



PROGRAMS AND SERVICES **FOR OLDER PERSONS** **AUGUST, 2022**



Masks are optional in most PSOP spaces like the fitness center, hallways, and common areas. Individuals should have a face covering available and are expected to wear one in a private office or meeting space when requested by the occupant. These mask guidelines are subject to change through guidance provided by CDC, IDPH, and respective local health departments. The college will continue to assess campus, regional, and statewide COVID-19 positivity rates.

PSOP ACTIVITIES WITH MELISSA AND THERESA:

Join, sign up, participate! We have so much going on, something for everyone. No matter what you are participating in, whether you are joining us for breakfast or out on the Golf Course, please register! 618-234-4410, ext.7042 (Melissa) or 7043 (Theresa). Thank you, and see you soon!



BINGO - every Thursday morning at 10 a.m. Bingo is free with a different sponsor every week bringing the prizes. We never know what's going to happen! Concession stand available.

- Aug. 4 Flamingo Bingo is our theme this month with Aetna. Wear your pink and feathers!
- Aug. 11 Oak Street Health
- Aug. 18 Knollwood
- Aug. 25 No Bingo- Barn Dance with Country Western Band
- Sept. 1 Barnyard Bingo is our theme with Lana from Aetna. You might have to MOOOO instead of yell Bingo! Wear your cow costume or your overalls and have some barnyard fun with us.
- Sept. 8 Home Instead
- Sept. 15 Yet to be determined
- Sept. 22 Neuropathy and Pain Solutions
- Sept. 29 No Bingo Come to the Denim and Diamonds dance in Shiloh



NEW PSOP SHILOH GOLF LEAGUE: Fridays -tee off at 9 a.m. You do not have to play every Friday to be in this league. Join us at Yorktown Golf Course, 300 Caballeros Blvd, Shiloh. Just \$10 to play and \$5 for a golf cart. Each golfer will receive a league t-shirt. Nice awards banquet at the end of the year. First Friday of each month will be special prizes and drawings. Register with PSOP Activities 618-234-4410, ext. 7042 or 7043. Please indicate your shirt size when registering.



Dances in Belleville and Shiloh are \$1 entrance fee. In Belleville a concession stand is available with the best hotdogs you have ever had, and plenty of snacks to go with it. In Shiloh, it is VERY important to register for the dance because there will be a hot lunch provided for a donation. 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa) for reservations.

Aug. 3 Shiloh-RSVP Orchestra "Flamingo Fling" Sponsored by Liberty Village. Menu is: Seasoned chicken breast, pasta with pink sauce, Scandinavian veggies, fruit and milk.

Aug. 25 Belleville-Country Western Band- "Barn Dance" Sponsored by Aetna Come dance in your overalls or cow costume! There might be a few live chickens! (Concession stand)

Sept. 7 Belleville-RSVP Orchestra-"Black & White" Sponsored by the Atrium- wear your black and white and dance the day away. (concession stand)

Sept. 29 Shiloh- Country Western Band- "Denim & Diamonds" Let's put on our glitter and sparkle and dance with the Western Band. Lunch is a donation. Menu is: Roast beef, garlic mashed potatoes, green beans and fruit.

Here at PSOP:

Tai Chi - Tuesday and Wednesday at noon, led by Tai Chi instructor Dolores Gordon. Tai Chi enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai Chi is said to boost mood, strengthen the immune system, improve health and it's cool too. Call Activities to reserve a space, class is limited. Regular Tai Chi is Tuesday, beginner is Wednesday. Each class is an hour long and is \$5. Call 618-244-4410, ext. 7042.

Knitting and Crochet - Wednesdays at 9:30 a.m. Bring what you are working on and sit with other knitters and crocheters. They talk and laugh more than they knit!

Line Dancing - Wednesdays at 1:30 p.m. Carol Schwartz and her husband, Bob, have been teaching us what wall to face and when to kick up our boots for almost 20 years here at PSOP. Come see why they have such loyal dancers. Cost is \$2.

Art Group - Fridays at 9 a.m. Sometimes we have something organized to work on as a group and other times each artist brings what they are working on. If you have a fun craft you like to make and are willing to show others, please call activities and we will have a craft day! We love to see what others are doing and learn how to make it.

Ukulele- Fridays, 1 p.m. If you had lessons here before, or never tried to play, this group will have you strumming in no time. If you own a ukulele already please bring it with you. If you want to come have a lesson first, we have a few available to learn on. Class size is limited, so please register with Activities: 618-234-4410, ext. 7042 or 7043.

Ready to learn something new? Beginner classes are available for Ukulele and Line dancing!

Ukulele for Beginners Fridays at noon. Bring your ukulele and start learning some tunes with our fantastic music instructors. They are patient, fun and very talented. If you don't have a ukulele you can borrow one of ours, so there's nothing to stop you!

Basic Beginner Line Dancing Sept. 7, 14, 21 and 28. 4 weeks of lessons for \$20.

Carol Schwartz and her assistants will be helping you face the right wall and stomping those boots in no time! Please register ahead of time since this class is limited to give you the best instruction! Classes are every Wednesday in September at noon.

Out and About in the Community with Melissa and Theresa

Thank you so much for continuing to call us with your reservations! The restaurants are very appreciative also. Activities: 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club: Tues. August 9, 9 a.m. Sweet Katie B's They have the most wonderful crepes, homemade biscuits and crème brulee French toast! Located at 131 E First St. O'Fallon, near Woods bakery and Peel. Stay after breakfast and enjoy the cute little shops.

Lunch Bunch: Tuesday, Aug. 17, 11:30 a.m. Bandana's We love BBQ in summer, especially when its slow cooked over a pit of hardwoods for their signature smoked flavor! 4608 Illinois St., Fairview Heights

Dine Around: Thursday, Aug. 25, 5 p.m. Hokkaido Seafood Bar and Grill- We love a buffet where there is something for everyone such as Sushi, seafood, Chinese and American dishes, and of course a chocolate fountain. 4580 N. Illinois St., Fairview Heights

Cardinals Baseball Game - Friday, Aug. 12 We sold out so quickly that we had to get another bus and 50 more tickets for this special Cardinals Game! This is the Anniversary game of the Cardinals winning the World Series with special commemorative jersey give-away. Great seats in right field, box seats to watch the Cardinals beat the Milwaukee Brewers. Cost is \$84. and includes charter bus, ticket, hotdog and drink. We leave from Shiloh Community Center at 5 p.m. for the 7:15 p.m. game so there will be plenty of time to get the jersey.

Day Trip- Kimmswick- Tuesday, Sept.27 Join us for lunch at our favorite restaurant, The Blue Owl. You will have your choice of three selections; quiche, soups, salad and mile high pie! After a wonderful lunch, there will be plenty of time for shopping the quaint, little shops. Cost is \$62. and includes lunch, drink, tip and charter bus. Bus leaves from Schnucks at 10 a.m. and returns approximately 4 p.m.



Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for a Telecommunication Access Corporation amplified phone are:

- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or Audiologist
- Once every three years
- Those with cell phones are also eligible for a free amplifier

PSOP is a selection/testing center for the ITAC amplified phone program. Call 618-234-4410.

RESOURCE CENTER

Staff is available to assist with license plate sticker discount applications (Benefit Access), energy assistance applications (LIHEAP) and Medicare/Medicaid questions/enrollment.

Our monthly senior food box program has resumed. To apply you must be at least 60 years old with monthly income below \$1,473. for individuals or \$1,984. for couples.

Please call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for further information or details or to see if you qualify for these programs.

ST. CLAIR COUNTY VETERAN'S COMMISSION – Monday, 9 a.m. – noon, 618-277-0040, by appointment only.

LAND OF LINCOLN LEGAL ASSISTANCE – Ages 60 and older - Call Felicia, 618-398-0958 for an appointment

AGESMART COMMUNITY RESOURCES – Benefit Access services, along with Medicare assistance –

Call April at 618-222-2561 to schedule on alternating Thursday dates.

SENIOR SUPPORT SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Jodi Gardner, LCSW, and Tanya Koelker, LCPC, offer counseling services in person, by phone, and virtually. This solution-focused counseling is available for St. Clair County residents over the age of 60, or for caregivers of someone over the age of 60, and is free of charge. Topics include emotional adjustments to life events and changes, aging, caregiving, and community resources. Please don't wait to discuss these topics with a counselor! Please contact Jodi 618-234-4410 (ext. 7031) or Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Group, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. In August, we will meet on Wednesday, August 10. Please contact Tanya at 618-234-4410, ext. 7039, for all meeting details and to make a required reservation for any month.

The Parkinson's Support Group, for anyone affected by Parkinson's Disease, will meet in person on the THIRD MONDAY of most months, at 1:30 p.m., in PSOP's Feurer Hall. The next meeting will be held Monday, August 15, at 1:30 p.m. In addition, a Parkinson's Caregiver Meeting will be held in person on the THIRD TUESDAY of most months, and next on Aug. 16, at Belleville Health and Sports Center, at 11 a.m. Please contact Jodi at 618-234-4410, ext. 7031, for meeting details and for any support and educational material related to Parkinson's disease or caregiving for someone with Parkinson's Disease.

An Alzheimer's Association Caregiver Support Group is meeting at another location. Please contact Jodi at 618-234-4410, ext. 7031, for meeting information, and for any support and educational material related to Alzheimer's disease or caregiving for someone with Alzheimer's Disease.

PSOP sponsored Driver's Service Mobile Unit

Call 618-234-4410, ext. 7042 or 7043

<u>Date:</u>	<u>Location:</u>
Aug. 10, 2022	201 N. Church St., Belleville, IL
Oct. 12, 2022	7 Park Dr., Shiloh, IL
Dec. 14, 2022	201 N. Church St., Belleville, IL



Services provided to seniors 55 and older:

Real ID's are not able to be completed through the Mobile DMV

Rules of the Road class: 9:30-11 a.m.

PAYMENT: Credit card or check; NO CASH

Mobile Unit hours: 10 a.m. to 1:40 p.m.

Other walk-in services available:

Services available: Driver's License Renewals
(including vision test, road test and written exam if required)

State ID cards and Vehicle Registration Renewals

Road tests by appointment only.



AFFORDABLE HOUSING OPPORTUNITIES



The St. Clair County Housing Authority has one-bedroom apartments for senior citizens (age 62 and older) in locations throughout St. Clair County. Waiting lists vary by location. Residents pay 30 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. **Call 618-277-3290**



SeniorLink Computer Classes

Beginning Computers: This one-day class will cover the basics of how to use a computer and what you can do with it. Instructor: Gene Busekrus / Cost: \$10 (1 day)

Windows 10 Basics: This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 10 during this class. NOTE: This class is highly encouraged as a prerequisite for the following computer classes. Applications installed after the purchase of the computer will not be covered. Instructor: Gene Busekrus / Cost: \$40 / (six weeks)

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers. Instructor: Gene Busekrus Cost: \$30

Word Basics: Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus Cost: \$30

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for Excel spreadsheets. Advanced features are not covered. Cost: \$30. (4 weeks)

iPhone Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple. Techniques and best practices for working with the iPhone will also be shown. NOTES: Applications installed after the purchase of the iPhone are not covered. Device must be FULLY CHARGED before coming to each class. Instructor: Gene Busekrus Cost: \$40 (six weeks)

iPad Basics: This basic class will include explanations and hands-on usage of Apple iPad applications and features developed by Apple. Techniques and best practices for working with the iPad will also be explored. NOTES: Applications installed after the purchase of the iPad are not covered. Device must be fully charged before coming to each class. Instructor: Gene Busekrus Cost: \$40. (6 weeks)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or Carla.boswell@swic.edu. All classes MUST be registered for AND paid for in advance. Dates and times for classes will be determined once a class list of those desiring the class is established.



**AmeriCorps
Seniors**

Foster Grandparent Program

"Every child deserves a champion; an adult who will never give up on them, who understands the power of connection and insists that they become the best they can possibly be." -Rita Pierson

Foster Grandparent Volunteers are true champions who believe in the future of children in their communities. You will find our volunteers in local schools, Head Starts, and not-for-profit centers developing intergenerational relationships with children who could use a loving adult in their corner helping them to become the best they can be.

If you are interested in lending a helping hand as a mentor to children who have exceptional needs, the Foster Grandparent Program could be a great fit for you! Our program offers a non-taxable stipend, reimbursement for travel, and other perks. To find out more information, please contact our program staff at 618-234-4410, ext. 7062 or 7024.



**AmeriCorps
Seniors**

Senior Companion Program

Are you one of the millions of Americans who has worked all your life looking forward to the day when you can retire only to find yourself bored now that the time has finally come? Look to volunteerism as a way of enriching your life while, at the same time, assisting others who need a bit of help. As a Senior Companion you can help others continue making independence a reality. You don't need specialized skills to be a volunteer. All you need to know is how to be a friend. Senior Companions offer adults contact with the world outside of their homes and make their lives less lonely. Senior Companions find out that few things feel as good as knowing you're needed.

A Senior Companion can do as little as keeping a homebound senior company, to running errands, or a few simple chores. Some of these people are alone and have no one. In some cases, the Companion is there to give the caregiver some time off. It doesn't take much to show someone you care, but knowing that they are valued goes a long way.

There are many benefits to becoming a Companion, such as receiving a small stipend, paid time off, travel and meal reimbursements. Companions must be 55 or older and meet certain income guidelines. The SWIC Senior Companion Program covers the counties of Madison, Monroe, Randolph and St. Clair. For more information on becoming a Senior Companion, receiving respite, or to refer someone to the program, call at 618-234-4410.



PSOP Book Club

Aug. 11 at 10 a.m. "Murder on the Orient Express," by Agatha Christie. The discussion leader will be Linda Gates.
Sept. 8 at 10 a.m. "One Step Too Far," by Lisa Gardner. The discussion leader will be Judy Higgins.

ST. CLAIR COUNTY OFFICE ON AGING

Unless otherwise noted, events are held at 201 North Church St. Belleville. Reservations are required to ensure social distancing needs. **If you are new to one of our ongoing activities / classes, call to verify when you plan on attending as sometimes classes are changed due to space availability or schedules of the instructors.** To register for any event, call 618-234-4410, Mary (ext. 7034, mblaies.stclairaging@yahoo.com) or Susan (ext. 7044, spflug.stclairaging@yahoo.com)

PICKLEBALL is the latest trend for seniors combining table tennis, badminton and tennis. This sport is a low impact/low risk activity played on an indoor court with a racquet and whiffle ball.

SENIOR LEVEL 1 PICKLEBALL - This new group is for beginners and meets on **Tuesdays and Thursdays from 9 - 11 a.m.** at St. Paul UCC, 115 W. B St., Belleville. Call 618-234-4410, ext. 7034 to register.

SENIOR PICKLEBALL – **Mondays, Wednesdays and Fridays from 8:30 – 11:30 a.m.** Belleville Education Center, 2300 W. Main St. (Old Lindenwood campus)

AGING SAFELY- AGING IN PLACE – **Wednesday, Aug. 24, 10:30 – 11:30 a.m.** Adaptive Equipment & Caregiving Corner will present a closer look at how focusing on home safety can improve functional independence, decrease fall risk and assist with aging in place. Reservations required. Registered attendees will eligible for attendance prizes.

“ATRIAL FIBRILLATION (Afib) AWARENESS” - **Wednesday, Aug. 17, 10:30 – 11:30 a.m.** – A provider from Prairie Heart & Vascular at HSHS St. Elizabeth Hospital will present on this topic. Reservations required and accepted until Aug. 15 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

EUCHRE Interested in playing? Call our office, we're starting a new group!

MAHJONG – **Fridays at 12:30 p.m.**

MEMOIRS CLASS – **Wednesdays from 10 a.m. - Noon beginning September 14.** We have two spots left for this free 15 week class. Don't miss your chance to write your life story! Call Susan at [618-234-4410](tel:618-234-4410), ext. 4044 to reserve your seat.

EXERCISE CLASSES – **Tuesdays and Thursdays from 10:45 – 11:45 a.m.** Check in: 15 minutes before start of class.

GRIEF SUPPORT GROUP - Third Monday of each month from 10 – 11:30 a.m.

FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 - 11:30 a.m.

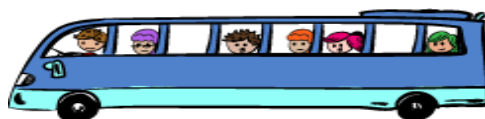
ZUMBA GOLD - **Mondays, Wednesdays & Fridays, from 10:30 - 11:30 a.m.** (No class on Aug. 22) Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

SLOW PACE LINE DANCING – **Mondays from 12:15 – 1:45 p.m.** Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

PSOP TRAVEL PROGRAM

The American Riviera – Nov. 6 - 12, 2022

The Reagan Library, Beverly Hills, Hearst Castle, winery, Rodeo Drive and the Pacific Coast Highway, Santa Barbara, Malibu, Santa Monica, the Queen Mary, and much more! **Cost is \$3,999 per person, double. Full payment due on/before Aug. 16, 2022.** Price includes air from St. Louis, nine meals, travel insurance, sights as per itinerary, and hotels. Contact Nancy for a flyer.



St Louis Symphony Christmas Matinee - Friday, Dec. 16, 2022

Join us for our yearly pilgrimage with the best seats in the building! Afterwards we go to Hodak's for fried chicken and ham! Please note there is no elevator to take us to the second floor for dinner. You must climb the steps. **Cost is \$137.** per person. **Deadline is Nov. 9.** Please state if you wish to be picked-up from Schnuck's on North Belt West, or the Caseyville Township Center, and with whom you will sit, so I can put you together.

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Treasure Island, Florida and beyond! – Jan. 29 to Feb. 5, 2023

It may be snowy in St Louis, but the soft, white beach is calling! Spend eight days enjoying the weather and excursions to Tarpon Springs, Clearwater Beach, Sarasota, and St Petersburg, for museums and historic houses, all included in the cost of your trip. Also included are nine meals, airfare from St. Louis, resort with stunning beachfront views and great amenities. **Pricing begins at \$2,249.** Full payment due on/before Oct. 12, 2022. Contact Nancy for a flyer!

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AS OF RIGHT NOW, SOME AIRLINES, SHIPS, TRAINS, MOTORCOACHES AND SITES MAY REQUIRE MASKS AND/OR VACCINATION AND/OR NEGATIVE COVID PROOF. Waiver *must* be signed and returned with deposit/payments. No refunds after deadline unless a replacement is found and will incur a \$5 processing fee, per person.

Questions? Call Nancy at 618/234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu

Travel & Activities Day Trip Reservation/Cancellation Policy

If a cancellation is received after the reservation deadline and a replacement is found, then a full refund less a \$5 processing fee will be given. If no replacement is found no refund will be given. Special cancellation policies may apply if the trip involves the purchase of non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control. Due to Covid-19, restrictions such as limiting the amount of people, the wearing of masks, or proof of vaccine, may be required. This is an on-going monitoring situation. You **MUST** have payment, Reservation Form, and signed waiver in order to participate. You are not on trip without these 3 things sent to PSOP.

Name: _____ **Phone:** _____

Address: _____ **City:** _____ **State/Zip:** _____

Date of Birth: _____ **e-mail:** _____

Emergency Contact: _____ **Phone:** _____

Trip #1 _____
Trip Date Price Pick Up Point

Trip #2 _____
Trip Date Price Pick Up Point

Going with _____

MAKE CHECK PAYABLE TO: SWIC (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK AND WAIVER TO: SWIC Travel Dept., 201 N. Church Street, Belleville, IL 62220
THIS FORM FOR DAY TRIPS ONLY

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label. To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to: **PSOP Newsletter 201 N. Church St., Belleville, IL 62220**

If you have any questions about your subscription, please call 618-234-4410, Ext.7043.

Name: _____

Address: _____

Phone #: _____ **Email:** _____

(Receive the newsletter by email for free!!!)



Programs and Services
for Older Persons

201 N. Church St.
Belleville, IL 62220

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ILLINOIS COLLEGE

PSOP

N e w s l e t t e r

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