



The Informer

July 2024
Volume 48 | No. 7

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Hoosier Heritage Night 40th Anniversary Event!

It's rare that a special event for a charitable organization has a shelf life of 40 years. This made the 40th Annual Hoosier Heritage Night on June 6 more special! Five outstanding individuals joined the list of 200 past award winners, all while supporting Heritage Place of Indianapolis. With the 40th Anniversary being our theme; the red ruby color, guests were asked to remember the color red when they attended; ruby stones adorned the tables, and guests (our VIP's!) walked the red carpet to the selfie photo station. Oh, and we naturally had Red Velvet and Anniversary Cake for dessert.

Our award winners were nominated for their community and professional service and commitment to empowering older adults. Nominations were made by Heritage Place and community members. Your 2024 Hoosier Heritage Night award winners include: **Anne Perry**, former Marion County and US District Courts employee; **Rev. Samuel Murray**, Heritage Place Member, beloved spiritual advisory and instructor; **Nora Spitznogle**; Heritage



Anne Perry

Place Member and Sr. Director of Programs for Second Helpings, Inc.; **Eunice Trotter**, Business Woman, Journalist, Author and currently Director of Black Heritage Preservation Programs for Indiana Landmarks; and **Charlie Wiles**, Founding Executive Director of the Center for Interfaith Cooperation.

Hoosier Heritage Night 2024 was sponsored by The LiveLikeLara Foundation; Federal Home Loan Bank of Indianapolis; Hoover Hull Turner, LLP; DeFur Voran, LLP; Pews Shadley Racher & Braun, LLP; and Ice Miller, LLP. Additional support provided by The Central Indiana Senior Fund; Glick Philanthropies; Nicholas H. Noyes, Jr., Memorial Foundation; The Penrod Society; Older Adults Technology Services



Rev. Samuel Murray and his wife, Ellynn



Nora Spitznogle



Eunice Trotter



Charlie Wiles

(OATS); and Hooverwood Living.

Chair of the 2024 Hoosier Heritage Night Planning Committee was MaryBeth Wott, Federal Home Loan Bank of Indianapolis; Honorary Chair was Angela Brown, Artistic Cultural Ambassador, Indianapolis Opera and 2023 Hoosier Heritage Night Inductee.

The evening was co-hosted by Tracey Horth Krueger, 2020 Hoosier Heritage Night Inductee and Heritage Place member and Angela Brown. Entertainment was provided by Heritage Place's own Ukulele Wonders and Golden Line Dancers.

Edward Alexander
Executive Director

New and Returning Members!

Curtis Baylor	Samuel Murray
Thomas Cheatham	Ann Perry
Catherine Gibson	Nora Spitznogle
Ann Homrighous	Eunice Trotter
Lynnette Lewis	Charlie Wiles

Summer Vacation

It's summertime at Heritage Place and although we have activities and classes all year, it's pretty slow in July. Be sure to check the calendar here in the *Informer* and at www.heritageplaceindy.org to make sure your favorites are meeting at their regular time during open business hours.



However, we (Heritage Place staff) want to take some time off, too. So, **Heritage Place will be CLOSED Monday, July 1-Friday July 5.** We might not be fishing, but who knows? Anyway, we will be back all refreshed and eager to see you on Monday, July 8!

Check Out Our New Website!

It's been in the works for months, and it's been needed for years, now Heritage Place has a new, fresh and user-friendly webpage, designed with you, the membership, in mind.

The same address, www.heritageplaceindy.org, with the same information you've asked us to keep, but now and continuing this summer, you will find enhanced membership information; easier way to join, renew and to make a contribution. We're also expanding "Our History" as it will eventually tell the story of Heritage Place's very humble beginnings, all the way to present day. In addition to the traditional calendar of classes, programs and services, you will find an interactive calendar. What is this? With one click, it gives you detailed information on a class, program or activity you might be interested in attending.

So, go take a tour, and let us know what you think! Remember, websites always need updates, additions and changes, we'll be on it!

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.



Ukulele Wonders in the Community



The Ukulele Wonders performed at Grand Brook Memory Care on June 13 and had a great time! We love to see our groups out and about performing in the community and bringing visibility to Heritage Place. We are proud and the performers should be, too!

It's State Fair Time!

The Indiana State Fair is from August 2-18. Several of our Heritage Place groups will be performing again this year. Here is the schedule of their performances so make your plans to come out and support our groups.



On the Dance Stage

Golden Line Dancers

Friday, August 2, 1 p.m.

Friday, August 9, 5 p.m.

Belly Dance Fitness

Friday, August 2, 4 p.m.

Sunday, August 4, 4 p.m.

Saturday, August 10, 4 p.m.

Tuesday, August 13, 4 p.m.

Sunday, August 18, 4 p.m.

Opry Barn at Pioneer Village

Ukulele Wonders

Thursday, August 8, 1-4 p.m.

Thursday, August 15, 1-4 p.m.

Ukulele Wonders with Vicki and Mike Kruse on the Music Wagon in the Tractor Parade at 6 p.m. circling the fairgrounds on August 8 & 15.

For more State Fair information visit <https://www.indianastatefair.com/p/state-fair>.

Heritage Place needs donations of books and movies for the Free Books and Movies on Us! shelves.



AARP Smart Driver Course

Save the date for Thursday, September 12.

STAY SAFE-AND SAVE-WITH THE AARP SMART DRIVER COURSE

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).



Take the AARP Smart Driver Course at **Heritage Place on September 12 from 12 pm-4 pm.** There will be an afternoon snack break. Eat lunch before class or bring your lunch. The classroom course costs \$20 for AARP members and \$25 for non-members. Space is limited, so register now by calling **(317) 283-6662.**

Cash or check payable to AARP accepted. No credit or debit cards for payment.

Note: Open to Heritage Place members and the public.

Instructors: Dick Huber and Alyson Strother

Watch for Severe Weather

It's summer 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

Medicare "No Call" Exception

This is a notice about NORC Medicare Beneficiary Survey outreach. The Centers for Medicare and Medicaid Services (CMS) has announced their annual survey. As a Medicare beneficiary, you may be contacted as part of the **Medicare Current Beneficiary Survey.** This ongoing study known as the nonpartisan and objective research organization (NORC) is conducted by the University of Chicago.



On behalf of CMS, NORC will be contacting selected beneficiaries. **This outreach is an exception to typical guidance that CMS will not contact beneficiaries directly.** The survey process usually begins with a telephone call, followed by a letter and then scheduling an interview by telephone or in-person.

For more information go to <https://mcbs.norc.org/> or contact your local Senior Medicare Patrol at (317) 205-9201.

Try it Out! Now offered Tuesday and Thursday!



Active Older Adults Fitness

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

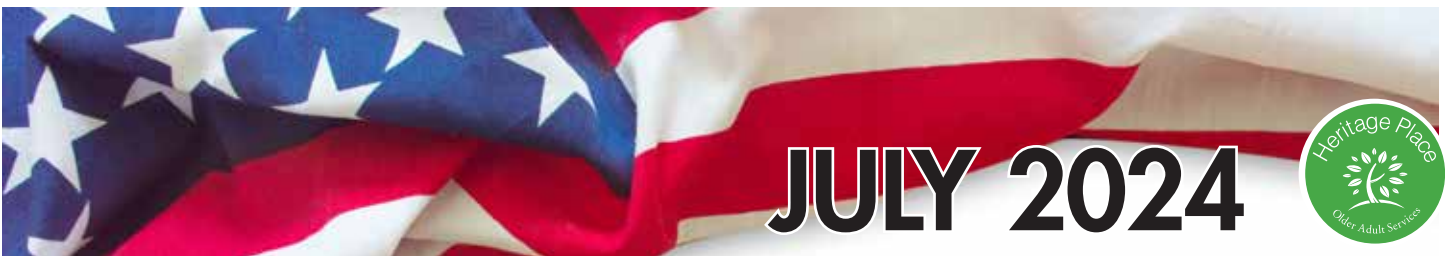
9 am to 4 pm Monday – Friday

Staff

Edward Alexander, Executive Director

Lynnette Lewis, Associate Executive Director

JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Heritage Place Closed for Summer Vacation!				
8	9	10	11	12
10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 2:00 Ukulele Class 3:15 Euchre Club	10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	11:00 Beginning Golden Line Dance 12:00 Learn 'N Play Bridge	12:00 Active Older Adults Fitness	10:00 Knit & Crochet 1:00 Belly Dance Fitness
15	16	17	18	19
10:00-2:00 SHIP 11:00 Senior Planet: Protecting Your Personal Information Online Call (317) 283-6662 or email info@heritageplaceindy.org to pre-register 12:00 Advanced Golden Line Dance 2:00 Ukulele Class	10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	10:00 Genealogy Studies 11:00 Beginning Golden Line Dance 12:00 Learn 'N Play Bridge	12:00 Active Older Adults Fitness	10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dance Fitness
22	23	24	25	26
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29	30	31		
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July Celebrations and Events

Nat'l Cell Phone Courtesy Month
 Nat'l Grilling Month
 Nat'l Park & Recreation Month

July 26-August 11 Summer Olympics in Paris, France-Go USA!

July 27 Nat'l Korean War Veterans Armistice Day

July 2 Made in USA Day
July 4 Independence Day

July 30 Int'l Day of Friendship

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 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.

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

Monday: 12 pm-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)

Note: No new students until September 9.
Starting September 9 Ukulele for Beginners at 1 p.m.
& Ukulele Wonders at 2 p.m.

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 Mid-western 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 & Thursday: 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

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)

Note: No classes in July. Resumes August 7.
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

Heritage Place Classes and Programs

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)

Note: On hiatus June & July

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)

Note: On hiatus June, July & August

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: Students are on summer break and resume in September.

Call (317) 283-6662 to sign up for the summer club.

Friday: 11 am-12:30 pm

July 26

Facilitator: Sally Catlin

Summer classes continue to explore how to use your devices such as smartphones, laptops and tablets in a senior-friendly environment. 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

