

December



2017

201 N. Church St. • Belleville, IL • 62220 • 618-234-4410



Happy Holidays



Senior Companion



Travel



Activities

As 2017 comes to an end, the staff at Programs & Services for Older Persons would like to let you all know how much you mean to us.

Although each year brings new challenges to us all, we at PSOP want to focus on the many blessings and friendships this year has brought to us. We count our PSOP family and friends at the top of our list of blessings!

We are thankful to each of you and wish you a peaceful and bright holiday season. We look forward to continuing to serve you in 2018 and wish you all continued good health and happiness!



Senior Housing



Wellness



Activities



Foster Grandparents

MEDICARE OPEN ENROLLMENT

Oct. 15 to Dec. 7, 2017

This is the time of year when you are able to make changes to your Medicare Prescription Drug Plan (Medicare Part D) or your Medicare Advantage Plan. It is important to keep in mind what changes you have experienced throughout this year, including changes to prescriptions, different doctors or other reasons to make sure you are in the right plan for 2018. You may be able to save money! You can also look at what your prescription costs will be for 2018 to budget accordingly. If you were unhappy with your plan or its coverage, now is the time to change.

What You Need to Do:

Make an appointment to see a Senior Health Insurance counselor to assist you in comparing plans and possibly find a plan that will save you money in 2018. If you decide to change plans, you must do so by Dec. 7, 2017. If you decide to stay with the plan you have, you don't need to do anything.

OR

Go online to **medicare.gov**; click on "Find health and drug plans" and you will go to "Medicare Plan Finder."

Here you will enter information about yourself (including your medications and your preferred pharmacy). Following these steps will give you options about your Medicare Prescription Drug plan or your Medicare Advantage Plan, help you compare plans and select a plan that may save you money in 2018.

The PSOP Resource Center is accepting appointments to assist you with finding the most cost-effective plan.

Call today at 618-234-4410, ext. 7033

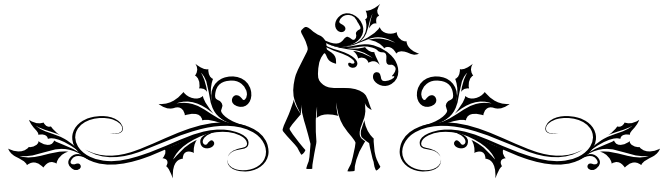
GRIEF SUPPORT GROUP

Monday, Dec. 18 • 10-11:30 a.m.

PSOP • 201 N. Church St.

Call 618-234-4410, ext. 7044 for more information.

*Sponsored by St. Clair County Office on Aging
and the St. Clair County 708 Mental Health Board*



Foster Grandparents

Share Today. Shape Tomorrow.

***Holiday wishes, near and far
FGP sends out from our hearts.***

***We better this world,
one child at a time.***

***Our healing touch may
even reduce crime!***

***Our communities become
a better place***

***With our presence, experience,
and smiling face.***

***We want to share our
passion with you-***

***Give us a call, we are
ready to recruit!***

FGP places interested and caring people who are over 55 at schools, daycares, and other community centers. Our volunteers mentor children who might have an exceptional need, building an intergenerational relationship that can help children excel emotionally, socially, and academically. For more information, give our office a call at 618-234-4410, ext. 7062.

PSOP Resource Center Services

PSOP in cooperation with Senior Services Plus has staff available to assist individuals with various benefit programs including:

- Benefits Access Applications
- St. Clair County Tax Freeze Applications
- Medicare and Medicare Part D Enrollment
- Energy Assistance Applications
- Information and Assistance
- License Plate Discount *and more!*

Office hours are Mondays, Tuesdays and Wednesdays from 9 a.m. to noon. Call 618-234-4410, ext. 7033 to make an appointment.

Land of Lincoln Legal Services will assist individuals of limited income age 60 and older with power of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment.

SERVING VETERANS OF ST. CLAIR COUNTY

Mondays • 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment.

Information and assistance with claims to the Department of Veterans Affairs for benefits such as pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

Nurse Available at PSOP!

Barbara Bell, RN from Memorial Hospital will be available to check blood pressure, blood sugar and cholesterol; review medication; or discuss any other health topic you are concerned about.

Tuesdays • 9 a.m. to noon • Resource Center
No appointment is needed.

Older Adult and Caregiver Counseling

PSOP, in partnership with the St. Clair County Mental Health Board and Age Smart Community Resources, offers the **Older Adult Counseling Program and Caregiver Counseling Program**. Counseling assists with practical and emotional adjustments related to healthy aging, illness, life events or caregiving.

To schedule an appointment, call 618-234-4410:

- Jodi Gardner, MSW, LCSW at ext. 7031
- Tanya Koelker, MA, LPC at ext. 7039

Alzheimer's Caregiver Support Group

Sponsored by Memorial Hospital and PSOP

This group, linked with the Alzheimer's Association, is for family, friends and other caregivers of a loved one with Alzheimer's disease or a related dementia.

Meetings are held the second Tuesday of each month and alternate between locations.

2:30 p.m. • PSOP (even months)

201 N. Church St., Belleville

6 p.m. • Memorial's Senior Care (odd months)

4500 Memorial Drive, Belleville

For more information, call 618-257-5900 or 618-234-4410, ext. 7031.

Parkinson's Support Group

An informational support group is held monthly for anyone affected by **Parkinson's disease**. Meetings are held at PSOP the **second Monday of the month at 1:30 p.m.**

Call Jodi at 618-234-4410, ext. 7031 for information.

SENIOR FOOD BOXES

PSOP has decided to partner with the St Louis Area Food Bank to provide monthly senior food boxes.

Participants must be at least 60 years of age and lower income.

For further details or see if you qualify, call Marsha at 618-234-4410, ext. 7035.

NEWSLETTER SUBSCRIPTIONS

During the past few years there have been dramatic increases to the paper and production costs for our newsletter. As a result, it is necessary to raise the cost of our newsletter to **\$6 for 6 months or \$10 per year**. This increase will be effective for any new or renewed subscriptions effective **July 1, 2017** or later. You can continue to access our newsletter at no cost at swic.edu/community/senior-programs/psop/.

DECEMBER 2017

Change of Metro Pass Location

The location where Metro passes are issued has moved to 27 N. Illinois St. in Belleville (former LIHEAP building) on the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking and the entrance is behind the building.

- Renew your newsletter subscription at least one month before your expiration date (on your label)

- Change your address if you move

DID YOU KNOW THAT YOU CAN ACCESS THIS NEWSLETTER ONLINE?

**SWIC.EDU/COMMUNITY/
SENIOR-PROGRAMS/PSOP/**

**PLEASE REMEMBER TO
MENTION PSOP #62
WHENEVER YOU SHOP
AT A FARMER'S MARKET
STORE IN BELLEVILLE.**

PSOP RECYCLES:

**Aluminum cans
(supports Advocacy Dept.)**

**Cellphones
(supports Cellphones for
Soldiers)**

**Old shoes
(Waterman Project)**

Monday

COUNTRY WESTERN BAND

7th -- Belleville

14th -- Okawville

21st -- no band

28th -- no band

4 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

11 Special Holiday Baking, 10 a.m.
Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

18 Chess, 10-11:30 a.m.
Ballroom Dancing 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

25

CLOSED

Tuesday

RSVP ORCHESTRA

6th - Collinsville

13th - Caseyville*

20th -- no band

27th -- no band

5 Bridge, 8:30-11:30 a.m.
Breakfast Club, The EGG & I, 9 a.m.
Lunch & Learn, 9 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

12 Bridge, 8:30-11:30 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Lunch Bunch, 11:30 a.m. at The Shrine
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

19 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

26

CLOSED

Wednesday		Thursday	Friday
			1 Art Workshop , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
6 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30 p.m. Dine Around , 5 p.m. The Wine Tap in Belleville SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	7 Pinochle , 9-11:30 a.m. Dance Waiting For Santa , 10:30 a.m. - 2 p.m. Lunch , 11:30 a.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	8 Art , 9-11:30 a.m. Men's Club , 10 a.m. - 2 p.m. Canasta , 12:30-3:30 p.m.	
13 Crochet/Basic Knitting , 9-11:30 a.m. Lunch , 11:30 a.m. Line Dancing , 1:30-3 p.m. Driver's Mobile Unit , 10 a.m. - 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	14 Pinochle , 9-11:30 a.m. Lunch & Holiday Table Games , 10 a.m.- 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	15 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.	
20 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	21 Christmas Break PSOP is closed until Jan. 2, 2018.	22 CLOSED	
27 CLOSED	28 CLOSED	29 CLOSED	

Wellness Activities

GENTLE YOGA is held Tuesdays from **10-11 a.m.** Instructor Joyce Herman has extensive experience in guiding you in this practice. The cost is \$5 per class. Please call Joyce at 618-980-2278 for information.

TAI CHI is offered **Mondays** (beginners) and **Tuesdays** (advanced) from **noon - 1 p.m.** The cost is **\$5 per class**. Instructor Delores Gordon has been certified to lead Tai Chi for Arthritis, the Yang Ten Form, SHIBASHI, Tai Chi for wellness and other forms of this practice since 2002. Come and try out one session free to see if it fits your needs!

Fitness Room** is **CLOSED during Tai Chi and Yoga

ALTERNATIVE TRANSPORTATION SYSTEM (ATS)

Are you unable to drive or thinking of giving up your license? ATS provides transportation to disabled individuals (any age) in St. Clair County and to residents of the city of Belleville, Stookey and St. Clair Townships who are 60 and older. You can inquire about the ATS program by calling 618-239-0749.

HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN DECEMBER

Dolores C., Shirley G., Edith H., Rose H.,
Walter L., Delores M., Sr. Leona L., Opal R.,
Lena S., Mary Ellen S., and Mildred W.

DRIVER SERVICES MOBILE UNIT

Dec. 13, 2017 – spots still available!

2018 Dates: Feb. 14, April 11, June 13, Aug. 8,
Oct. 10, Dec. 12

Services provided to seniors age 55 and older:

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

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

Services available: driver's license renewals
(including vision test, road test, and written exam if
required.)

Road tests by appointment only.

Other walk-in services available: state ID cards
and vehicle registration renewals

Call Melissa or Theresa at 618-234-4410, ext. 7042 or 7043

RSVP

***Make a New Year's Resolution to make a difference
in your community - Volunteer your time!***

- The **Veterans' Assistance Commission of Madison County** is seeking support with a new project called the Volunteer Veterans' Graves Restoration Program. The project is in the planning stage, so this is a great time to get involved.
- **St. Elizabeth's Hospital & Memorial Hospital** in Belleville and **Anderson Hospital**, in Maryville and **Gateway Regional Hospital** in Granite City are hoping for volunteers to help with a variety of opportunities at these hospitals. The information desk, gift shop, waiting rooms, and volunteer office events are just a few examples of these popular volunteer stations.
- **Fairmont City Library Center** in Fairmont City is seeking mature volunteers to help with general library organization and filing. A volunteer to assist as a computer aide and a reader for story time would also be most appreciated.
- Both **Collinsville and Fairview Heights Food Pantries** are hoping for volunteers to help with their area food pantries. Days and hours vary. Most shifts are two hours.
- **Heartland Conservancy** in Mascoutah is looking for volunteers to help with several different environmental occupations: clerical, out in the field, etc. Call for a list of opportunities available.
- **Tapestry of Community Offerings (TOCO)** a thrift shop in Belleville is seeking the aid of a volunteer handyman as well as other volunteers to help as sales clerks at the shop. Days and Time vary.

***For information, contact
Pat Etling at 618-234-4410, ext. 7012.***

SENIOR ART COMPETITION

**Application are available
Jan. 3, 2018**

***For more information
St. Clair County Office on Aging
618-234-4410, ext. 7044***

ACTIVITIES & TRAVEL

Unless otherwise noted, the following activities are held at PSOP, 201 N. Church St., Belleville.

*For information about any activity, call
618-234-4410, ext. 7042 (Melissa).*

Chess • Mondays, 10-11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

Tuesday Lunch • 11:30 a.m. • \$5

For lunch reservations, call 618-234-4410, ext. 7015, then press 2 by Monday at noon.

Tuesday Activity • noon

Dec. 5 – Lunch & Learn

Dec. 12 – Lunch & Games

Dec. 19 – Lunch & Games

Dec. 26 – Closed for Christmas Break

Pinochle • Tuesdays, 1:30 p.m., & Thursdays, 9 a.m.

If you are an old pro or a new beginner, this is a friendly group to play with. Come join us and maybe have a hot lunch with us before or after you play!

Line Dancing • Wednesdays, 1:30-3 p.m.

This is a large, fun, full of laughs and energetic group! They always welcome a new dancer. Come join us and find out for yourself!

Book Discussion Group • Dec. 14 • 10 a.m.

This month's book will be "The Handmaids Tale" by **Margaret Atwood**. This discussion leader will be Peggy Malec. The group will meet at the Papa Vito's on Washington Street for their holiday party.

Thursday Lunch • 11:30 a.m., \$5

For just \$5, you get a delicious homemade lunch and dessert made by our amazing volunteers right here in the PSOP kitchen. Come after card playing, stay for games or fitness.

For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.

Thursday Activity • noon

Dec. 7 - Waiting for Santa Dance

Dec. 14 - Holiday table games

Dec. 21 - Closed for Christmas Break

Dec. 28 - Closed for Christmas Break

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw, and share your ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Waiting for Santa Dance (Belleville)

Thursday, Dec. 7, 10:30 a.m. to 2 p.m.

Let's have fun and wear your night before Christmas best pajamas! Prizes for all our PJ wearers. We might even have a special visit from Santa! Lunch is \$5. Please call 618-234-4410, ext. 7015, then press 5 by Wednesday at noon.

**The following activities are held at the
Shiloh Senior Center**

Games • Mondays, 10-11:30 a.m.

We are either playing Bunko or Dominoes each Monday. This is a fun, outgoing group that is very welcoming to new players! Come in and have some fun at the Shiloh Senior Center.

Pinochle/Card Games • Wednesdays, 10-11:30 a.m.

This is a cozy building with comfortable chairs. Come play pinochle with us!

**TO MAKE RESERVATIONS FOR THE FOLLOWING
ACTIVITIES, CALL 618-234-4410, EXT. 7016**

Men's Club

Friday, Dec. 8, 1 a.m.

Come join this great group of guys as they welcome their guest speaker, Chris Braun. Chris is a former Gibault High school All-State basketball player, St. Louis University forward and baseball pitcher, and president of Winning Streak, Inc. Make your reservation for lunch by noon on Thursday the day before. Lunch is \$6.

Breakfast Club-The EGG & I

Tuesday, Dec. 5, 9 a.m.

We hope you'll join us for breakfast at The EGG & I, located at 455 D Regency Park in O'Fallon. It's a great place for eggs Benedict, corned beef hash and pecan pancakes... Please call ahead so we can save a seat for you!

Dine Around • the Wine Tap
Wednesday, Dec. 6, 5 p.m.

Enjoy the holiday atmosphere in downtown Belleville as you head to the Wine Tap for dinner. Great assorted cheese, wood-fired pizza and flatbreads, and wonderful selection of wine. Please call Activities so we can have a seat at the table for you.

Lunch Bunch • The Shrine
Tuesday, Dec. 12, 11:30 a.m.

Join us in all the festivities at the Shrine. We will have the soup and salad bar together and then walk around to see all the beautiful decorations and trees. Call Activities so we can have the right amount of chairs at the table.

Special Holiday Baking
Monday, Dec. 11, 10 a.m.

Some volunteers are baking cookies for some very special people, our military overseas! We have plenty of bakers but we need other items. We need cookie tins and plastic containers for shipping the cookies. The more containers we have to fill, the more cookies we can send! We could also use: flour, eggs, sugar, brown sugar, chocolate chips, pecans or any other cookie ingredient. We could always use gift cards to any grocery store, so we can pick up any other ingredients we might need. ALSO, if you would like to write a small note of appreciation and encouragement to our military who are away from home for the holidays, bring them by Dec. 8, and we will include them in our cookie boxes. Please bring any donations for our cookie baking by

Dec. 7, so we know what we have and what we still need to purchase. Thank you for helping with this great project!

We had a fabulous 2017 and we hope to see you in 2018 on some of our fabulous trips!

Great Canadian Cities
June 20 to 28, 2018

Visit Montreal, Quebec City, Ottawa, Toronto and Niagara Falls. Highlights include Notre Dame Cathedral, a train ride, the 1000 Islands and Niagara Falls. Your passport must be valid through Dec. 30, 2018. Cost is \$3,499 per person, double occupancy, and \$4,349 for a single, which includes air from St. Louis, airport transfers and 11 meals. A \$300 (plus insurance, if desired) deposit is due at time of reservations. The full amount is due on/before March 25, 2018. Make checks payable to Premier World Discovery. Call Nancy at 618-234-4410, ext. 7020 for a flyer.

Save the Date!

Feb. 20 – Isle Casino in Cape Girardeau

**LOOK FOR US ON THE
WEB BY VISITING**

**[swic.edu/community/
senior-programs/psop/](http://swic.edu/community/senior-programs/psop/)**

FREE AMPLIFIED PHONES

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

Eligibility requirements for an ITAC 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 Illinois Telecommunication Access Corporation amplified phone program.

For information,
call 618-234-4410, ext. 7024 or 7012



**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% of monthly income (after deductions) toward rent, up to a maximum rent established by location (ranges from \$270-\$464).
Call 618-277-3290, ext. 7064 (Gloria), or 7061 (Cutha).

Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.
I understand that I will be required to sign a Travel Waiver & Release form.*

Name: _____ Phone: _____

Address: _____ City: _____ State/ZIP: _____

Date of Birth: _____ Email: _____

In Case of Emergency Contact: _____ Phone: _____

Trip/Activity _____

Trip

Date

Price

Pick-Up Point

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

MAIL THIS FORM WITH CHECK TO: PSOP Attn: Activities/Travel, 201 N. Church St., Belleville, IL 62220

Travel & Activities Reservation/Cancellation Policy

To make a reservation for a day trip, please dial the extension listed with the trip description. The recording will ask you to give your name and phone number, the date and name of the trip, and the names of people you are making reservations for. You will then be given seven days to complete the registration form and mail it or bring it to the Activities & Travel Office along with your payment. Any payment not received within 7 days will result in your reservation being cancelled.

If a cancellation is received before the reservation deadline, then a full refund will be given. If the cancellation is received after the reservation deadline and a replacement is found, then the 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 nonrefundable tickets.**

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months

Your expiration date is on your mailing label.

If you have any questions about your subscription,
please call 618-234-4410, ext. 7032.

To continue receiving the PSOP newsletter, fill out the
attached subscription form and mail with \$6 to:

PSOP Newsletter
201 N. Church St., Belleville, IL 62220

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ New Subscriber: Yes _____ No _____

PSOP programs you currently participate in: _____



201 N. Church St.
Belleville, IL 62220

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SOUTHWESTERN
ILLINOIS COLLEGE

Programs and Services for Older Persons

RSVP



Don and Joyce Welborn. Volunteering is all in the family.



Caregiver Cooper

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkas, Red Bud; Harry A. Briggs, Ph.D., Granite City; John S. Blomenkamp, Freeburg; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Oscar Rodriguez, Collinsville

College President: Georgia Costello, Ph.D.