



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

Heritage Place is Spanning Generations

I am a Baby Boomer...you know, the post WWII “boom” in births. That’s me, although I was born 13 years *after* the end of WWII, so I’m not as old as you think I might be! In 2024, the last of the Boomer generation (those of us born between 1946-1964) will turn 60 years old. According to the most current data, the older adult population (over age 55) grew in Central Indiana by 31% since 2012. In contrast, the population under age 55 increased by just over 6%. These statistics will have an impact for several years to come. Boomers are the largest block of homeowners, registered voters, and financial investors (defined as those who have savings



as well as investment income possibilities). Interesting too, is that Boomers are not retiring as quickly as anticipated. Although we are not the largest generation to be employed, nor are we leaving the workforce as quickly as anticipated. Bottom line, Baby Boomers are still very vital and important men and women in our state and city.

This is why we need to not label people. Often at Heritage Place, I hear members and friends speak about feeling discounted because they are “Boomers”, or they feel as if they are the target of chuckles and perhaps sarcasm by Millennials and Gen Z folks. I’m of the mind just to ignore this sort of thing. It’s what makes our com-



munities really interesting. Just think about Heritage Place. Because we serve people age 55 and older, we’ve got members that cover *3 generational categories*: The Silent Generation (1928-1945); Baby Boomers (1946-1964) and Generation X (1965-1980). I don’t know who came up with these names. My parents were part of “The Greatest Generation”, and

I certainly agree with that title, they were a strong and great generation of people born between 1901-1927. Boomers I sort of understand with the largest birth boom in decades, but I don’t like the label of “The Silent Generation”, those born just before us Boomers between 1928-1945. Who said they were “silent”? Certainly not the people I know from that generation.

Heritage Place continues to be welcoming to everyone! When the time comes, we’ll make room for our Millennial family and friends. Trust me, they will find themselves 55 sooner than they think! Have a wonderful September.

Edward Alexander
Executive Director

Black Heritage Preservation Project

Heritage Place welcomed Eunice Trotter, 2024 Hoosier Heritage Night Inductee and Director of the Black Heritage Preservation Project at Indiana Landmarks, as she presented her program on August 12. The Black Heritage Preservation Program bolsters efforts to recognize Black Heritage by identifying places around Indiana that should be listed in the National Register of Historic Places and seeks to expand the definition of those eligible for designation to include places where little or no physical evidence remains.



Eunice Trotter presents research from Indiana Landmark's Black Heritage Preservation Project.

Welcome New & Returning Members

- Cathy Brown
- Jeanne Dison
- Bettina Hansford
- Carol & Jim Killen
- Mona Miles
- Joy Murff
- Connie Palmer
- Sherri Sawyer



State Fair Wrap Up!

I love The Indiana State Fair. I always go multiple times just to see things I missed the first time around. Heritage Place associated classes and performance groups were well represented at the 2024 Fair in August, with Golden Line Dancers and Belly Dancing Fitness performing multiple times at the Dance Stage (next to the 4-H Centennial Hall).

Heritage Place's Ukulele Wonders combined performance with the Batesville Ukulele Club played to sold out crowds with two performances in the Pioneer Village Opry House. Naturally, all of these performances were the best part of the '24 Indiana State Fair!





Ukulele For Beginners

Thanks to the popularity of “The Ukulele Wonders” class that started less than 2 years ago, our fantastic teaching duo of Mike & Vicki Kruse will be launching “Beginning Ukulele” starting Monday, September 9, 1:00-1:45 pm at Heritage Place. Have you always wanted to learn more about the ukulele? Now is your chance! Class is open to all Heritage Place members at no cost above and beyond your annual membership fee (aside from your purchase of your own Ukulele). Any new students should contact the Heritage Place office at info@heritageplaceindy.org with your intent on attending.



AARP Smart Driver Course

Should You Take the AARP Smart Driver Course?

Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.



The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers aged 50 and older. By taking newly updated AARP Smart Driver Course, you'll learn the most current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

In addition, you'll learn:

- How to minimize the effects of dangerous blind spots.
- How to maintain the proper following distance behind another car.
- The safest ways to change lanes and make turns at busy intersections.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars.

Where: Heritage Place

Date: Thursday, September 12

Time: 12 pm-4pm

Cost: AARP Members \$20
Non-Members \$25

Cash or check payable to AARP accepted.

No credit or debit cards for payment.

Instructors: Dick Huber and Alyson Strother

Pre-Registration Required: (317) 283-6662

Note: Open to Heritage Place members and the public.

Eat your lunch before or bring your lunch. There will be an afternoon snack break.

Check with your insurance agent for details to see if you may qualify for a multi-year discount.

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.

SENIOR PLANET

FROM AARP

Introduction to Social Media

Thursday, September 19

12:30 pm-1:15 pm

Christopher Della Rocco, Instructor

On-Line Prescription Resources

Friday, September 27

11:00 am-12:15 pm

Sally Catlin, Instructor

Pre-registration is required. Read more about **Senior Planet** in the class description section of this publication.

It's TRIVIA Time for Heritage Place!

Come and join us for the 16th Annual Trivia Bowl Challenge to benefit Heritage Place of Indianapolis on Thursday, November 7, 6:00 pm at St. Paul's Episcopal Church, 6050 N. Meridian Street! This popular (and competitive!) trivia challenge consists of teams with up to 8 players each. Registration includes dinner, beverages, and sweets! A cash bar will be available for a modest fee. A "50/50" raffle and other surprises are also available!



The Heritage Place Trivia Bowl Challenge is a great way to support the programs and services of Heritage Place of Indianapolis! 100% of all proceeds go to continue popular classes and socialization opportunities for men and women age 55 and older.

For additional information or to start your team, visit the Heritage Place webpage at www.heritageplaceindy.org or contact Ed or Lynnette at Heritage Place at (317) 283-6662 or info@heritageplaceindy.org. Start brushing up on your Trivia!

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

SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Labor Day Heritage Place Closed</p>	<p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness</p>	<p>11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish</p>	<p>12:00 Active Older Adults Fitness</p>	<p>10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness</p>
9	10	11	12	13
<p>10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders 3:15 Euchre Club</p>	<p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish</p>	<p>12:00-4:00 AARP Safe Driver Course 12:00 Active Older Adults Fitness</p>	<p>10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness</p>
16	17	18	19	20
<p>10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders</p>	<p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>10:00 Genealogy Studies 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish</p>	<p>12:00 Active Older Adults Fitness 12:30-1:15 Senior Planet: Introduction to Social Media</p>	<p>10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness</p>
23	24	25	26	27
<p>10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders 3:15 Euchre Club</p>	<p>10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance</p>	<p>11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish</p>	<p>12:00 Active Older Adults Fitness</p>	<p>10:00 Inspirational Studies-Conference Call Only 10:00 Knit & Crochet 11:00-12:15 Senior Planet: Online Prescription Resources 12:00 Bridge Club 1:00 Belly Dancing Fitness</p>
30	September Celebrations and Events			
<p>10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders</p>	<p>Nat'l Senior Center Month Nat'l Suicide Prevention Awareness Month World Alzheimer's Month Sept. 15-October 15 Nat'l Hispanic Heritage Month Sept. 1 World Letter Writing Day Sept. 2 Labor Day</p>			
	<p>Sept. 6 Read a Book Day Sept. 8 Grandparent's Day Sept. 17 Citizenship Day Sept. 19 Nat'l Dance Day Sept. 22 Autumnal Equinox</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.

As with all Heritage Place programs and services, classes are designed for persons 55 years and older as part of their Heritage Place membership. 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)

Monday: 1:00 pm -1:45 pm Beginning Ukulele
2:00 pm -3:00 pm Ukulele Wonders
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.

Ukulele Wonders is an established group of players who have been learning and playing together for well over a year. They have become proficient in their skill level and perform in the community.

Beginning Ukulele is for those new to the instrument wishing to learn the basics. Students are currently being accepted for Beginning Ukulele that will start September 9. Please contact the Heritage Place office for class availability.

Cost: Free classes-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



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

Zumba (In-Person)

Note: Contact the office about class schedule.

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 or crochet? No problem! We will teach you! You provide the needles and we supply the yarn and pattern.

Cost: Free

Inspirational Studies (Conf. Call)

Note: Resumes Friday, September 6.

Existing class members, please review Book of Isaiah, Chapters 35-66 prior to September 6.

September 27 class is conference call only, no in-person.

Conference calls can be joined as early as 9:50 am.

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

Bridge Club (In-Person)

Limited class size. Must pre-register.

Wednesday & Friday: 12 pm

Group Leaders: Carolotta Lanier, Nolan Taylor & Charles Williams

The Indianapolis Bridge Unit is at home at Heritage Place! Members of the American Bridge Association play duplicate bridge on Fridays and earn points for national competitions. The more you play, the more you learn strategy and complex moves. Open bridge is played on Wednesdays and is open to all levels of players.



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

SENIOR PLANET

FROM AARP

Senior Planet classes, lectures and workshops are offered at Heritage Place for free to anyone age 60 or older. You do not need to be a Heritage Place member to attend. Registration is always required by calling (317) 283-6662 or emailing info@heritageplaceindy.org.

Senior Planet is sponsored by the AARP National Office, the National Association of Retired Persons, and is a partnership with OATS (Older Adults Technology Services). Senior Planet specializes in the needs of older adults and enables this population to find ways to learn, work, create, exercise, and thrive in the digital age of today.

Senior Planet offers 10-week classes, multi-session workshops, and one-time, 75-minute lectures.

Watch the *Informer* and for email blasts announcing classes.