



Programs and Services for Older Persons

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

August 2023



PSOP ACTIVITIES WITH MELISSA AND THERESA: It's hot outside but we have cool activities inside! Whatever you are joining us for please leave us a message to let us know you. 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa). Thank you and see you soon!



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 pm. Reservations later than two days before the dance may not be guaranteed a lunch so please make reservations early!

Pool Party Thursday, August 17, at PSOP. Although we won't have a pool, we will still be dancing with beach balls and celebrating summer! Join us for great music with the Country Western Band and a catered lunch.

Please note there is no RSVP Orchestra dance on August 9th in Shiloh.

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.



- August 1 Flamingo Bingo with Cambridge House
- August 8 sponsored by Rehab Institute of Southern Illinois
- August 15 sponsored by Knollwood
- August 22 sponsored by Addington Place
- August 29 sponsored by United Health Care

JOIN US FOR:

Flowers 101 with Grimm & Gorly. Wednesday, Aug. 23, 10 a.m. Create a fresh floral arrangement using your favorite container from home, approximately 8" high x 5" wide. The cost for the August class is \$25 and space is limited so please register early. 618-234-4410 ext. 7042 or 7043

Bunko and Dominoes - Every Monday in Shiloh. They alternate Bunko and Dominoes, playing begins at 10 a.m. but they start coming in around 9:30 a.m. 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. Donna Holcomb is our new instructor. She has studied with Carol for years and knows all of the dances. You'll be two-stepping in no time. 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! If you had lessons before, or never tried to play, this group will have you strumming in no time. We also have a fingerstyle class for advanced players who want to play chord melodies. Also on Fridays is the Ukulele Jam session. You must call Melissa of Theresa for the class time to reserve a seat in each class.



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: Friday, August 4, 9 a.m. Come join us at **Main Street Café** where you can get a big breakfast with biscuits and gravy, steak and eggs, yummy pancakes and omelets. 1601 West Main St in Belleville.

Lunch Bunch: Thursday, August 24, 11:30 a.m. We are taking a ride out to Smithton for the new **Papa Vitos** location on 159. They still have their wonderful pizza, salad, sandwiches and of course, their lunch specials. If it's nice out, we can go up the street to Walton's for ice cream after lunch! 101 North Main St. Smithton.

Dine Around: Monday, August 14, 5 p.m. You are in for a treat as we are going to **Thip's Thai Cuisine**. Try the spring rolls, cashew chicken, homemade noodles and wonderful curry sauce. Thip's is located across from Dollar General in O'Fallon. 701 W Hwy 50.

Road Trippin with Activities

Cardinals Game: Friday evening game against the Phillies September 15. The promotional give away that night is a Cardinals Blues Jersey. Tickets are \$88 and includes bus transportation, tickets in Section 133 and 132, hot dog, chips and drink and surrounded by the very best Cardinals fans, our PSOP seniors!

Florida Trip Meeting: If you are travelling with us to **Florida in September**, please attend the information meeting (party). September 12 at noon, right after Bingo.

2024 Trips Party- We are excited to announce two new trips for Activities and we are anxious to tell you all about it with our new Tour Company- White Star Tours. The sign-up party for both trips is **Thursday, August 3rd, at 10 a.m.** Doors will open at 9:30 a.m.

Niagara Falls, Ontario, Canada June 23-29, 2024 \$1,349 includes 6 nights including 4 nights lodging in Niagara Falls, tour of Niagara and Niagara on the Lake, tour of Toronto, Hornblower Boat ride on the Falls, Canadian Wineries, Toronto Harbor Cruise, dinner at the Skylon Tower, visit the Welland Canal and Floral Clock, tour FX Chocolates and more. You all voted for nicer Bougie trips so we are doing it! And of course, we will offer the option of ziplining over the Falls again! Be prepared to put down \$350 per person at time of reservation. If we fill this trip quickly we will add a second one in September. *Passport Required*

Chattanooga Train Trip October 15-18, 2024 \$899 includes 3 nights lodging, Southern Belle Riverboat Cruise and 3 train rides: The Missionary Ridge Local which is part of the Tennessee Railroad will take us over bridges and into tunnels. We will depart the train and watch the locomotive rotating on a turntable before re-boarding. Blue Ridge Scenic Railway stopping in McCaysville Georgia and Copperhill Tennessee nestled deep in the mountains. Board the Incline Railway climbing the Lookout Mountain (Worlds steepest railway)and see the 100 ft waterfall, and swing- along bridge in Rock City. Dinners are included each night. \$200. Deposit per person.



RSVP - Retired and Senior Volunteer Program (55+)

<p>RSVP Choral Group - All are welcome, no experience needed. They 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.</p>	<p>Shelter Shop, 19 Bellevue Park Plaza, Belleville, IL 62226 *Wednesdays 1-3 p.m. *Saturdays 1-3 p.m. *Price/sort or cashier</p>
<p>Senior Services Plus, St George's Church - Belleville *Meals on Wheels drivers for Mon, Tue or Wed for 2-3 hour route (mileage reimbursement will be given)</p>	<p>O'Fallon Township, 801 E State St, O'Fallon, IL *Quilter – meeting frequency determined by the group</p>
<p>Lebanon Visitors Center, 221 W St Louis St, Lebanon, IL 62254 *Site hours are Tues - Sat 10a-4p (2-3 hr shifts) *Visitor assistance</p>	<p>Tapestry of Community Offerings, 825 W Main St, Belleville, IL 62220 *Site hours are Tues - Sat 10am - 4pm. *Price/sort or cashier</p>
<p>Auxiliary to Anderson Hospital 6800 State Rte 162, Maryville, IL 62062 *Gift shop, Clerical aide, Visitor assistance</p>	<p>Granite City Township, 2060 Del Mar, Granite City, IL 62040 *Assist with Bingo events</p>
<p>Hospice of Southern IL *Clerical & Mailing at 305 S. Illinois, Belleville *Patient Care Visitor (within 10 miles of your home)</p>	<p>Other Stations include: Beacon Ministry, Collinsville Faith in Action, Freeburg Food and Clothing Bank, Illinois Center for Autism, O'Fallon Food Pantry, St Clair County Office on Aging</p>
<p>For information on these or any other RSVP volunteer opportunities, please contact 618-234-4410, ext. 7026.</p> <p>***If you are a non-profit in need of volunteers, give us a call to sign up as an RSVP Station.***</p>	<p>2023 RSVP Volunteer of the Week! Congratulations to our winners:</p> <p>07/03/23 Bev Hines 07/10/23 Mary Lou Lugge 07/17/23 JoAnn Nadler 07/24/23 Mary Brisk 07/31/23 Theresa Whitmore</p> <p>*Prize (\$20 Cracker Barrel gift card) can be collected at the RSVP office (Rm 103 at PSOP).</p>

Senior Companions are making a difference in the community!

Senior Companions provide companionship to homebound and isolated Seniors!
 Help make a difference in your community....Become a Senior Companion Today!

Senior Companions must be:

- 55 years of age or older
- Meet Income Guidelines
- Willing to help older adults in your community
- Willing to volunteer 10-20 hours of time a week

Senior Companions receive:

- Non-taxable stipend of \$4 per hour
- Meal and Mileage reimbursement
- Monthly in-service education
- Community Service Recognition



"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 the staff at 618-234-4410 ext. 7062 or 7024.



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.



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.

- Aug. 10 *The Midnight Library* by Matt Haig Discussion leader – Donna Perkins
- Sept. 14 *The Book of Lost Names* by Kristen Harmel Discussion leader – Jean Nolan
- Oct. 12 *The Girl from the Channel Islands* by Jenny LeCoat Discussion leader – Gretchen Tinkle
- Nov. 9 *Death of a Traitor* by M. C. Beaton Discussion leader – Peggy Malec

SUPPORTIVE SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Tanya Koelker, LCPC, offers 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 Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. However, there will be no meeting in August. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, 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 continue to meet in person on the THIRD MONDAY of most months, at 1:30pm, in PSOP's Feurer Hall. The next meeting will be held Monday, August 21st at 1:30 p.m. Every meeting has new educational topics as well as good discussion among attendees! Also watch for upcoming presentations and topics that you don't want to miss!

In addition, a **Parkinson's Caregiver Meeting** is normally held in person on the THIRD TUESDAY of most months at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. However, there will be **NO MEETING IN AUGUST**. Please contact Tanya at 618-234-4410, ext. 7039, for future meeting details and for any support and educational material related to Parkinson's Disease or caregiving for someone with Parkinson's Disease. Please be aware of the great amount of information available from the American Parkinson Disease Association (APDA) Greater St. Louis Chapter, at www.apdaparkinson.org/community/st-louis.

An Alzheimer's Association Caregiver Support Group is meeting at another location. Please contact Tanya at 618-234-4410, ext. 7039, for meeting information, and for any support and information about dementia education or caregiving.

RESOURCE CENTER

Staff are 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.

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.



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 discuss 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.



Matter of Balance “FREE” Workshop

This free workshop will help you:



- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- 8 week course: Thursdays, September 7th – Oct. 26th 10 a.m. To register, call 618-234-4410, ext. 7035



Join the PSOP Team in the fight against Alzheimer’s.

The Alzheimer’s Walk will be October 7, 2023 and starts at 9:30 a.m. Sign-up by going to the link at: https://act.alz.org/site/TR/Walk2023/MO-GreaterMissouri?pg=entry&fr_id=16676

Add yourself to the PSOP Team, or ask a staff person to help out. Together – we are Fighting for a Different Future!

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 reduced 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



AARP Smart Driver Class – Safer driving may save you \$.

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

When: Sept. 11 and 12, 2023 12 - 4 p.m. You must attend both days.

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

Cost: \$20 for AARP members and \$25 for non-members

Call 618-234-4410, ext. 7036 to sign-up and receive additional information. Class space is limited.

PSOP sponsored Driver’s Service Mobile Unit



<u>Date:</u>	<u>Location:</u>
Aug. 9, 2023	201 N. Church St. Belleville, IL
Sept. 20, 2023	7 Park Dr. Shiloh, IL
Oct. 11, 2023	201 N. Church St. Belleville, IL
Nov. 15, 2023	7 Park Dr. Shiloh, IL

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

Services provided to seniors 55 and older:

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

PAYMENT: Credit card or check; NO CASH

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)

Other walk-in services available:
State ID cards and Vehicle Registration Renewals
Road tests by appointment only.

Living a Healthy Life with Chronic Conditions Oasis Health in partnership with PSOP will provide a free 7 session, discussion-based, self-management workshop designed to empower adults living with chronic conditions. All participants will receive a free informational book and CD. Light refreshments will be provided.

Thursdays, Oct. 5-Nov. 16, 2023 from 1-3:30 p.m. at PSOP

[Call 618-234-4410 Ext. 7036 to register.](tel:6182344410)

SeniorLink Computer Classes Fall Classes Now Forming Call 618-234-4410 Ext. 7036 to sign-up!



Beginning Computers: This one-afternoon class will cover the basics of how to use a computer. Cost: \$10

Classes below meet once/week for 4 weeks at a cost of \$40.

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. Applications installed after the purchase of the computer won't be covered.

Windows 11 Basics: This basic class will include explanations and hands-on usage of Windows 11 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 11 during this class. Applications installed after the purchase of the computer won't be covered.

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

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.

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets.

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 CHARGED before class.

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.

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



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:

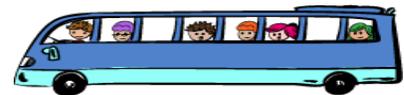
- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or Audiologist
- Once every three years
- Those with cell phones are also eligible for a free amplifier

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

PSOP TRAVEL PROGRAM

Cardinal Legends of the Greatest Generation - Tuesday, September 19, 2023

Featuring the homes, churches and neighborhoods of Cardinal heroes, from their childhoods through stardom. St. Louis Historian NiNi Harris will share the stories of these baseball players — Stan Musial, Joe Garagiola and Red Schoendienst — that reflect how they epitomized the Greatest Generation. This semi-driving tour will not go into their homes. It is not about statistics. It is about the neighborhoods and families that built their character and about the values they demonstrated. Cost is \$95 and includes admissions and more! Lunch at the Foundry is not included. Deadline for reservations is August 11, 2023.



The Hill - Thursday, October 5, 2023

Spend the morning learning stories from the English, French, Bosnian and Italian groups who have lived on "The Hill" as told by a "Native". During the afternoon we shop at a bakery and learn how other Italian specialty items are made. Lunch of Sicilian Chicken at Favazza's. Cost is \$97 per person which includes admissions, lunch, and more.

Deadline for reservations is September 12, 2023.

Yanks and Confederates - New Date! Wednesday, October 25, 2023

Joan Huisinga tells us the stories behind the stories and what roll St Louis played. Hear stories about the Armory and Jefferson Barracks, visit White Haven and learn about the romance between Grant and Julia, discover the Civil War Museum, and more! Cost is \$111 per person and includes admissions, lunch, and more! Deadline for reservations is September 15, 2023.

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. Price begins at \$6279 per person. Call or e-mail Nancy for a brochure.

Alpine Swiss Villages & Rails July 2-10, 2024

In conjunction with the SWIC Foundation Department. Highlights include: 6 nights at one hotel, small cities and parks, glaciers and waterfalls, several train rides, a cruise, a cable car ride, a walking tour of Lucerne, and much more. Price begins at \$5369 per person. Air from STL and 12 meals are included. Call or e-mail Nancy for a brochure.

A 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. 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
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Trip #2 _____

Trip	Date	Price	Pick Up Point
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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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Belleville, IL 62220

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for Older Persons

NON-PROFIT
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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; Matthew Burke, Swansea; Sean McPeak, Freeburg; Mark Morton, O'Fallon; Dane Tippett, Troy; Tracy Vallett, Red Bud

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