



The Informer

April 2024
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Playing the Deck at Heritage Place!

Have you wondered what the #1 past time is in America? A quick check tells us its competitive card playing! At Heritage Place we have long been home to



the Indianapolis Bridge Unit...those focused and determined Bridge Players who meet on Fridays. Always with a "full house", this class has sparked interest from people on how they can learn to play bridge. Learn 'N Play Bridge class on Wednesdays is the perfect opportunity for anyone who may have played in the past or would like to learn this game of trick-taking.

Many of us Baby Boomers remember "bridge clubs" as mostly social events held monthly by our par-



ents. I certainly do. Couples Bridge at night, then my mother had (what she called) "Old Lady Bridge" in summer months. Total disclosure, these ladies were hardly old; it was a group of high school teacher friends who self-named their group!

If you are interested in learning to play, or if you are a pro looking for an opportunity to play with some of the best, contact Heritage Place at info@

heritageplaceindy.org or stop in and we will direct you to the proper program instructor or facilitator.

For nearly a year we've been offering Euchre at Heritage Place on the 2nd & 4th Monday afternoons. Introduced in North America in the 1800's, Euchre has become one of the most popular card games in the mid-west. It's because of Euchre (and its variations) why modern card decks were first packaged with jokers. Euchre Class is open to anyone interested in learning the game or those looking for an opportunity to play! Again, just show up or contact us at info@heritageplaceindy.org for more information.

Have a playful month!

Ed Alexander
Executive Director

Senior Planet

Senior Planet classes, **SENIOR PLANET FROM AARP** 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 or email info@heritageplaceindy.org.**

The next class is **iPad & Android Tablet Basics Course** every Thursday April 25 through May 23 from 1:00 pm-3:00 pm. Watch for more details in forthcoming email blasts.

Heritage Place Welcomes New and Returning Members!

- | | |
|-----------------------------------|----------------------------------|
| Elaine Cassidy & Barbara McDowell | Louise Lewis |
| Marsha Dabney | Kaye McSpadden |
| John & Margaret Francis | Mimi Ventresca & James Ventresca |
| Carolyn Garlock | Cassandre Wallace |
| Dorothy Jones | Charles & Robbie Williams |

Thank You Volunteers!

Thanks to Heritage Place volunteers and Heritage Place members volunteering in the community for your contributions. Happy National Volunteer Week April 21-27!



Watch for Severe Weather

It's spring and we Hoosiers know severe storm and tornado season is upon us. The highest percentage of tornados in the United States occur from March to June, although they can happen any time of the year. Have a safety strategy for you and your family ahead of impending severe weather. It's a good idea to install a weather app on your smartphone and to have a battery-operated weather radio in the event of a power outage. To stay aware of severe weather tune into your local TV stations:



WRTV 6 WISH 8 WTHR 13 WNDY 23 FOX 59

Total Solar Eclipse

Parts of Indiana are in the zone of totality for the total solar eclipse on April 8, including Indianapolis. So, what does this mean besides lots of activities and traffic? The orbit of the moon will pass in front of the sun and completely block the sun creating total darkness in the middle of the day. The sky will begin to darken around 1:30 p.m. and turn to complete darkness at approximately 3:00 p.m. This will last for four minutes at the zone's center.



Be SAFE when out and about and when observing this phenomenon! Even if the sun is 96% to 99% covered, do not look directly at the sun with the naked eye; not even for a second! A safe way to view the eclipse is with a specially designed pair of eclipse glasses. Be sure the manufacturer is approved by the AAS (American Astronomical Society) and check <https://eclipse.aas.org/eye-safety/viewers-filters> for a list of approved manufacturers. You can find eclipse glasses at local retailers including Kroger, Meijer, Target, Walmart, Lowe's and Home Depot. For instructions on how to build a self-contained box projector go to <https://www.timeanddate.com/eclipse/box-pin-hole-projector.html>. You can also watch the NASA livestream of the eclipse at www.nasa.gov.

Because there will not be an eclipse of this magnitude that can be seen in the United States until 2044 and in Indiana until 2099, central Indiana is anticipating a huge influx of visitors and lots of traffic! In addition, there are activities planned everywhere! Go to www.visitindiana.com for best places to view the eclipse.

Sources:

Outdoor Indiana
Crossroads, the official publication
of AAA Hoosier Motor Club

Spring: The Great Outdoors

It's time to get outdoors! You spring vegetable gardeners have no doubt already laid out your plan for the season and have started your cool weather vegetables.



Summer gardeners, you better get started with your plans!

Perhaps a trip to a local garden store or nursery or to an Indiana State Park for a walk and to purchase your Golden Hoosier Park Passport (age 65+) is in order. The annual Golden Hoosier Park Passport is \$25.00 and is good for unlimited entry to all Indiana State Parks for the year. Whatever is in your plans, be sure to get outdoors. It's good for you!



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. For event information, contact us at HHN40@heritageplaceindy.org.



JUNE 6, 2024 • MERIDIAN HILLS COUNTRY CLUB

Give to Heritage Place

- Scan the QR code to make a charitable donation to Heritage Place.
- Consider becoming a monthly donor! Contact Lynnette or Ed at Info@heritageplaceindy.org for easy step-by-step instructions.



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.

4550 North Illinois Street, Indianapolis, IN 46208
(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



APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class</p>	<p>2</p> <p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>3</p> <p>11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish</p>	<p>4</p> <p>1:30 Zumba</p>	<p>5</p> <p>10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dance Fitness</p>
<p>No Classes today. Solar Eclipse</p>	<p>9</p> <p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>10</p> <p>10:00 Good Grief Talks 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish</p>	<p>11</p> <p>1:30 Zumba</p>	<p>12</p> <p>10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dance Fitness</p>
<p>15</p> <p>10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class</p>	<p>16</p> <p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>17</p> <p>10:00 Genealogy Studies 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish</p>	<p>18</p> <p>1:30 Zumba</p>	<p>19</p> <p>10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dance Fitness</p>
<p>22</p> <p>10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class 3:15 Euchre Club</p>	<p>23</p> <p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>24</p> <p>11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Learn 'N Play Bridge 1:00 Advanced Spanish</p>	<p>25</p> <p>1:00-3:00 Senior Planet: iPad & Android Tablet Basics Course 1:30 Zumba</p>	<p>26</p> <p>10:00 Knit & Crochet 10:00 Inspirational Studies 11:00 Topics in Technology 12:00 Bridge Club 1:00 Belly Dance Fitness</p>
<p>29</p> <p>10:00-2:00 SHIP 10:30 EnerChi/Stability 12:00 Advanced Golden Line Dance 2:00 Ukulele Class</p>	<p>30</p> <p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>April Celebrations and Events</p> <p>Celebrate Diversity Month April 1-7 Nat'l Public Health Week April 1-7 Nat'l Wildlife Week April 7-13 Nat'l Library Week April 21-27 Nat'l Volunteer Week April 1 April Fool's Day April 1 Nature Day</p> <p>April 3 Nat'l Walking Day April 14 Nat'l Gardening Day April 15 Tax Day April 22 Earth Day April 22-30 Passover</p>		



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: Classes on Mondays only through May 27

Monday: 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)

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