



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

March 2024
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It's March Membership Madness at Heritage Place!

Between March 1 and March 29, we're having our "Membership Madness" contest. Here's how it will work: Tell someone about the many benefits of membership with Heritage Place of Indianapolis. Tell them why you are a member and why membership is important. Encourage them to join and you might just win a \$25.00 gift card!



All month we will post a running total of who has referred the most new and dues paying members. Who knows, we might have a showdown of "The Final Four"! Membership

forms are available in the Heritage Place office and on our website at www.heritageplaceindy.org. Regardless of how people join, make sure they indicate who referred them!

Memberships are important to us. They are the easiest way to keep the programs and services going that you love. And they remain a bargain at \$60.00/year, per household! If you have others in your household who are 55 years old or older, they will also become Heritage Place Members at no extra cost! Has your membership lapsed? Have you been wanting to renew, but just keep forgetting to do so? Do it in March during our contest! Remember, membership is valid for

12 months from the date you join or renew.

Heritage Place of Indianapolis does not receive federal dollars and we are not an affiliate of any larger organization. This is why every membership dollar stays local. If you are considering other ways to support Heritage Place, or perhaps you think you can't because you are "a youngster" and not old enough for membership, don't be silly! Consider a one time or monthly gift. Again, visit www.heritageplaceindy.org for more membership and donation information.

Have a terrific month!

Ed Alexander
Executive Director

Watch for Weather Closings

Be mindful of the weather before heading out to Heritage Place for classes and programs. In the event of inclement weather, you will find Heritage Place weather closing announcements on the following local TV stations:

- RTV 6
- WISH-TV 8
- WTHR 13
- FOX 59
- MyINDY TV-WISH TV



Heritage Place Welcomes New and Returning Members!

- | | |
|---------------------------------|------------------------------------|
| Katie Davis | Susan Orr |
| Derrick & Shelly Ford | Ed Alexander & Brad Romine |
| Deborah Johnson | Earlene Sears |
| Okhi Kim | Shari Shires-Blane |
| Mike & Vicki Kruse | Darlene & Walter Smith |
| Zola Lucas | Joyce Smith Patterson |
| Deb McElroy | Evern Terrell |
| Marty Montgomery | Evelyn Ridley-Turner & Rich Turner |
| Debra Moss | Doris & Robert Weathers |
| Marie Joachim & Michael O'Keefe | |

SENIOR PLANET FROM AARP

Senior Planet classes, lectures and workshops are always free to anyone age 55 or older. You do not need to be a Heritage Place Member to attend. Registration is required and space is limited. Call (317) 283-6662 to register.



The next Senior Planet Lecture is Monday, March 11 from 1:00 pm to 2:15 pm. The topic is **Safe, Secure and Smart On-Line Shopping and E-Commerce**



Roadmap to Stress Free Senior Living

Good preparation can make life better on the other side of 55! **Oasis Senior Advisors** is sponsoring an expert panel presentation at Heritage Place on Thursday, March 21 from 11:30 am to 1:30 pm. Topics and presenters are the following:



- **Long-Term Financial Planning**
Lucy Goodpaster, Mid-South Financial Group
- **Navigating Senior Living**
Darin Smith, Oasis Senior Advisors
- **Decluttering and Downsizing**
Stephanie Denson, Spirit & Space
- **Medicaid and VA Planning**
Jeff Stinson, Stinson Law

Lunch will be provided, and space is limited. **RSVP no later than March 18** by contacting Lynnette Lewis at (317) 283-6662 or email llewis@heritageplaceindy.org.

Ways to Give to Heritage Place

- Make a charitable donation the next time you are in the building! Lynnette or Ed can help with the transaction.
- Call Heritage Place at (317) 283-6662 and we'll gladly help with your transaction. Remember, never leave credit card or other personal information on voicemail.
- Visit www.heritageplaceindy.org and follow the big green "donate" button.
- Consider becoming a monthly donor! Contact Lynnette or Ed at Info@heritageplaceindy.org for easy step-by-step instructions.
- Scan the donation QR Code that is always found in each issue of The Heritage Place Informer!



2024 Medicare Advantage Plan Open Enrollment

Last day for Medicare Advantage Plan Open Enrollment is **March 31**. Call SHIP at (800) 452-4800, online at www.medicare.in.gov or schedule an appointment with SHIP Counselor Denis at Heritage Place.



Hoosier Heritage Night

Plans for the 40th Annual Hoosier Heritage Night celebration are well underway! This signature event will be held on Thursday, June 6 at Meridian Hills Country Club in Indianapolis. Watch for more details coming soon!



JUNE 6, 2024 • MERIDIAN HILLS COUNTRY CLUB

The Informer is a monthly publication of Heritage Place of Indianapolis, Inc.

To unsubscribe to this publication, please email your name and address to Info@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.

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(317) 283-6662

Info@heritageplaceindy.org
www.heritageplaceindy.org

9 am to 4 pm Monday – Friday

Staff

Edward Alexander, Executive Director

Lynnette Lewis, Associate Executive Director

• HP in the Community •

The Ukulele Wonders performed at American Village on February 12.

Consider joining the Ukulele class on Mondays. See the class description on page 6 of this issue of *The Informer*.

Follow your minstrel calling and have fun learning to play an instrument or perfecting your playing skill and perform in a group in the community. Strum on!



Community Comes to HP

Bingo sponsored by American Village was enjoyed by HP members. Thanks to Victoria Mullins-Burgess, Director of Marketing/Admissions for providing snacks and information about American Village.



L-R Shirley Ward, Cathy Brown, Barbara Owens



L-R Jo Cabbell, Hazel Collier, Zola Lucas, Darlene Smith



Lynnette Lewis calls bingo.



MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March Celebrations and Events American Red Cross Month Irish-American Heritage Month Nat'l Nutrition Month Women's History Month Mar. 1 Share a Smile Day Mar. 2 Nat'l Read Across America Day Mar. 8 Int'l Women's Day Mar. 10 Daylight Savings Begins. Move clocks forward 1 hour.				1 10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dancing Fitness
4 10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class	5 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	6 10:30 EnerChi/Stability 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish		7 1:30 Zumba
11 10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 1:00-2:15 Senior Planet: Safe, Secure and Smart On-Line Shopping & E-Commerce 2:00 Ukulele Class 3:15 Euchre Club	12 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	13 10:00 Good Grief Talks 10:30 EnerChi/Stability 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish	14 1:30 Zumba	15 10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness
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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 or email Info@heritageplaceindy.org.



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 and movies. Feel free to peruse the bookshelves at Heritage Place and pick a good read or watch. No check-out, 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.

EnerChi/Stability (Zoom)

Note: Feb. 5-May 31.

Monday, Wednesday, Friday: 10:30 am-11:30 am

Instructor: Carolyn Meeker

Join Zoom Meeting

<https://us02web.zoom.us/j/83582264042?pwd=R3FiUDRYWkw5SzRBbGc2blBEdk05UT09>

Meeting ID: 835 8226 4042

Passcode: 987792

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 practiced 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

Senior Urban Line Dance-Golden Line Dancers (In-Person)

Monday: 12pm-1 pm Advanced Class

Wednesday: 11 am-12 pm Beginners Class

Instructor: Shirley Ward

Line dancing is an easy way to have fun while exercising your body and mind. This senior urban line dance class focuses on more than learning the latest dances-it teaches variations of choreography so participants will intuitively know which dance to do with different songs. This class is for women and men and performs in the community at events like the Indiana State Fair and Indiana Black Expo Summer Celebration.

Cost: Member \$3

Non-member \$5

Ukulele Class (In-Person)

New beginners welcome at 1:30 pm.

Monday: 2 pm-3 pm

Instructor: Mike Kruse

Learn and play ukulele with others. No musical experience, knowledge, or talent required. Whether beginner or experienced, learn songs and play with a group. Enjoy the fun.

Cost: Free – Ukulele purchase required

Euchre Club (In-Person)

2nd & 4th Monday: 3:15 pm-5:15 pm

Group Leaders: Leslie Olsen, Kathy Johnson

A trick-taking social card game popular in the Midwestern states. From learn to play to those who played years ago but would like to revisit the game to those who play regularly. All are welcome regardless of knowledge and proficiency level.

Cost: Free

Active Older Adults Fitness (In-Person)

Tuesday: 12 pm-1 pm

Instructor: Colela Bouye

This is a traditional fitness exercise class 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 Line Dance (In-Person)

Tuesday: 2 pm-3:30 pm

Instructor: Linda Oglesby

Join this fun beginner friendly and intermediate line dance class. Dance steps help with balance, memory and coordination and gives opportunities to be creative. This class volunteers in our community and performs by invitation.

Cost: Member \$3

Non-member \$5

Good Grief Talks (In-Person)

2nd Wednesday: 10 am-11 am

Group Facilitator: Gene Million, Heartland Hospice

Any loss can be difficult and there is no need to be alone during tough times of grief or loss. Support is offered to adults who want some extra help coping with loss of any kind. Confidential or group conversations available.

Cost: Free

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



Heritage Place Classes and Programs

Spanish: El Club de la Tercera Edad (In-Person)

Wednesday: 11:30 am-1 pm Beginning Class

Wednesday: 1 pm-2 pm Advanced Class

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

Vocabulary Rental 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

Zumba (In-Person)

Thursday: 1:30 pm-2:30 pm

Instructor: Mona Miles, ZUMBA certified

A dance craze that moves your mind, body and soul. Formatted for all levels of stamina and activity. Whether you're looking for toning or have limited mobility, ZUMBA is for dancing, exercise and pure fun.

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

Inspirational Studies (Conf. Call)

**Conference call only until further notice.
No in person or Zoom.**

Friday: 10 am-11 am

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 (Prophet Isaiah) 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. This class has proven to be genuinely helpful to those seeking spiritual support and sincere fellowship.

Cost: Free

Topics in Technology (Hybrid)

Note: No class March 15.

Call (317) 283-6662 to sign up

Friday: 11 am-1 pm

Facilitator: Sally Catlin & IU-Indianapolis Students

Classes are hosted in a senior-friendly environment to learn how to use your devices such as smartphones, laptops and tablets. Explore topics in technology like podcasts, social media platforms, smart watches, popular apps and online resources.

Cost: Free

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.



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