



The Informer

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

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The Power of Membership

“Everything Heritage Place does is centered on the membership” I heard this quote one afternoon recently when a fairly new member was explaining our mission and purpose to a friend she brought with her. I quietly cheered her explanation because it was right on target! Just think about it... Heritage Place was established 49 years ago for one thing, the creation and provision of programs and services to people who eventually became our membership.



Subsequently, the service to our members is the most important thing we do. At the same time, now and

then we need to adjust things. Take for example our board committees; those subgroups that help us plan, raise money and market our services. One long standing committee, the Programs and Services Committee, was really the heart and soul of the organization because they helped us to develop the proper steps to institute new classes and the evaluation for all our programs. This committee will soon have a new name reflecting its focus on membership. That said, we are looking to expand this committee! If you would like to join this incredible group of hard-working people, let Lynnette Lewis or myself know. We don't yet have a meeting scheduled but hope to have that set soon.

A word or two about weather. Heritage Place will remain open unless announced via our partners in the Indianapolis area television media market (more about what channels to watch in this issue of *The Informer*). Please be wise when you travel in winter weather. Similarly, if an individual class decides to cancel due to winter weather, please tell us. The best way to do this is to pick up the phone and call (317) 283-6662 or email us at info@heritageplaceindy.org.

Have a wonderful February, be safe, and we look forward to seeing you soon.

Edward Alexander
Executive Director

2025 Hoosier Heritage Awards Nominations Open

Nominations are now being accepted for the 2025 Hoosier Heritage Awards to be presented in June 2025. These awards celebrate the achievements of individuals in Indianapolis and Central Indiana. Candidates for consideration must be aged 55 years or older; nominators provide examples of candidate's contribution to the betterment of his/her community; and/or outstanding achievement in his/her industry.

Submissions must be received NO LATER than Monday, March 31. Contact Heritage Place at info@heritageplaceindy.org for additional information or for nomination materials.

Black History Month

Also called African American History Month, this monthlong celebration in February of African American history and achievement originated in the United States and officially became Black History Month in 1976. Click on the link <https://www.visitindy.com/celebrating-black-history-month-in-indy/> to find out happenings in the Indianapolis area to celebrate this commemoration.



Take Note Concert Series

Heritage Place is pleased to share information about *Take Note*, an Artist Concert Series at Meridian Street United Methodist Church, 5500 N. Meridian Street, Indianapolis.



Plan on attending the FREE concert on Sunday, February 16, at 4:00 p.m. to enjoy the music of **Crimson Express**, a vocal jazz/pop group from the University of Indianapolis!

Welcome New & Returning Members

LaRetta Boyett

Annette Bradford

Robert & Doris Weathers

Magic for Grandparents Class

Magic For Grandparents (or pretty much anyone!). Want to learn how to perform some fun card tricks? Or impress your children/grandchildren/friends/people at Heritage Place? If so, Heritage Place member Mike Kruse has a class that is for you! Come join Mike for a class orientation on Thursday, February 6, at 10:00 am at Heritage Place.

Mike will answer your questions about *Magic* and what you can expect from this 7-week class! Regular classes will start on Thursday, February 13, 10:00-11:00 am. Registration is required by simply contacting Heritage Place at (317) 283-6662 or info@heritageplaceindy.org.



Valentine Bingo

Join representatives from Traditions at North Willow and Solana on Friday, February 14 at 2:30 p.m. at Heritage Place. Learn about their living options and play bingo. Sweet treat refreshments provided. Let's play bingo and win prizes!



Medicare Advantage Plan Open Enrollment

Medicare has a three-month Advantage Plan Open Enrollment from January 1-March 31. You can make a one-time change during this period to change to another Advantage Plan or return to Original Medicare. If you return to Original Medicare, you can also add a Part D prescription drug plan. Changes in your Advantage Plan coverage start the first day of the month after Medicare receives your new enrollment request.

SHIP counselors can help you compare Advantage Plans and answer questions about Medicare's Advantage Plan Open Enrollment Period, Part D drug plans, Medigap Supplement policies and programs that you may be eligible for to help pay costs. Schedule an appointment with Denis, SHIP counselor at Heritage Place, by calling (317) 283-6662 or email info@heritageplaceindy.org or call SHIP at (800) 452-4800 or online at www.medicare.in.gov.



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.

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



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





FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 2:00 Ukulele Wonders	4 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes	5 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	6 10:00 Magic for Grandparents <i>Orientation</i> 12:00 Active Older Adults Fitness	7 10:00 Knit & Crochet 10:00 Inspirational Studies 11:00-12:30 Senior Planet Smart Phone Photography, Part II 12:00 Bridge Club 1:00 Belly Dancing Fitness
10 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 2:00 Ukulele Wonders 3:15 Euchre Club	11 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes	12 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish 6:00 Board of Directors Meeting at Heritage Place	13 10:00 Magic for Grandparents 12:00 Active Older Adults Fitness	14 10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness 2:30 Valentine Bingo
17 President's Day Heritage Place Closed	18 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes	19 10:00 Genealogy Studies 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	20 10:00 Magic for Grandparents 12:00 Active Older Adults Fitness	21 10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness
24 10:00-2:00 SHIP 12:00 Advanced Golden Line Dance 2:00 Ukulele Wonders 3:15 Euchre Club	25 10:00-12:00 SHIP 12:00 Active Older Adults Fitness 2:00 Indy Silver Foxes	26 11:00 Beginning Golden Line Dance 11:30 Beginning Spanish 12:00 Bridge Club Wednesday Open 1:00 Advanced Spanish	27 10:00 Magic for Grandparents 12:00 Active Older Adults Fitness	28 10:00 Knit & Crochet 10:00 Inspirational Studies 12:00 Bridge Club 1:00 Belly Dancing Fitness

American Heart Month
Black History Month
Nat'l Cancer Prevention Month

Feb. 1-7 African Heritage & Health Week
Feb. 1-7 Women's Heart Week
Feb. 1 Nat'l Freedom Day
Feb. 2 Groundhog Day
Feb. 9 Super Bowl Sunday
Feb. 14 Valentine's Day

Feb. 16 4:00 Take Note Concert

Feb. 17 Random Act of Kindness Day
Feb. 17 President's Day
Feb. 21 Nat'l Caregivers Day



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.

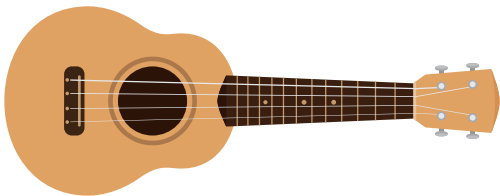
As with all Heritage Place programs and services, classes are designed for persons 55 years and older as part of their Heritage Place membership. Contact (317) 283-6662 for questions or inquiries.

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)

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

Thursday: 1:30 pm-2:30 pm. Returns March 6

Instructor: Mona Miles

Designed for all skill levels, ZUMBA is a fitness program that combines Latin-inspired dance moves with cardio exercise. Class leader and Heritage Place member Mona Miles will answer your ZUMBA questions and help design a fitness program that is right for you! No reservation required, just come comfortably dressed!

Cost: Free

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.