

AUGUST 2024



## PSOP August, 2024 Newsletter



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





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## PSOP ACTIVITIES WITH MELISSA AND THERESA

If you don't care for this summer heat, come join us inside! Plenty of cool activities to keep you busy! Come join us in Tai Chi, Tech with Teens, line dancing, flower classes, bingo, crochet... do you have an idea or something you would like to teach? Call Melissa or Theresa, we are always open for new things.

618-234-4410 ext. 7042 or 7043.

**BINGO** 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.

Aug. 6 Flamingo Bingo Sponsored by Cambridge House

Aug. 13 Sponsored by Oak Hill in Waterloo

Aug. 20 Sponsored by St. Clair County Office on Aging

Aug. 27 Sponsored by Cedar Ridge

**DANCES** 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 and Band starts at 10:30. 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 please make reservations early!

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

**Senior Prom/ Class Reunion Dance:** Thursday, August 22. Do you want to get decked out in a prom formal or a tuxedo? Or maybe wear your letterman jacket or high school colors again? Show your high school pride and join us with the Country Western Band here at PSOP. And if you have a senior picture we can display, bring it!! We'll put it on the table and guess who is who.

## JOIN US FOR

**Flowers 101** Wednesday, August 14, 10 a.m. It might be hot outside, but we are getting ready for fall with our dried floralsAutumn arrangement. Class is \$30.00 and please register so we have plenty of supplies.

**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 the instructor and will have you two-stepping in no time. Come learn the latest dance with this fun, social group. Cost is \$2.

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**Art Group** Fridays at 9 a.m. These artists bring whatever they are working on to the group to be creative together. If you have a fun craft you like to make and are willing to show others, please call us and we'll have a craft day! We love to see what others are doing and learn how to make it.

**Fingerstyle Ukulele** Noon on Fridays. This group is for advanced Ukulele players

**Ukulele Jam Session** Fridays at 1 p.m. This group is with both instructors combining the talents of the advanced ukulele players and the confident beginners (can play 12 chords or more).

## **2 New Craft Classes!**

**Cricket and Cups** Monday, August 5, 1 p.m. You've seen them everywhere, those big insulated cups with a lid and straw, everyone seems to have one. And have you seen them personalized or decorated with fun sayings. Well now you can make your own! Kristi from Hospice of Southern Illinois is showing us how to use a cricket machine and we are going to do our own personalized cups. Bring your own cup and \$3.00 and you will be ready to go. I heart PSOP is a great sticker to put on it!

**Resin Craft.** Monday, August 26, 1 p.m. Resin is a material poured into a mold, where it becomes hard for paperweights, keychains, and bookmarks. Bring a small memorial memento such as a photo, charm from a bracelet, piece of material from your loved one's pillow, button from a favorite shirt, flower from a bouquet... about the size of a silver dollar or smaller. We will put it in the mold to have a forever keepsake of a loved one. Cost is \$3 per item. Please RSVP so we have enough supplies.

## **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!

**Euchre**- We have had some interest in starting Euchre again. If you would like to play, please call Activities. Once we have a few of you we will begin again.



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## OUT AND ABOUT IN THE COMMUNITY WITH MELISSA AND THERESA



It's hot outside, but here are the cool restaurants for this month. 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 Wednesday, August 21, 9 a.m.** Join us for one of our favorites, Golden Oak! Crepes, biscuits and gravy and the best corned beef hash anywhere! 4519 North Illinois, kitty corner from Bandanas.

**Lunch Bunch Thursday, August 29, 11:30 a.m.** Let's do something different and go to Aroy Thai. Located across from Menards, 1140 Central Park Dr. in O'Fallon. They are known for their fresh food; our favorite is pineapple fried rice!

**Dine Around Monday, August 12, 5 p.m.** We missed those big juicy steaks and blooming onions from Outback, so we are heading to the new one! 1102 Central Park Dr, O'Fallon. Across the street from Dierbergs, right off 64. Make sure you RSVP!

## ROAD TRIPPIN WITH ACTIVITIES



**Cardinal's Game:** Saturday, September 7, evening game. Spend a pretty summer night cheering on the Cardinals as they play against the Milwaukee Brewers. Tickets are \$98 and includes Field Box Loge seat, hotdog, drink and snacks and motor coach transportation. Just a few tickets left, so call soon!

**Niagara Falls and Canada:** We have 2 rooms that have become available! September 15-21. 7 days 6 nights. We stay in Canada! \$1,349 per person (double room) includes motor coach with Larry, 6 breakfasts, 4 dinners including dinner at the Skylon Tower, ride the Hornblower, tour the Falls, Toronto Harbor Cruise, wine tasting at a local winery and more!! Contact Melissa or Theresa 618-234-4410 ext. 7042 or 7043

### 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 1st, 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.

**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. 8** The Last House on the Street by Diane Chamberlain. Discussion leader – Gretchen Tinkle

**Sept. 12** The Dinner by Herman Koch Discussion leader – Denise Sechrest

**Oct. 10** The Art Thief by Michael Finkel Discussion leader – Marilyn Merwin







**AmeriCorps  
Seniors**

## SENIOR COMPANION PROGRAM

"Let us be grateful to people who make us happy: They are the charming gardeners who make our souls blossom."

Marcel Proust

PSOP wants to continue to recognize the Senior Companion volunteers for their time of service to their clients, families and community. The Senior Companions quiet the worries and fears of their clients who cannot live by themselves without help.

Senior Companions:

Answer a need

Care for others

Build lasting relationships

Inspire others with their dedication

Touch lives forever

Spread smiles as they go

Lift spirits

Take the opportunity to see how much you'll receive by reaching out and helping someone else by becoming a Senior Companion. For more information about the Senior Companion Program, please call 618-234-4410 Ext.7036.



## FOSTER GRANDPARENT PROGRAM

PSOP offers an excellent Foster Grandparent Program that has been around for quite a while. Over the past 50+ years children and seniors have enriched each other's lives by just being there for one another. Here are a few quotes from seniors who are proud to volunteer their time and are grateful for this successful program.

**"The children I serve are just like family to me – I love them and they love me."**

**"The Foster Grandparent Program has brought me joy. I love children and it is a pleasure to be able to assist in their learning experience."**

**"This program has been the best thing I could have done for myself. It is the most gratifying experience. The children are so wonderful, this has been the best decision I have ever made."**

**"The FGP is an excellent opportunity for seniors to keep their minds alert and knowing you are helping someone who appreciates you."**

If you would like more information please call us at 618-234-4410 Ext 7062. – You can enrich your life too!!



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# **RSVP** RETIRED AND SENIOR VOLUNTEER PROGRAM

618-234-4410 EXT. 7012



Are you a senior (55+) looking for a way to give back to your community? Come join RSVP – Retired & Senior Volunteer Program to serve at food pantries, hospice, making blankets, libraries, museums, hospitals, tutoring, thrift stores, veteran assistance, senior transportation, crafts, senior centers and more. There is no cost to join RSVP and you even get some great benefits like extra insurance (if you should be injured while volunteering), Year of Service awards and periodic recognition! Give us a call at 618-234-4410 ext. 7012 to find just the right volunteer opportunity to fit your passion, talents and schedule!

**Congratulations to the August 2024 Volunteers of the Week!**

**Linda Gates, Sharon Goff, Fern Lunsford, Kathy Pajares, Joyce Ingold**

\*Prize can be collected at the RSVP office (Rm 103 at PSOP).

PSOP is now a US flag collection site. Do you have a United States flag that is torn, tattered or otherwise unserviceable? Bring it to PSOP for disposal/retirement. All flags collected will be respectfully retired by Belleville's VFW Post 1739 at a later date.





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**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
- Those with cell phones are also eligible for a free amplifier
- Once every three years

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

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### 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.

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## 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 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](mailto:sharon.lewis@swic.edu)**



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### 9/11 Celebration and History of the United States Flag



September 11th, a National Day of Service and Remembrance (Patriot Day), unites all Americans in remembering the heroes, armed forces, first responders and countless others' acts of service that defend our nation's freedom. On Sept. 11, 2024 at 10 a.m., PSOP & AmeriCorps Seniors programs like Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP) and Senior Companion Program (SCP) will partner with Belleville VFW Post 1739 to host an event honoring the majesty of the USA flag. Come learn about the history of our American flag, gain inspiration in this symbol of our country through song and story, and gain knowledge on the proper care and retirement of unserviceable or tattered flags. PSOP serves as a flag collection site for unserviceable flags, so we are ready to receive those if you have one.

## RESOURCE CENTER

Staff are available to assist with:

- Medicare and Medicaid questions and enrollment.
- License plate sticker discount applications (Benefit Access) to qualify:
  - 65 years of age or older or disabled thru social security.
- Income must fall below \$33,562 for singles and \$44,533 for couples.
- Energy assistance applications (LIHEAP):
  - Household income below \$29,160 for single and \$39,440 for couples.

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 \$1,632 for individuals or \$2,215 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.

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

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### COUNSELING GROUP MEETING UPDATES:

**The Mindfulness Class**, which teaches techniques for reducing stress and anxiety, will be temporarily **paused until September 2024**. Please watch your email and the PSOP newsletter for upcoming dates for meetings in the fall!

**The American Parkinson Disease Association (APDA) Support Group**, for anyone affected by Parkinson's Disease, will be **temporarily paused until September 2024**. However, please mark your calendars for a special presentation from Johanna Hartlein, Nurse Practitioner in the Movement Disorder Clinical of Washington University/BJC on Thursday, November 7th, 2024. Please watch your email and the PSOP newsletter for more upcoming dates for meetings in the fall! 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](http://www.apdaparkinson.org/community/st-louis).

**The Parkinson's Caregiver Meeting** is currently **NOT** meeting at this time and will be 'paused' for the foreseeable future. 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](http://www.apdaparkinson.org/community/st-louis).

**An Alzheimer's Association Caregiver Support Group** is meeting at another location. If more information is needed, please contact the Alzheimer's Association for more information via their website at <https://www.alz.org/greatermissouri>.





## SPOTLIGHT ON MEDICAL RESERVE CORPS VOLUNTEER AT PSOP - PEGGY GERDES

Peggy Gerdes started her nursing career at Moline Public Hospital in Moline, IL in 1974. Soon after she joined the Air Force and retired as a Major after serving 20 years stationed in Texas, Germany, Mississippi, Illinois, and Japan.

Following her retirement from the Air Force she worked for a home health agency and Cardiology Consultants for several years prior to working at John Cochran VA Medical Center. Peggy was the clinical coordinator and Nurse Practitioner in the cardiology clinic before retiring after 17 years in 2019.

It was during the pandemic that Peggy became a volunteer for MRC and assisted in giving immunizations for the Covid vaccine. Since then, she volunteers at several events and currently volunteers at PSOP once a month.

"I enjoy being able to help promote health and wellness in the community as a volunteer member of MRC through the public health department and to be prepared to render assistance should a disaster occur," says Peggy.

Peggy's education includes a diploma in nursing from Moline Public Hospital, BSN from McKendree University in 1988, MSN/ Nurse Practitioner in 2000 from St. Louis University, and Doctor of Nursing Practice in 2010 from St. Louis University.

"My most proud career moment in nursing (there are so many) was when I was able to see my patient receive his heart transplant. I had known and cared for him for many years through some critical times, but after several years of testing, paperwork, and other challenges he was able to receive his "new" heart," shares Peggy.

"My husband of 48+ years has been my greatest supporter throughout my career along with 2 sons, 2 daughters-in-law and granddaughter."

Come and chat with our MRC volunteers that are here from 9 to noon on the 1st, 2nd, and 4th Tuesdays of the month. Check your blood pressure and blood sugar, and ask questions that you may have regarding general health and senior related issues.

### PSOP sponsored Driver's Service Mobile Unit

Call 618-234-4410, ext. 7036

**Date:**

Sept. 18, 2024  
Oct. 9, 2024

**Location:**

7 Park Dr. Shiloh, IL  
201 N. Church St. Belleville, IL

Services provided to seniors 55 and older by appointment only



**PAYMENT: Credit card, check and now cash.**

Mobile Unit hours: 10 a.m. to 1:40 p.m. Services available: Driver's License Renewals, State ID cards and Vehicle Registration Renewals (including REAL ID's, vision test, road test and written exam if required)

**SeniorLink ComputerClasses**

Call 618-234-4410 Ext. 7036 to sign-up!

**Fall Classes now forming for Windows 11    Space is limited!**

**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 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.

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**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 will be discussed.

**iPhone and Android Basics:** Join this basic level class for explanations and hands-on usage of cell phone applications and features. Applications installed after the purchase of the cell phone 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.

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## PSOP TRAVEL PROGRAM

### 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.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Trip #1 \_\_\_\_\_  
Trip Date Price Pick Up Point

Trip #2 \_\_\_\_\_  
Trip Date Price Pick Up Point

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

Going with \_\_\_\_\_

No refunds after daytrip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.

A waiver must be signed and returned with deposit/payments if trip is overnight. 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. Nancy's contact info: 618-234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu



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### Travelogue Tuesday, August 27, 2024

Keep Tuesday, August 27 open and join us at PSOP 201 N Church St., at 1:30 p.m. to learn more about our March 2025 Tulips and Rhine Castles River Cruise and our February 2025 trip to Cuba. Please call 618 -234-4410, ext. 7020 to let Nancy know you are coming!

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### World Religions

Tuesday, September 10, 2024

Have you ever thought about another's religious background, or wanted to know the history about other people's religions? Now is your time! Linda Koenig takes us to a Hindu Temple to learn Hindu beliefs and customs; Learn about Buddhism at the Fo Guang Shan Buddhist Temple; visit Daar ul Islam Mosque; among others. A kosher lunch will be served. Cost is \$112 per person. Please state if you want a corned beef, pastrami or turkey sandwich, with slaw or potato salad. Deadline for reservations is August 20.

### Cuba Discovery

February 24-29, 2025

Highlights include Classic Cars and unique architecture, walking tours and Hemingway. Sample rum, visit a tobacco farm, and enjoy a winery! And SO MUCH MORE! Price begins at \$5657 per person and includes air from STL, 12 meals, 5 nights hotel, entrance fees as per brochure, and more. Contact Nancy for a brochure.

### Tulips and Rhine Castles River Cruise

March 26 to April 4, 2025

Begin your adventure in Zurich and finish in Amsterdam. Highlights include walking tours, UNESCO Heritage Sites, castles, wineries, and of course, MILLIONS OF TULIPS! Space is limited. Contact Nancy for a brochure. Pricing starts at \$6199 per person. These cruises sell quickly, so get your reservation in soon!

### New Orleans & Cajun Country

November 2- 8, 2025

In conjunction with the SWIC Foundation Department. Highlights include the French Quarter and Café du Monde, a river cruise, the New Orleans School of Cooking, and see the Antebellum Mansions of Natchez. Also, experience the Acadian country and visit world famous Avery Island! Cost is \$4169 per person, double. Deadline for reservations is July 17, 2025. Contact Nancy for a brochure.

Save these dates: **Montreal & Quebec Christmas Markets, December 1-6, 2025**

No refunds after day-trip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.





201 N. Church St  
Belleville, IL 62220

Programs and Services  
for Older Persons

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

### PSOP Newsletter Subscription Form

Call 618-234-4410, ext.7043 if you have subscription questions.

**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**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_ (Receive the newsletter by email for free!)