



The Informer

October 2024
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

It's a Matter of Time

I've been thinking a lot recently about time. Maybe it's because I just had a birthday and, as many of us do, I scratched my head wondering how I've gotten as old as I am. Maybe it's the change of the season, I don't know. What I do know is time is how we measure our days. We have set times for meals, meetings, classes, social gatherings and when we go to bed. It's all controlled by time.

As a kid, I remember wanting to be the same age as my older siblings and cousins, and I said so. My



Grandmother shared with me a great observation that I never considered until I was much older. She said, "don't wish to be older, it will happen, and you won't understand how or why, enjoy the now."

At Heritage Place, almost everyone is enjoying "the now". Their age, accepting whatever situations have been presented to them, enjoying what they are doing and looking forward to what's next. Time may not even factor in the situation, it's just enjoying "the now". Along the same lines are our volunteers.

For some reason that I am grateful for, many of them always find time to help out; to do that one more project that needs to be done or to step up and help when asked. They don't have any more or less time than the rest of us, but they have a better understanding of the use of whatever time they have. They are enjoying "the now".

I'm trying to enjoy time, enjoy "the now", thanks to the example of so many wonderful people at Heritage Place and my Granny. Have a wonderful October!

Edward Alexander
Executive Director

Welcome New & Returning Members

- Sandra Anderson
- Serita Borgeas & Steve Demuth
- Mary Coleman
- Rebecca Dworschack
- Cheryl Kile
- Pam & Sam Sample
- Allyson & Curtis Strother
- Beverly Timberlake
- Joan Voorhies
- Neal & Rowena Williams

End of Summer Ice Cream and Pooches!



HP Member & Instructor Dorian Pinner and HP Member & Volunteer Brad Romine.



Chelle Allen from Silver Snouts and Ruben.



HP Executive Director Ed Alexander and Cooper.

On September 17, members, neighbors and friends of Heritage Place enjoyed an old-fashioned Ice Cream Social with a twist! Joining the fun on the north lawn were some adorable pooches from Silver Snout Senior Dog Rescue.



There are many benefits of older adults adopting older pets!

- Predictable size & personality of the pet.
- Smoother and quicker transition for the pet into our busy lives.
- Already trained pet.
- Calmer & well-behaved pet.
- Better pet for small children like grands and great grands.
- Adults & pets get more sleep.
- Creates a mutually beneficial relationship between pet and human.
- Gives people a purpose & gives the pet a second chance.
- Improves a person's physical & mental health.

Remember to Vote!

October 7 is the deadline to register in-person, online or by mail to vote in the general election on Tuesday, November 5.



For information on registering and how to vote absentee:

Marion County Election Office

<https://www.countyoffice.org/marion-county-board-of-elections-indianapolis-in-2cb>
(317) 327-5040

Hamilton County Election Office

<https://www.hamiltoncounty.in.gov/939/voting-and-elections>
(317) 776-8476

Johnson County Election Office

<https://co.johnson.in.us>
(317) 736-3798

Hancock County Election Office

<https://www.hancockin.gov>
(317) 477-1171

Hendricks County Election Office

<https://www.co.hendricks.in.us>
(317) 745-9249

Bone-Joint Awareness Day



Join us for a community event featuring:

WHAT: Learn About today's Solutions for Joint Pain!

WHEN: Friday, October 11, 2024
TIME: 10:00 am - 2:00 pm

WHERE: Martin University
2186 N Sherman Drive
Indianapolis, IN 46218

COST: FREE
No Children Please!

- Health & Wellness Activity
- Education Seminar
- Keynote Speaker -
 - Representative of Johnson & Johnson
- Entertainment
- Food
- Prizes

TO REGISTER:
TEXT "YES" TO 833-773-1785



Medicare Open Enrollment

Remember to review Medicare changes for 2025. Open enrollment is from **October 15 to**



December 7. This is an opportunity to see upcoming changes to Medicare, compare plans and change plans, as needed, for your best option.

If you have a Medicare Advantage Plan or a Part D prescription drug plan you should receive an Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) notices by September 30. Contact your plan if you do not receive this information.

Look for changes to the following:

- Plan's cost, including premiums, deductibles, and copayments.
- Plan's network of doctors and pharmacies.
- Plan's formulary and cost of drugs covered.

Get objective assistance by scheduling an appointment with Denis Schwartz, Heritage Place SHIP Counselor, by calling Heritage Place at (317) 283-6662 or emailing info@heritageplaceindy.org. You can also call the SHIP Call Center at (800) 452-4800. SHIP does not represent any insurance companies and is strictly there to provide the knowledge for you to make your own informed decision. SHIP can also help to see if you qualify for the Medicare Savings Program or Extra Help.

It's Trivia Time at Heritage Place!



The coveted Trivia Bowl Trophy is up for grabs as the 16th Annual Trivia Bowl for Heritage Place is set for **Thursday, November 7, 6:00 PM** at St Paul's Episcopal Church, 6050 N. Meridian Street. This is your chance to join in the fun and help raise important program dollars for Heritage Place! Teams can have up to 8 players. All in hopes of taking home the Trivia Bowl Trophy, that lists all past winners. If you would like more information on forming a team or you would be interested in volunteering, please contact us at Info@heritageplaceindy.org. Dinner, soft drinks and water are all provided. Beer and wine is available for an additional fee.



SENIOR PLANET

FROM AARP

Watch your email and/or check the Heritage Place webpage for topics, dates and registration information. Read more about **Senior Planet** in the class description section of this publication.

Festival of Trees

Heritage Place Member Jo Cabbell will be leading the decorating effort for the 2024 Heritage Place tree submission. The winter wonderland of trees at the Indiana History Center will feature more than 85 trees representing individuals, families, organizations and companies from around Indiana. The seven-week festival runs from November 15, 2024-January 5, 2025. Go to <https://www.indianahistory.org/events/festival-of-trees/> for information about hours and purchasing tickets.



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.



HP in the Community

Heritage Place instructor, member, and Hoosier Heritage Night Inductee Sally Catlin, along with Executive Director Ed Alexander, presented at the 2024 Healthy Older Peoples' Program Conference in Indianapolis.



October Celebrations and Events

Breast Cancer Awareness Month

LGBTQ+ History Month

Nat'l Book Month

Oct. 1-7 Active Ageing Week

Oct. 6-12 Fire Prevention Week

Oct. 1 Int'l Day of Older Persons

Oct. 2 Rosh Hashanah

Oct. 10 World Mental Health Day

Oct. 11 Yom Kippur

Oct. 14 Columbus Day/Indigenous People's Day

Oct. 15 Sukkot begins

Oct. 24 United Nations Day

Oct. 31 Halloween

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



OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	2 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	3 12:00 Active Older Adults Fitness 1:30 Zumba	4 10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness
7 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders	8 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	9 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	10 12:00 Active Older Adults Fitness 1:30 Zumba	11 10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness
14 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders 3:15 Euchre Club	15 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes Line Dance	16 10:00 Genealogy Studies 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	17 12:00 Active Older Adults Fitness 1:30 Zumba	18 10:00 Inspirational Studies 10:00 Knit & Crochet 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.

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. Enrollment for Fall/Winter is now closed. Will post updates when beginning classes are available for Spring/Summer.

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 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 & 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)

Thursday: 1:30 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 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)

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.