sept. 26-Oct. 5-Sharad Navratri		<b>Sept. 22</b> <b>Fall Begins</b>	<b>1</b> 1:00 Chair Fitness	<b>2</b> 11:00 Knit for a Cause 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>5</b> <b>Labor Day</b> <b>Heritage Place Closed</b> <b>No Classes</b>	<b>6</b> 10:00-12:00 SHIP 10:30 Chair Fitness	<b>7</b> 11:30 Spanish Learn & Play Bridge 12:00	<b>8</b> 1:00 Chair Fitness	<b>9</b> 11:00 Knit for a Cause 11:00 Technology Class 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>12</b> 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	<b>13</b> 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	<b>14</b> 11:00 Advanced EnerChi 11:30 Spanish Learn & Play Bridge 12:00	<b>15</b> 10:30 Ladies of the Dance 11:00 Can We Talk? 1:00 Chair Fitness	<b>16</b> 11:00 Knit for a Cause 11:00 Technology Class 11:00 Advanced EnerChi 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>19</b> 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers 2:00 Advance Care Planning & BINGO	<b>20</b> 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	<b>21</b> 10:00 Genealogy Studies Group 11:00 Advanced EnerChi 11:30 Spanish Learn & Play Bridge 12:00 1:00 Senior Season Savvy	<b>22</b> 10:30 Ladies of the Dance 11:00 Can We Talk? 1:00 Chair Fitness	<b>23</b> 11:00 Knit for a Cause 11:00 Technology Class 11:00 Advanced EnerChi 12:00 Bridge Club 1:00 Belly Dancing Fitness
<b>26</b> 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	<b>27</b> 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	<b>28</b> 10:00 Good Grief Talks 11:00 Advanced EnerChi 11:30 Spanish Learn & Play Bridge 12:00	<b>29</b> 10:30 Ladies of the Dance 11:00 Can We Talk? 1:00 Chair Fitness	<b>30</b> 11:00 Knit for a Cause 11:00 Technology Class 11:00 Advanced EnerChi 12:00 Bridge Club 1:00 Belly Dancing Fitness

## 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)

**Dates:** September 12-December 16

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

**Instructor:** Carolyn Meeker

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/82476667723?pwd=M01QWldCWnR1bklYaFJlSS8yMWJ5Zz09>**

**Meeting ID: 824 7666 7723**

**Passcode: 079863**

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

### Inspirational Studies (Audio Conference)

**Class begins September 12**

**Monday: 11 am-12:30 pm**

**Dial-in: (978) 990-5000**

**Access Code: 252581**

**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 \$1

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

### Indy Silver Foxes (In-Person)

**Class begins September 13**

**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 (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

## 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

## Ladies of the Dance Line Dance (In Person)

Class begins September 15

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

## Can We Talk? (In-Person)

Class begins September 15

Thursday: 11 am-12:30 pm

Facilitator: Carolyn Meeker

"Can We Talk?" is a knowledge sharing forum, which is an activity through which knowledge, namely information, skills, or expertise is exchanged among people, friends, peers, families, communities or organizations. Participants will join in a lively discussion each week on a selected topic. There really is something to "live and learn" so come and share your insights.

Cost: Free

## Knit for a Cause (In-Person)

Class begins September 2

Friday: 11 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)

Class begins September 2

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.

*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, Associate Executive Director

## 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.