



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

January 2025
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Greetings and Happy New Year to our Heritage Place Members, Families and Friends!

It's a new year, an opportunity for all of us to take a breath, "reset" and prepare for whatever will come in 2025. We're looking forward to seeing everyone and hearing about their holiday escapades! Be sure to check the January calendar for the correct date for the return of your favorite class or program.



We're excited that *ZUMBA* will return on Thursday, January 9 at 1:30 PM. If you are unfamiliar, *ZUMBA* is a fitness program that combines cardio and Latin-inspired dance.

Our local program instructor, Mona Miles, is certified to teach "ZUMBA GOLD", a modified, lower intensity version of a typical Zumba class. No reservation needed, just join the class any Thursday at 1:30!

Membership dues are increasing in 2025, to \$65.00 per year/per household. This is the first increase in nearly 6 years. Although Heritage Place dues are, by comparison, still very low, we found it necessary to make this increase to help us cover our increased costs. You'll soon learn about some of the enhanced benefits of membership and new offerings along with the same great schedule of classes and opportunities you've

grown to expect! If you have any questions about this increase, please do not hesitate to reach out to me.

Later on in the year, we'll host our 41st Annual Hoosier Heritage event. I can't say too much yet, but it will have a bit of a new look! One more thing we're all looking forward to in 2025. In August, Heritage Place will turn 49 years old. Soon after, we will be launching a yearlong celebration as we approach our 50th Anniversary in August of 2026.

Again, Happy New Year, and we look forward to seeing each of you soon, here at Heritage Place!

Edward Alexander
Executive Director



Trivia Champions 2024

Team "Yak 'N Sak" receive the Coveted Trivia Trophy from Heritage Place Executive Director Edward Alexander. Team members L-R Tracey Horth Krueger, Barb Campbell, Elyse Chuvalas, Kathy Johnson, Curt Chuvalas, Patsy Naylor-Cook & Bennett Cook. Tracey, Kathy & Patsy are Heritage Place members.

Festival of Trees

Special thanks to Heritage Place members Jo Cabell, Earlene Sears, Darlene Smith, and Debbie Moss who designed and created this beautiful tree for Heritage Place. You have until January 5 to visit the display of trees at the Indiana History Center at 450 W. Ohio Street, Indianapolis. Vote for Heritage Place tree #57 and send us your photos at info@heritageplaceindy.org. For ticket information visit www.IndianaHistory.org.



Welcome New & Returning Members

Sally Catlin & Gabe Filippelli
Shammoth & Bruce Beach
Barbara Moore

Rita Gaither-Gant
Linda Williams
Mark McCreary

Marcia Wade
Luberta & Wellington Jenkins
Jo Cabbell

Manolo Santalla
& Phillip Tirey
Ann Moran

Holiday Open House Wrap



Alzheimer's Disease & Related Dementias

The Alzheimer's Association, Marion County Public Health Department, CICOA Aging & In-Home Solutions and Dementia Friendly Indianapolis are sponsoring Virtual Listening Sessions for care partners, caregivers, family members and friends of individuals living with Alzheimer's disease or related dementias (ADRD).

Sessions are Wednesday, January 8 from 12:00-1:00 pm and Tuesday, January 14 from 12:00-1:00 pm. Your experiences will help inform the work of the Marion

County BOLD Coalition, a group that is working to understand what ADRD services and resources are helpful and what challenges exist. The Coalition is developing a plan aimed at improving the quality of life of individuals living with ADRD and their caregivers.

Register with the QR code. Contact bold@marionhealth.org or call (317) 221-3351 with questions or for assistance registering.



Golden Line Dancers

The Heritage Place Golden Line Dancers gathered for their annual Holiday Lunch.



Notary Services Available at Heritage Place!

Now and then we all need a Notary to witness signatures on documents. Heritage Place is pleased to announce that Heritage Place Member, Carolyn Garlock, is making her Notary Services available! Carolyn is an Indiana Notary Public, with over 25 years of service.

If you need Notary and Document Witnessing, give Carolyn a call at (317) 691-3970, or email at CGar58@aol.com.

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 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



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



JANUARY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|---|---|---|---|
| <p>National Hobby Month</p> <p>Jan. 1 Emancipation Proclamation Anniversary</p> <p>Jan. 3 International Mind-Body Wellness Day</p> <p>Jan. 5 National Bird Day</p> <p>Jan. 6 Epiphany</p> <p>Jan. 13 Korean American Day</p> <p>Jan. 27 International Holocaust Remembrance Day</p> | | <p>1</p> <p>New Year's Day</p> <p>Heritage Place Closed</p> | | <p>2</p> | <p>3</p> <p>10:00 Knit & Crochet</p> <p>12:00 Bridge Club</p> <p>1:00 Belly Dancing Fitness</p> |
| <p>6</p> <p>10:00-2:00 SHIP</p> <p>12:00 Advanced Golden Line Dance</p> <p>1:00 Beginning Ukulele Class</p> <p>2:00 Ukulele Wonders</p> | <p>7</p> <p>10:00-12:00 SHIP</p> <p>12:00 Active Older Adults Fitness</p> | <p>8</p> <p>11:00 Beginning Golden Line Dance</p> <p>11:30 Beginning Spanish</p> <p>12:00 Bridge Club Wednesday Open</p> <p>1:00 Advanced Spanish</p> <p>6:00 Board of Directors Meeting via Zoom</p> | <p>9</p> <p>12:00 Active Older Adults Fitness</p> <p>1:30 Zumba</p> | <p>10</p> <p>10:00 Knit & Crochet</p> <p>10:00 Inspirational Studies</p> <p>12:00 Bridge Club</p> <p>1:00 Belly Dancing Fitness</p> | |
| <p>13</p> <p>10:00-2:00 SHIP</p> <p>12:00 Advanced Golden Line Dance</p> <p>1:00 Beginning Ukulele Class</p> <p>2:00 Ukulele Wonders</p> <p>3:15 Euchre Club</p> | <p>14</p> <p>10:00-12:00 SHIP</p> <p>12:00 Active Older Adults Fitness</p> <p>2:00 Indy Silver Foxes</p> | <p>15</p> <p>11:00 Beginning Golden Line Dance</p> <p>11:30 Beginning Spanish</p> <p>12:00 Bridge Club Wednesday Open</p> <p>1:00 Advanced Spanish</p> | <p>16</p> <p>12:00 Active Older Adults Fitness</p> <p>1:30 Zumba</p> | <p>17</p> <p>10:00 Knit & Crochet</p> <p>10:00 Inspirational Studies</p> <p>12:00 Bridge Club</p> <p>1:00 Belly Dancing Fitness</p> | |
| <p>20</p> <p>Martin Luther King, Jr. Day</p> <p>Heritage Place Closed</p> | <p>21</p> <p>10:00-12:00 SHIP</p> <p>12:00 Active Older Adults Fitness</p> <p>2:00 Indy Silver Foxes</p> | <p>22</p> <p>11:00 Beginning Golden Line Dance</p> <p>11:30 Beginning Spanish</p> <p>12:00 Bridge Club Wednesday Open</p> <p>1:00 Advanced Spanish</p> | <p>23</p> <p>12:00 Active Older Adults Fitness</p> <p>1:30 Zumba</p> | <p>24</p> <p>10:00 Knit & Crochet</p> <p>10:00 Inspirational Studies</p> <p>12:00 Bridge Club</p> <div style="background-color: #f9e79f; padding: 5px; text-align: center;"> <p>12:30-1:45 Senior Planet: FACEBOOK Part II</p> </div> <p>1:00 Belly Dancing Fitness</p> | |
| <p>27</p> <p>10:00-2:00 SHIP</p> <p>12:00 Advanced Golden Line Dance</p> <p>1:00 Beginning Ukulele Class</p> <p>2:00 Ukulele Wonders</p> <p>3:15 Euchre Club</p> | <p>28</p> <p>10:00-12:00 SHIP</p> <p>12:00 Active Older Adults Fitness</p> <p>2:00 Indy Silver Foxes</p> | <p>29</p> <p>11:00 Beginning Golden Line Dance</p> <p>11:30 Beginning Spanish</p> <p>12:00 Bridge Club Wednesday Open</p> <p>1:00 Advanced Spanish</p> | <p>30</p> <p>12:00 Active Older Adults Fitness</p> <p>1:30 Zumba</p> | <p>31</p> <p>10:00 Knit & Crochet</p> <p>10:00 Inspirational Studies</p> <p>12:00 Bridge Club</p> <p>1:00 Belly Dancing Fitness</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.

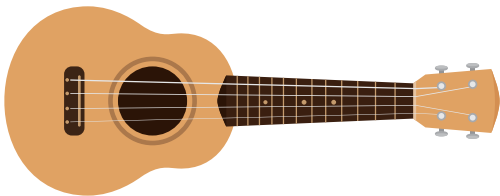
As with all Heritage Place programs and services, classes are designed for persons 55 years and older as part of their Heritage Place membership. Contact (317) 283-6662 for questions or inquiries.

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: 2 pm -3 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. Look for 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)

Note: No class in Jan. Class resumes Feb. 19

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.