



The Informer

November 2022
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Why Gratitude is Good

Happy November from all of us to all of you! It's November...my favorite month. I don't really remember why, but it always has been. I think it had something to do with



Thanksgiving. Not so much the food part, but more the family tradition of piling in the Rambler and driving to Mechanicsburg (OH) for a gathering with my maternal Grandmother and the family. I just loved going! I was the baby in the family, and I loved the adults and yes, I loved the attention

all the adults gave me, the baby. I was grateful!

Gratitude, I learned a long time ago, is a good thing! It's also something that we feel every day, every month in every year at Heritage Place. Why is this? Gratitude allows us to affirm that there are good things in the world. Good gifts, and benefits we receive and maybe without realizing it. Gratitude also gives all of us the chance to recognize the sources of good things outside of ourselves. It's pretty easy to see this at Heritage Place. The people Lynnette and I meet each day are pretty remarkable. It's these men and women...all of

you...who make this an organization that the staff and board are grateful for, but also the larger Indianapolis communities that our members and friends represent and call home. This reflection is not reserved for November or Thanksgiving, it's all the time.

One last word about November. I do love the slow, then seemingly sudden changes in the trees. I've told people to drive around Butler Tarkington as the color is more brilliant than I remember in a long time. This is why Gratitude is so good! Have a wonderful month!

Ed Alexander
Executive Director

Medicare Open Enrollment

Medicare Open Enrollment is from October 15 to December 7. Medicare plans change each year so it is important to learn about these changes in order to make the best decisions for yourself. Schedule an appointment with Heritage Place's SHIP counselor, Denis Schwartz, or contact the SHIP Call Center at (800) 452-4800 to receive objective assistance.

Here 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.
- Difference between traditional Medicare and Medicare Advantage plans.
- What are Medigap Supplements.
- How Medicare coordinates with other health insurance and government benefits.
- Guidelines for eligibility for Medicare Savings Program and Extra Help.



Trivia Bowl

The 14th Annual Heritage Place Trivia Bowl Challenge will be held on Thursday evening, November 3, 2022 starting at 5:30 p.m. at St. Paul's Episcopal Church, 6050 N. Meridian Street, Indianapolis.

A light dinner, soft drinks and water are included with the cost of registration. Beer, wine, 50/50 raffle tickets and other surprises will be available for purchase.

We are happy to announce Leslie Olsen will be the host. Contact Ed Alexander at edwardalexander@heritageplaceindy.org or call (317) 283-6662 for more information.

Don't Forget to Vote!

Remember to vote in the general election on Tuesday, November 8. Voting matters! Your vote matters!



Senior Planet Lectures

Note: Lectures and classes are in person at Heritage Place and require advance registration. The lectures listed are 75-minutes. Call (317) 283-6662 or stop by to register.



Telemedicine

Wednesday, November 2, 3:00 PM

Explore the ins-and-outs of virtual medical appointments. Interested in having a virtual visit with your doctor? Or learning about types of telemedicine out there? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. You'll see a virtual-visit walk-through and learn what to expect from an appointment. This lecture offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.

Benefits of connecting to the Internet

Wednesday, November 9, 2:00 PM

Gain a better understanding of the benefits of getting online, the different types of connections, and internet speeds. This presentation offers real life examples of the ways that home internet access can help you save money, connect with others, and make everyday tasks easier. In this lecture, we'll review common terminology associated with an internet connection, as well as how fast a connection you need to do some of the most common online activities like stream videos and music, check email, and video chat. We'll also explore different ways of connecting to the internet as well as resources for available service in your area.

Spotting "Fake" News

Wednesday, November 16, 3:00 PM

How does Fake News get online? Discover tools you can use to evaluate news sources. Concerned about fake news? In the digital age, anyone can publish anything on the internet. This lecture will provide a helpful explanation for the increase in the use of the term fake news, as well as give you some tools to evaluate news sources. We'll also review popular fact-checking sites.

All Things Smart Phones

Wednesday, November 30, 10:00 AM

Learn how a smartphone can help you access the internet when you need it! If you're curious about what smartphones can do and why they've grown so popular, come to this lecture. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS.

Affordable Home Internet

Wednesday, November 30, 2:00 PM

Having the internet at home so I can take classes from Heritage Place? Having home internet can help you save money, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information you need to know when signing up for home internet service. You'll also learn about the Affordable Connectivity Program (ACP), a permanent, government program that helps qualifying low-income households pay for internet service and connected devices. In some cases, depending on your internet plan, the ACP discount may help you get home internet for free!

All Things Zoom

Wednesday, December 7, 10:00 AM

Learn how to use Zoom to chat with friends & family, and take virtual classes with Heritage Place! Curious why Zoom has become everyone's go-to video conferencing software? This lecture will go over how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet! You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat.

Introduction to Hosting on Zoom

Wednesday, December 7, 3:00 PM

Ready to host your own Zoom meeting? Learn what you need to start your first meeting, as well as some tips to make it a success. Thinking about hosting your own Zoom meeting? In this introductory lecture, we'll go over what you need to start your first meeting, as well as some hosting tips to make it a success. You'll also learn about special features for hosts, including ways Zoom keeps your meetings secure. After this overview lecture, you'll be ready for our hands-on workshops "Getting Started with Zoom" and "Hosting a Zoom Meeting," which include step-by-step instructions.

Protecting Personal Information online

Wednesday, December 14, 10:00 AM

Discover tips for staying safe online, like safe browsing and how to recognize online scams. This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK-or not-to share your personal information.

Social Security Scam Alert

Scammers are already on the upcoming 2023 Social Security increase for beneficiaries. Beware of suspicious emails, texts, telephone calls, or letters. No one will contact you to ask for personal information in exchange for an increase in your Social Security benefit so don't fall for this scam. Do not share your personal or financial information or click on any links or attachments. Report suspected scams to <https://oig.ssa.gov/report>.



Festival of Trees

Heritage Place is again participating in Festival of Trees at the Indiana History Center from November 11, 2022-January 7, 2023. If you have not experienced this event, it is highly recommended. Go see the magic! This event showcases individually themed and decorated trees from Indiana businesses and organizations. For more information contact Ed Alexander at the HP office at (317) 283-6662 or email Ed at Edward.Alexander@heritageplaceindy.org.

Eugene and Marilyn Glick Indiana History Center
450 W. Ohio St.

Indianapolis, IN 46202

(317) 232-1882

<https://indianahistory.org/events/festival-of-trees/>



Heritage Place members & friends attend RENT at Civic Theatre. (L to R) Barbara Sherman, Cortis Bell, Linda Oglesby & Robin Temple.



NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	2 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 3:00 Senior Planet: Telemedicine	3 10:30 Ladies of the Dance 1:00 Chair Fitness	4 10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge 1:00 Belly Dancing Fitness
7 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	8 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	9 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 2:00 Senior Planet: Benefits of connecting to the Internet	10 10:30 Ladies of the Dance 1:00 Chair Fitness	11 10:00 Knit & Crochet 11:00 Advanced EnerChi 11:00 Technology Class 12:00 Bridge 1:00 Belly Dancing Fitness
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21 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	22 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	23 10:00 Good Grief Talks 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge	24 	25 Heritage Place Closed No Classes Nov. 24-25 Happy Thanksgiving!
28 10:00-2:00 SHIP 11:00 Advanced EnerChi 11:00 Inspirational Studies 12:00 Golden Line Dancers	29 10:00-12:00 SHIP 10:30 Chair Fitness 1:30 Indy Silver Foxes	30 10:00 Senior Planet: All Things Smart Phones 11:00 Advanced EnerChi 11:30 Spanish 12:00 Learn & Play Bridge 2:00 Senior Planet: Affordable Home Internet	Native American Month National Family Caregivers Month Good Nutrition Month Nov. 6 Daylight Savings Ends Fall back 1 hour Nov. 8 Election Day Nov. 11 Veterans Day Nov. 13 World Kindness Day Nov. 24 Thanksgiving 	

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.

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)

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 \$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)

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)

NOTE: Now in-person instead of teleconference

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



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)

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.



SHarP Community garden is still growing and donating produce to the Boulevard Place Food Pantry. This garden keeps on giving!

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.

Heritage Place of Indianapolis, Inc.

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10 am to 2 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.