



Programs and Services for Older Persons
201 N. Church Street
Belleville, IL 62220
618-234-4410

April 2023



PSOP will be closed on Friday, April 7, 2023



Senior Celebration is back! Cheers to 50 Years!!! Come celebrate PSOP's 50th anniversary of senior services at Senior Celebration, **May 5, 2023 from 10 a.m. to 2 p.m.** Come listen to the **RSVP Country Western Band**, play **Bingo**, win prizes, enjoy lunch and a classic car show. **Save the date and don't miss out.** Support PSOP through their raffle. Tickets available now! **1 for \$1 or 6 for \$5** Support the **Interfaith Food Pantry** by eating a funnel cake - **\$5 donation or 5 food items.**

PSOP ACTIVITIES WITH MELISSA AND THERESA: Spring is in the air! Trees are budding, flowers are blooming and PSOP Activities are off and running! Day trips, long trips, eating outside, playing inside... whatever you join us for, please remember to let us know you are attending. Leave a message on our phone. Thanks so much. 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa). Thank you and see you soon!



BINGO is free with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. Come join us! Bingo begins at 10 a.m. and wraps up around noon.

- Apr. 4 Bunny Bingo sponsored by Hospice of Southern Illinois
- Apr. 11 Sponsored by Knollwood
- Apr. 18 Sponsored by Rehab Institute of Southern Illinois
- Apr. 25 Sponsored by United Health Care



DANCES in Belleville and Shiloh are \$5, (\$1 entry and \$4 for lunch) It is VERY important to make your reservation so we have enough lunch ordered. Dances open at 9:30 a.m. and band starts at 10:30 a.m. We take a 30 minute break for lunch. Dances last until approx. 1:30 p.m. Reservations later than two days before the dance may not be guaranteed a lunch so make reservations early!

Peeps Party Wednesday, April 12 Who doesn't love those yummy sugar covered Peeps? Come to **Shiloh** at Klucker Hall and you can have your fill of them while you are dancing with the talented RSVP Orchestra. Not a peeps fan? Don't worry. We will have a delicious hot lunch too. This dance is sponsored by Keystone of Richland Creek.

Take Me Out to The Ballgame Dance Thursday, April 20 Let's celebrate the new season wearing our Cardinal Red and dancing with the PSOP Country Western Band. Music, food and dancing sounds like a homerun! Dance is at PSOP and sponsored by Revela.

JOIN US FOR:

Bunko and Dominoes - Every Monday in Shiloh. They alternate Bunko and Dominoes, playing begins at 10:00 but they start coming in around 9:30 to have coffee and chat. Held at Shiloh Community Center # 7 Park Drive.

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 is an amazing teacher and has great assistants with her so everyone has a great view of what they are learning! Come learn the latest dance with this fun, social group. Cost is \$2.

Art Group - Fridays at 9 a.m. These artists bring whatever they are working on and bring it to the group to be creative together. If you are working on a painting or something at home and would like feedback from others or just want to paint with other artists, come on in. 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.

Belleville Area Senior Men's Sports Group – Friday, April 14, 2023 starting at 11 a.m.

DENNIS RUETER entered the Illinois High School Basketball Coaches Hall of Fame in 2010 and in 2022 was named the IBCA State Class 1A Coach of the Year after leading Waterloo Gibault High School to a 22-10 record, including a Regional championship. Reserve your seat and lunch for \$5. Women are also welcome.

CARDS! Here at PSOP we love playing cards. We have different groups playing almost every day. Please remember when you come in, there is a binder on the table to sign in. Please always leave your name and phone number so if there are ever any changes we can contact you.

Bridge – Thursdays 12:30 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle – Tuesdays 1:30 p.m. and Thursdays 10 a.m. This group is for pinochle players who already know how to play and new players are always welcome. Although, we do have a few people who are willing to teach if you are interested in learning to play.

Hand and Foot – Thursdays 12:30 p.m. This little group is willing to teach new people interested in how to play hand and foot. Already know how? What are you waiting for? Join the fun.

Canasta – Fridays 12:30 p.m. Know how to play? Join the game! Don't know how? They will teach you!

Out and About in the Community with Melissa and Theresa

Whether we are at a fancy dinner or a fast food restaurant we want to know if you are joining us (especially if anything changes in time and place). Call us with your reservation and we will happily save a seat for you at the table!

Activities: 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club: Monday, April 3, 9 a.m. Join us at Cracker Barrel in Shiloh (the one by Dierbergs and Target) and then maybe join us afterwards for Bunco. This is a great time to join after breakfast and see what our Shiloh group is all about. Breakfast at 9 a.m., Bunco starts at 10 a.m. at the Shiloh Community Center #7 Park Drive.

Lunch Bunch: Thursday, April 27, 11:30 a.m. We are travelling to Maryville to the beautiful Bella Vista Winery. This winery is right off of 159, close to Bobby's Custard. (Did someone say dessert?) Bella Vista has a fantastic lunch menu, tasting room and hopefully beautiful weather to sit outside and enjoy the view! Located at 6633 East Main St. Maryville.

Dine Around: Tuesday, April 11, 5 p.m. Hope you are in the mood for tacos and margaritas because we will be dining at Zapata's. We love their chimichangas and fried ice cream too! Located at 4660 N. Illinois near Frank Scott Parkway and 159.

Day Trips

Alpaca Your Lunch! Monday, April 24. We will visit beautiful Makanda, Illinois. First stop is the **Rolling Oak Alpaca Farm**. We will tour this working family owned farm, visit the store and of course, up close and personal with the adorable Alpacas. Then off to one of our favorite stops, **Giant City Lodge Restaurant**. We will enjoy their famous all you can eat fried chicken and all the fixings, with cobbler for dessert. \$86 gets your charter bus ride, tour of the farm and your all you can eat meal. We leave at 9 a.m. and return about 5 p.m.

CARDINALS!! Are you singing "Take Me Out To the Ballgame" while you are scraping the ice off your windshield? We have tickets to two ballgames:

April 15, Saturday Day Game, 1:15 p.m. Cardinals vs. Pirates. For our first game this year, Cardinals are giving away a Jackie Robinson Ballcap. Seats are our usual section in 133. Price of \$88 which includes motor coach transportation, your Cardinals ticket and our famous hotdog with snacks. Bus leaves Schnucks on North Belt west at 11:30 a.m.

September 15, Friday Night Game, 7:15 p.m. Cardinals vs. Phillies. We have to do this one each year, same section. This is also a Cardinals Hockey Sweater giveaway night. Bus leaves at 5:30 p.m. from Schnucks on North Belt West. Cost is \$88 which includes motor coach transportation, ticket and bag of goodies too.

What's on your Bucket List? What have you always wanted to do or try? Fly in a small plane? Helicopter ride? Zipline? Bake something wonderful? Learn something new? What's on Your Bucket List?? We want to know. Maybe it can happen!! Drop your answer in the BUCKET in the Activities room:

Name and # _____

My Bucket List wish: _____

RSVP - Retired and Senior Volunteer Program

Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other nonprofit site? We can help match you with a program of interest.



Stations that need your help:

Collinsville Faith in Action , 233 N Seminary St, Collinsville, IL 62234 *Office hours are Mon – Fri 9 a.m.-5 p.m. *Duties include: driving clients to their appointments, clerical assistance, reassurance calls	Illinois Center for Autism , 548 S Ruby Lane, Fairview Heights, IL 62208 *Mon – Fri 1 to 2 p.m. (covering secretary's lunch hour). Can be split up by several people. *Duties include: answering phones, filing, making copies, using intercom/walkie-talkie *IL Center of Autism requires clearance of their background check.
Lebanon Visitors Center , 221 W St Louis St, Lebanon, IL 62254 *Tues – Sat 10 a.m.-4 p.m. (2-3 hrs. shifts) *Visitor assistance	RSVP Choral Group - All are welcome, no experience needed. We sing every Tuesday at 2 p.m. at nursing homes and assisted living centers in the area. Call Judy Milford at (618) 539-5427 for more info.
Shelter Shop , 19 Bellevue Park Plaza, Belleville, IL 62226 *Wednesdays 1-3 p.m. *Saturdays 1-3 p.m. *Duties include: pricing/sorting and cashier	Tapestry of Community Offerings , 825 W Main St, Belleville, IL 62220 *Shop hours are Tues - Sat 10 a.m. – 4 p.m. *Duties include: pricing/sorting and cashier
Collinsville Food Pantry , 2009 Mall St, Collinsville, IL 62234 *Mon – Sat 8 a.m.-12 p.m. *Duties include: sorting & stocking food	<i>Thanks for all you do!</i>
New for 2023 RSVP Volunteer of the Week! RSVP staff will hold a weekly drawing with winners posted in the PSOP monthly newsletter. *Must be an RSVP member with at least 25 hours of volunteer service in the last 12 months. *A volunteer can only win once during the 2023 calendar year. *Prize (\$20 gift card to Cracker Barrel) can be collected at the RSVP office (Rm 103 at PSOP).	Congratulations March winners: 03/06 Tracy Kessler 03/13 Frances Jumper 03/20 Melva Butler 03/27 John Baltz

For information on any of the above-mentioned assignments please contact 618-234-4410, ext. 7026.

Consider becoming a Foster Grandparent Volunteer!

Experience every day **the love and wonder of children** eager to hear your special stories! At **local** schools and daycares, Foster Grandparents become friends and mentors with children. Connect with children by sharing experiences, supporting learning, and offering encouragement.

Join with other caring people working with together with children to make a lasting mark on **your community**.

•Receive **tax-free income** that does not affect Social Security, housing subsidies, or any other assistance.

•**Generous benefits** and more!

For more information 618-234-4410 ext. 7062.





Looking for a chance to brighten someone's day? Become a Senior Companion today!

The Senior Companion Program pairs volunteers with homebound seniors to provide companionship and assistance. To qualify as a Companion, you must be 55 and over, meet income guidelines and enjoy working with seniors. Benefits include tax-free stipend, mileage, meal reimbursement and paid time off. Contact Senior Companion Program Director, Kate Bilyeu at 618-234-4410, ext. 7023.

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 increased the income eligibility amount. To apply you must be at least 60 years old with monthly income below \$1,580 for individuals or \$2,137 a for couple.

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.

We are making appointments for those over 60 years of age for LIHEAP applications (energy assistance). This year you may also be eligible for water/sewer assistance. Monthly income must be below \$2,265 for individuals or \$3,052 for couples. Call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for an appointment or further information or details to see if you qualify.

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 618-398-0958 for an appointment

SUPPORTIVE 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 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 Class – teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. We will meet on Wednesday, April 12, at 10 a.m. with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, or by email, for meeting details and to make a required reservation for each month.

The American Parkinson Disease Association (APDA) 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. Our regular meeting will be held on Monday, April 17, at 1:30 p.m., with no reservation required.

Parkinson's Caregiver Meeting - will be held in person on the THIRD TUESDAY of most months, and next on Tues., April 18, at 11 a.m., at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may 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.

Alzheimer's Association Caregiver Support Group – is meeting at another location. Contact Jodi at 618-234-4410, ext. 7031 for meeting information, and for any support and information about dementia education or caregiving.



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. Wait 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.

ATS – ALTERNATIVE TRANSPORTATION SYSTEM

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 age 60 and older. Approved ATS customers may purchase coupon booklets for rides, 10 coupons for the \$28.00 fee. If you meet the guidelines set by the IL Dept. of Commerce & Economic, and are within the guidelines set forth, you may apply for the reduce fare reimbursement. When you are approved and you purchase a booklet of coupons you will receive a discount for the next order of coupons. You can contact Sharon Lewis at 618 239-0749 Ext. 726 if you have any questions. If you wish to receive the application, please email sharon.lewis@swic.edu



PSOP Book Club

This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Take a look at what they're reading.

Apr. 13 *The Last Year of the War* by Susan Meissner. Discussion leader – Rose Range

May 11 *Rainwater* by Sandra Brown. Discussion leader – Nancy Joiner

June 8 Come and help the group pick the next book list.

July 13 *The Greater Journey* by David McCullough Discussion leader - Gretchen Tinkle

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 / (one afternoon)

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 won't be covered. Instructor: Gene Busekrus / Cost: \$40 / (four 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: \$40 / (four weeks)

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: \$40 / (four weeks)

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets. Cost: \$40 / (four weeks)

iPhone Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple Techniques. NOTE: 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 / (four weeks)

iPad Basics: This basic class includes 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. NOTE: 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 / (four weeks)

Dates and times for classes will be determined once a class list of those desiring the class is established.

PSOP's Senior Celebration Cheers for 50 Years!!!

PSOP Senior Celebration Raffle – Drawing on May 5, 2023 Get your tickets today! 1 for \$1 or 6 for \$5

1st Prize \$300. Walmart gift card (donated by the Belleville Walmart)

2nd Prize \$200. Walmart gift card (donated by the Belleville Walmart)

3rd Prize 2 St. Louis Cardinals tickets (donated by PSOP)

4th Prize \$100. Andria's gift card (donated by County Board Chairman Mark Kern)

5th Prize \$50. Schnucks card (donated by Carla Boswell)

IT'S Tax Time! FREE TAX PREPARATION!



No membership required.

No age limit - first to last tax return

No income limits (some restrictions apply and explained when making an appointment)

You must schedule an appointment

When: Call 618-277-5511 on Mondays and Tuesdays from 8:15 a.m. to noon.

Where: PSOP 201 N. Church St. Belleville, IL 62220

How: The phone will be answered only during the above days and times to schedule an appointment. Please note that it may take multiple attempts to connect with the scheduler. You may not leave a message on this phone.

"Tax-Aide Foundation in conjunction with AARP"

PSOP sponsored Driver's Service Mobile Unit

Date:

Location:

Apr. 12, 2023 201 N. Church St. Belleville, IL

May 17, 2023 7 Park Dr. Shiloh, IL

June 14, 2023 201 N. Church St. Belleville, IL

July 19, 2023 7 Park Dr. Shiloh, IL

Services provided to seniors 55 and older:

Rules of the Road class: 9:30-11 a.m. on Apr. 12th.

Mobile Unit hours: 10 a.m. to 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.



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

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

PAYMENT: Credit card or check; NO CASH

Other walk-in services available:

State ID cards and Vehicle Registration Renewals



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.



Nurse Available at PSOP!

Partnering with the St. Clair County Health Department's Medical Reserve Corps, PSOP will have a nurse available to check blood pressure, blood sugar and review medication; or discuss any other health topics you are concerned about on the 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.



SWIC/PSOP will be closed on Friday, April 7, 2023



PSOP TRAVEL PROGRAM

Travelogue Wednesday, April 26, 2023

Beginning a 1 p.m. at PSOP. We will discuss Hawaii and West Virginia. Call Nancy to save a seat!



Almost Heaven in West Virginia! Oct. 28 to Nov. 2, 2023

In conjunction with the SWIC Foundation Department. Highlights include the New River Gorge; tour a coal mine; 2 nights at the Greenbrier Resort; Monticello; and Skyline Drive! Call or e-mail Nancy for pricing and a brochure.

Christmas in KC Nov. 28 to Dec. 1, 2023

Amtrak, lights, food, Country Club Plaza, Hallmark, dinner show, and more! Call or e-mail Nancy to request a flyer. Price begins at \$1599 per person. Final payment due on/before Oct. 1, 2023.

Hawai'i Feb. 4-13, 2024

Trip limited to 16 people! 3 islands. Highlights include: Pearl Harbor; Iolani Palace; a river cruise; and the Maui Tropical Plantation. Pricing has just been finalized. Call or e-mail Nancy for a brochure.

HOLD THE DATE: July, 2024 Alpine Swiss Villages and Rails

AS OF RIGHT NOW, COVID RESTRICTIONS HAVE BEEN LIFTED FOR OUR TRIPS. You will be notified of changes as soon as we find out. Waiver *must* be signed and returned with deposit/payments if trip is overnight. A waiver will be sent to you for signature, if a day trip. One Waiver per person, per trip. No refunds after the set 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 the trip without these 3 things sent to PSOP.

Name: _____ **Phone:** _____

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

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

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!!!)



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for Older Persons

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Belleville, IL 62220

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

PSOP

N e w s l e t t e r

Southwestern Illinois College Board of Trustees: Chair Nick Raftopoulos, Granite City; Vice Chair Steve Campo, Belleville; John S. Blomenkamp, Freeburg; Charles Hannon, Swansea; Robert G. Morton, O'Fallon; Richard E. Roehrkaske, Red Bud; Sara Soehlke, Collinsville

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