



The Informer

November 2024
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Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

The Power of Unconditional Thankfulness

It's November, so naturally we think of what we are thankful for. I'm thinking beyond all the wonderful "Thanksgiving" traditions (my favorite holiday, by the way), but more of a state of mind. Unconditional Thankfulness is gratitude or appreciation for a thing; a gift; an opportunity, could be just about anything. We can experience thankfulness anytime. Not just when someone does something nice



for us, pays us a complement or helps us out with a difficult project or task.

I discovered this type of thankfulness a long time ago, and I try, with some success, to keep this feeling in mind when things might not be going the direction I think they should. We all do this. At Heritage Place, just the opportunity to work with all the remarkable and fascinating men and women is an obvious cause for thankfulness. I think about those I have met and wonder if I would have had the same opportunity to meet and know them had I not come to Heritage Place

to work. Probably not. I'm thankful for the unconditional kindness that so many give to the Heritage Place staff, not to mention the generosity of time and financial resources that allow us to continue to do what we do.

So, in addition to your Thanksgiving menu favorites, be open to the possibility of unconditional thankfulness. Have a wonderful month and know that we are thankful for each of you.

Edward Alexander
Executive Director

Cake Decorating Class in 2 Parts

Tuesday, November 12 & 19 at 1:30 p.m.
Instructor: Jackie Cooper, Heritage Place member

First Class:

Jackie will bring an undecorated cake along with icing and everything needed to decorate the cake. She will go step by step showing how to decorate the cake and also how to mix the colors to change the colors of the icing. Cupcakes will be provided, and each student will decorate a cupcake just to get a feel for how to do it.



Second Class:

Each student brings an already baked cake, and each student will be shown how to decorate their cake and learn different techniques. You will learn different types of borders, how to make flowers, how to write on the cake, such as Happy Birthday or Happy Anniversary or anything you would like.

No experience necessary. It's easier than you think!

Cost: Free Class-Required to bring baked cake to second class

RSVP to Lynnette no later than Friday, November 8 to sign up for classes.

Trivia Bowl!

On Thursday, November 7 at 6:00 p.m. the competition begins!



Teams will be vying for the coveted Trivia Bowl Trophy and raising important program dollars for Heritage Place! Although registration for teams is closed, donations are gladly accepted, welcome and appreciated if you would like to support the cause. Contact Ed or Lynnette at Heritage Place or go to www.heritageplaceindy.org and tap on the DONATE button. You don't even have to answer a question!

Pop-Up Ladies Fashion Ring Sale

Visit the Heritage Place lobby on **Wednesday, November 13 from 12:30-1:30 p.m.** Get a head start on your holiday shopping or treat yourself! All rings are a steal at \$10.00 each! Cash, Check, & Credit Cards all accepted.



Remember to Vote on November 5!

Welcome New & Returning Members

A'Lelia Johnson
Terri Locke
Christine McDonald & Peter Merante
Dorothy Simpson-Taylor
Roberta Turk

SENIOR PLANET

FROM AARP

Cell Phone Photography

Friday, November 15

11:00 a.m.-12:15 p.m.

Sally Catlin, Instructor

Pre-registration is required. Call (317) 283-6662, email info@heritageplaceindy.org or stop by the office.

See more details about Senior Planet in the Heritage Place Classes and Programs section of this publication.



Festival of Trees

Don't miss the Heritage Place Tree on display at the Indiana History Center! Heritage Place Member Jo Cabbell will lead the decorating effort so take your friends and family and take photos of yourselves in front of the tree and send them to Heritage Place! The event opens **Friday, November 15, 2024, and continues through Sunday January 5, 2025.** Go to <https://www.indianahistory.org/events/festival-of-trees/> for information about hours and purchasing tickets. If you haven't attended this spectacular event you don't want to miss it! If you have attended this event before you won't want to miss it! Thanks Jo and crew!



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:

WISH TV-The CW

WNDY-My Indy TV

WXIN-FOX

WTHR-NBC

WRTV-ABC

WTTV-CBS



Medicare Open Enrollment

Remember to review Medicare changes for 2025. Open enrollment is from **now through December 7.**



This is your chance to see upcoming changes to Medicare, compare plans and change plans, as needed, for your best option.

If you currently have a Medicare Advantage Plan or a Part D prescription drug plan you should have already received an Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) notices. Contact your plan if you have not received 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.

Elder Fraud Presentation

Everyone can be a victim of fraud and scams, but older adults are a bigger target than ever! This presentation is a must attend. This presentation will explain how common schemes to defraud the elderly typically work and how to ensure you are not a victim of these schemes. Scammers will try to contact you in person, on the phone, through the computer, on radio and TV ads, emails and texts. Learn how to stay safe and know what the scams are trying to draw you in. You can't ever have enough information, and the schemes change all the time. Learn resources where you can keep on top of what is going on out there!

Date: Wednesday, November 20

Time: 2:30 pm

Location: Heritage Place

Presenters: Adam Eakman, Assistant United States Attorney, United States Attorney's Office, Southern District of Indiana and Victoria Madtson, Federal Bureau of Investigation

RSVP: Lynnette Lewis at info@heritageplaceindy.org or call (317) 283-6662.



Heritage Place Holiday Open House

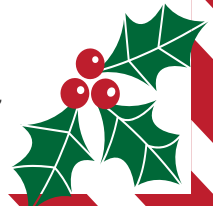
It's Holiday Time at Heritage Place!

*Join us on Wednesday, December 11 from 2:00-4:00 pm
for some festive fun at our Annual Holiday Open House!*

*Enjoy seasonal goodies, holiday music, festive decorations, plenty of surprises and
performances by the Ukulele Wonders and Belly Dancing Fitness classes!*

*Open to all Heritage Place members, board members, families and friends!
Come and join the spirit of the holidays!*

*Please share in the season of giving by bringing
two (2) non-perishable food items to be donated to our neighbors
at The Boulevard Place Food Pantry.*



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


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.





NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
November Celebrations and Events Native American Month Nat'l Diabetes Month Nat'l Family Caregivers Month Good Nutrition Month Nov. 5 General Election Day		Nov. 11 Veterans' Day Nov. 13 World Kindness Day Nov. 27-29 Heritage Place Closed for Thanksgiving Nov. 28 Thanksgiving	Nov. 3 Daylight Savings Ends. Fall back 1 hour 	1 10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness	
4 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders	5 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes	6 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	7 12:00 Active Older Adults Fitness 6:00 Trivia Bowl	8 10:00 Inspirational Studies 10:00 Knit & Crochet 12:00 Bridge Club 1:00 Belly Dancing Fitness	
11 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders 3:15 Euchre Club	12 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 1:30 Cake Decorating 1 2:00 Indy Silver Foxes	13 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 12:30-1:30 Pop-Up Ladies Fashion Ring Sale 1:00 Advanced Spanish	14 12:00 Active Older Adults Fitness	15 10:00 Inspirational Studies 10:00 Knit & Crochet 11:00-12:15 Senior Planet: Cell Phone Photography 12:00 Bridge Club 1:00 Belly Dancing Fitness	
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25 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 1:00 Beginning Ukulele Class 2:00 Ukulele Wonders 3:15 Euchre Club	26 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes	27 			28
		29 Heritage Place Closed for Thanksgiving. Nov. 27-29			

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

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 & In-Person)

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.