

February



2020

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

**“A journey is best measured in friends, rather than miles.”**  
**– Tim Cahill**



**“We travel not to escape life but for life not to escape us”**  
**– Robyn Yong**

## COMPANIONS AS CAREGIVERS

### HAVE A BIG .

Caring for the caregiver is at the heart of the Senior Companion Program. These volunteers tirelessly serve and support those who are trying to care for a family member 24/7 by providing them respite they so desperately need. When a caregiver has an opportunity to recharge their batteries by breaking away from the daily grind of caregiving they can better focus on the task at hand – keeping mom or dad at home, away from being prematurely institutionalized.

The Companions undergo a criminal background check and are trained and insured for your security and peace of mind. The program provides services that are nonmedical in nature such as:

- Respite
- Light housekeeping
- Meal planning and preparation
- Transportation to appointments and shopping
- Medical reminders
- Companionship and encouragement

Even heroes need a break now and again. Allow a Senior Companion to give hope, inspiration and support to help keep up with what the day ahead may bring. For more information on having a volunteer come visit, contact your local office.

**St. Clair County**  
618-234-4410, ext. 7036

**East St. Louis**  
618-874-8779

**Madison County area**  
618-797-7369

**Randolph/Monroe counties**  
618-282-6682, ext. 8135

## AFFORDABLE SENIOR HOUSING

Rent-subsidized, affordable housing apartments available for qualified adults 62 and older.

- Onsite maintenance
- Comfortable common areas
- Controlled access
- Diverse activity calendar
- Wellness program
- Pastoral care

7245 Westfield Plaza Dr. ®  
Belleville, IL 62223  
618-233-5506



**WESTFIELD  
MANOR**  
LUTHERAN SENIOR SERVICES

## 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 age 60 and older. You can inquire about the ATS program by calling **618-239-0749**.

When you call ATS to book your trip, there is a team of dedicated employees, ready to take your call; each are more than a voice on the phone. Their goal is to help our customers get to where they need to go. Let's meet the team...

Our newest rookie is Yolanda Halfhill. Yolanda started part-time with ATS in November of 2019. And although she is new to ATS, she is a veteran in several customer-based industries.

Our next member is Jhirrica Ware. Jhirrica started part time with ATS in July of 2019. Before ATS, she worked in both retail and the child care field. What Jhirrica would like the customers to know if that she has a big heart.

Vera Turner is more than just an employee; she is also a customer. Vera started riding with ATS in August of 2016 and became a part-time employee in May 2019. Vera believes 100 percent in the mission that ATS performs.

The last member of the team is Julie Klein. Julie joined the PSOP family in January of 2000. In August of 2004, she made the jump to ATS as a part-time reservationist. In October of 2014, she was promoted to full time. She is proud of the services that ATS provides. Knowing she helps people who would not be able to travel without ATS, is one of the best parts of the job.

The ATS reservations department is open Sunday through Friday from 8:30 am until 4:30 pm. Reservations can be made one to five days in advance for local travel, one to five days for travel to Madison County and one to three days for travel to St. Louis.

## GRIEF SUPPORT GROUP

**Monday, Feb. 17 • 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*

## AARP Driver's Safety Class

**WED. & THUR., APRIL 22 & 23\***

**THUR. & FRI., JUNE 18 & 19\***

**MON. & TUE., AUGUST 24 & 25\*\***

**TUE. & WED., OCT. 27 & 28\*\***

**9 a.m. – 1 p.m.**

\*\$15 AARP member / \$20 non-AARP member

\*\*20 AARP member / \$25 non-AARP member

(Completion of this class may entitle you to a reduction in your car insurance rate)

Call 618-234-4410, Melissa (ext. 7042)  
or Theresa (ext. 7043) to register.

## PSOP Resource Center Services

**PSOP/Resource Center accepts donations of gently used medical equipment (canes, walkers, wheel chairs, etc.) for our loaner program. Please call Marsha at ext. 7035 for more information.**

### 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, LCPC, at ext. 7039

### Alzheimer's Association Caregiver Support Group

Sponsored by the Alzheimer's Association, PSOP hosts a monthly support and education meeting for those who are caregiving for someone with Alzheimer's disease or a related dementia. Meetings are held the second Tuesday of most months at 2:30 pm, at PSOP. This meeting is intended for caregivers-only to attend. For more information about the meeting, or for an individual counseling and resourcing appointment related to dementia caregiving, please call Jodi at 618-234-4410, ext. 7031.

### Parkinson's Support Group

This support and educational meeting, sponsored by the American Parkinson Disease Association, is held at PSOP on the second Monday of most months at 1:30 p.m. Any one affected by Parkinson's Disease is welcome to attend. For more information about the meeting, the APDA, or for an individual resourcing session, please call Jodi at 618-234-4410, ext. 7031.

### Mindfulness Group

The Older Adult & Caregiver Counseling program provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will utilize "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held the second Wednesday of most months at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

### PSOP 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.

### SENIOR FOOD BOXES

PSOP partners 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 to see if you qualify, call Marsha at 618-234-4410, ext. 7035.

Land of Lincoln Legal Aid will assist individuals of limited income, age 60 and above, with powers of attorney for property and health care and simple last wills.

**Wednesdays, 9 a.m. to noon • By appointment only**

Call Felicia at her Land of Lincoln Legal Aid office at 618-398-0958 to arrange for an appointment at PSOP.

### SERVING VETERANS OF ST. CLAIR COUNTY

*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.*

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

### Nurse Available at PSOP!

**June Gagen, RN**, from **Memorial Hospital** will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on **Tuesday mornings from 9 a.m. to noon** in the **Resource Center**.

No appointment needed.

### AARP TAXES AT PSOP! BY APPOINTMENT ONLY!

To make an appointment, call 618-277-5511.  
Calls to make appointments will be accepted:

**Jan. 27-31 • 8:15 a.m. to noon**

**AND Feb. 4 – April 15**

Most Tuesdays, Wednesday & Fridays  
8:15 a.m. to noon

### 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 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.

For information, call 618-234-4410, ext. 7024, 7012 or 7040.

**Proceeds from our aluminum cans recycling efforts will be added to the SWIC-PSOP Scholarship!**  
**PLEASE RECYCLE. BE A FRIEND!**

# FEBRUARY 2020



## Monday

## Tuesday

### COUNTRY WESTERN BAND

6 – Belleville  
13 – Moose, call SCCOOA  
20 – Okawville  
27 – Granite City

### RSVP ORCHESTRA

5 – Caseyville, call SCCOOA  
12 – Okawville  
19 – Belleville  
26 – Collinsville

### Metro Pass Location

#### PERMANENT LOCATION

Belleville Metro Station,  
718 Scheel St., Belleville.  
Tuesdays & Thursdays,  
9 a.m. to noon.

Questions? Please call:  
618-628-8090

• **RENEW YOUR NEWSLETTER  
SUBSCRIPTION AT LEAST  
ONE MONTH BEFORE YOUR  
EXPIRATION DATE (ON YOUR  
MAILING LABEL)**

• **CHANGE YOUR ADDRESS IF  
YOU MOVE**

• **YOU CAN ACCESS THIS  
NEWSLETTER BY GOING TO:  
WWW.SWIC.EDU/PSOP-NEWS  
LETTER**

### PSOP RECYCLES:

**Aluminum cans**  
(supports SWIC-PSOP Scholarship)

**Cellphones**  
(supports Cellphones  
for Soldiers)

**Old shoes**  
(Waterman Project)

**3 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.

**4 Bridge**, 8:30-11:30 a.m.  
**Lunch & Learn**,  
10 a.m. - 1:30 p.m.  
**Yoga**, 10-11 a.m.  
**Lunch Bunch**, Fazoli's, 5811 N. Illinois  
St., Fairview Heights, 11:30 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

**10 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.  
**Parkinson's Support Group**, 1:30 p.m.

**SHILOH SENIOR CENTER**  
**Games**, 10 a.m.

**11 Bridge**, 8:30-11:30 a.m.  
**Lunch and Table Games**,  
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.  
**Alzheimer's Caregiver Support**,  
2:30-4 p.m.  
**Bridge**, 5:45-8:30 p.m.  
at the Nichols Center

**17 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 Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch with the Doc**,  
10 a.m. - 1:30 p.m.  
**Breakfast Club, Papa Mendi's**,  
127 N. Belt East in Swansea, 9 a.m.  
**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

**24 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 Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch and Table Games**,  
10 a.m. - 1:30 p.m.  
**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

**Wednesday****Thursday****Friday**

**5 Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**6 Pinochle**, 9-11:30 a.m.  
**Dance, Groundhog Dance**,  
 10:30 a.m. - 2 p.m.  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele lessons**, The Abbey, 3:30 p.m.

**7 Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**12**

**PSOP**  
**CLOSED**

for Lincoln's birthday

**13 Pinochle**, 9-11:30 a.m.  
**Lunch & Table Games**,  
 10 a.m. - 1:30 p.m.  
**Book Discussion**, 10-11:30 a.m.  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele lessons**, The Abbey, 3:30 p.m.

**14 Art**, 9-11:30 a.m.  
**Men's Club**, 11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**19 Crochet/Basic Knitting**, 9-11:30 a.m.  
**Dance, Leap Year Dance**,  
 10:30 a.m. - 2 p.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**20 Pinochle**, 9-11:30 a.m.  
**Lunch & Table Games**  
 10 a.m. - 1:30 p.m.  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele lessons**, The Abbey, 3:30 p.m.

**21 Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**26 Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.  
**Dine Around**, Bandana's Bar-B-Q, 4608  
 N. Illinois Street in Fairview Heights, 5  
 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**27 Pinochle**, 9-11:30 a.m.  
**Lunch & Table Games**  
 10 a.m. - 1:30 p.m.  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele lessons**, The Abbey, 3:30 p.m.

**28 Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

## 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\***

**\*\* No advance registration is required for either activity; payment is due at time of activity directly to the instructor.**

## Community Education

Check out Community Education's Spring 2020 Schedule of Classes at [swic.edu/community](http://swic.edu/community)

Community Education offers noncredit classes designed to meet community needs. Our focus is growth and well-being for people of all ages.

**Classes offered in February and March include:** Introduction to Watercolor, Tax-Free Investing, Line Dancing, and Chinese Cooking.

The 2020 Illinois Secretary of State Mobile Unit dates have been set:

**2020 Dates: Feb. 11, April 8, June 10, Aug. 12, Oct. 14, Dec. 9.**

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.)

Other services include: state ID cards and vehicle registration renewals. **Real ID's are not available at this site.**

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring state of Illinois photo ID card.

Drivers age 75 and older are required to take a driving test to renew their driver's licenses.

All payments must be by checks or credit cards; cash will NOT be accepted.

Appointments required for all services.  
**Rules of the Road class:** 9:30-11 a.m.  
**Mobile Unit Hours:** 10 a.m. - 1:30 p.m.

Please call 618-234-4410: Jean Ellen (ext. 7021) Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.

## RSVP

**Start the New Year with the gift that keeps on giving - yourself.**

- Want to help with the No. 1 Art show in the country? The **Art on the Square** weekend event in Belleville will be held May 15-17. Spots are available at the Command Center, High School Art and the Souvenir Booth. Most shifts are two hours.
- Many seniors are no longer driving so these mature adults need transportation to doctor's appointments. If you have a few hours per month, you can make a difference in the life of someone who requires support. **Collinsville Faith in Action** would be thrilled with your time and energy. Background check provided.
- Area Dining and Home Delivered meal sites are in need of volunteers to deliver meals to the homebound elderly. Routes take about an hour. Volunteers can serve once a week or a couple of times a month. Sites asking for your support are **Belleville Home Delivered Site, Granite City Nutrition Site and Millstadt Senior Services.**
- **MindsEye** - Callers are needed to contact the blind during the annual listener survey (July-September) either in the office or at home. Also seeking readers for the radio shows (8-11 a.m.) any weekday. Reading auditions required.
- **Gateway Regional Medical Center in Granite City and Anderson Hospital in Maryville** desire volunteers to help with a variety of duties. Visiting patients, the gift shop, transport and the information booth are just samples of the opportunities awaiting mature adults.
- **Shelter Shop in Belleville** is hoping to find willing volunteers to work as cashiers for several shifts. This is a place to find treasures!
- **The Tapestry of Community Offering Shop of Belleville** is in need of volunteers to help with sorting, pricing, running the cash register for checkouts, as well as other supportive assignments. Come and check out this new nonprofit resale shop in the community.
- Consider volunteering at any of the area **Food Pantries:** Sites need stockers, intake clerks, packagers, etc. Sites in need include **Collinsville, Granite City, O'Fallon and Community Inter-faith in Belleville.**

**For information on any of the above-mentioned assignments please contact Pat Etling at 618-234-4410, ext. 7012. Your dream volunteer situation is waiting for you!**

**HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN FEBRUARY**

Hilde F. and Sr. Thomas K.

# 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.**

Do you know what a Trump or a Dummy is? Have you played bridge but haven't played for a while? Come join our Bridge Players on Tuesday mornings!

**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**

**Feb. 4 – Lunch & Learn**

**Feb. 11 – Lunch & Table Games**

**Feb. 18 – Lunch with the Doc**

**Feb. 25 – Lunch & Table Games**

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

Come join this lively group who enjoy a good game of cards.

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

Warm up with some line dancing. Great people and awesome instructors will have you doing a happy dance all over the dance floor. \$2 per session.

**Book Discussion Group • Thursday, Feb. 13, 10 a.m.**

“Two Old Women” by Velma Wallis is this month's book selection. The discussion leader is **Denise Secret**.

**Thursday Lunch • 11:30 a.m., \$5**

For just \$5 you will get a homemade lunch made by our very own volunteers. They are always coming up with something new. Stay for fitness or table games or cards.

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

**Thursday Activity • noon**

**Feb. 6 – Country Western Band**

**Feb. 13 – Lunch and Table Games**

**Feb. 20 – Lunch and Table Games**

**Feb. 27 – Lunch and Table Games**

**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

**“Groundhog” Dance • Thursday, Feb. 6, 10:30 a.m. - 2 p.m. Feurer Hall - PSOP**

What did Punxsutawney Phil say? Will there be six more weeks of winter? An early spring? One thing we know for sure is that you'll have fun dancing with the Country Western Band. Enjoy lunch for \$5. Please make your reservation by noon on Feb. 5. Call 618-234-4410, ext. 7015, then press 5 for reservations.

**“Leap Year Dance” • Wednesday, Feb. 19, 10:30 a.m. - 2 p.m. Feurer Hall – PSOP**

We hope you jump at the chance, hop right to it, take a leap of faith and come celebrate Leap Year with us! We're sure you'll be jumping for joy at all of the fun you'll have dancing to the tunes of the RSVP Orchestra! Enjoy lunch for \$5. Please make your reservation by noon on Feb. 18. Call 618-234-4410, ext. 7015, then press 5 for reservations.

***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! 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, no cost to play. They always welcome new players.

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

**Men's Club • Friday, Feb. 14, 11:30 a.m.**

This month's speaker is Alex Schobert, first-year Belleville Township High School West boys' varsity basketball coach; former Maroon's assistant coach 2012-2019, including for 2018 and 2019 Illinois State Class 4A champion Maroons; former Belleville West and Knox College (Galesburg) basketball player. Please make reservations for lunch by noon the day before. Lunch is \$6.

**Breakfast Club • Tuesday, Feb. 18, 9 a.m.**

Join us at Papa Mendi's, 127 N. Belt East in Swansea for a delicious breakfast and great conversation. Please call Activities for reservations.

**Lunch Bunch • Tuesday, Feb. 4, 11:30 a.m.**

This month we're meeting at Fazoli's, 5811 N. Illinois St. in Fairview Heights. Please call for reservations so we can have a seat saved just for you!

**Dine Around • Wednesday, Feb. 26, 5 p.m.**

Meet us at Bandana's Bar-B-Q, 4608 N. Illinois St. in Fairview Heights. We called Bandana's and they will have a Catfish option for those who want fish. Please call Activities to let us know you are dining with us!

**Ukulele lessons at the Abbey • Thursdays, 3:30-5 p.m.**

You're never too old to learn new tricks! Lessons are free; we just ask that you purchase a refreshment while you are there. Come sit by the fire and learn something new! Class is limited. Please call Activities ext. 7016 to reserve your spot. The Abbey is located at 5801 W. Main St. in Belleville.

**Washington, DC – Our Nation's Capital • April 16-22, 2020 • \$779 per person (based on double occupancy)**

Trip includes two guided tours of Washington, DC, including the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial,

the Smithsonian, the Martin Luther King, Jr. National Memorial, and the Lincoln Memorial. Enjoy an evening guided Memorial and Monuments Tour, admission to the Museum of the Bible, Admission to George Washington's Mount Vernon Estate & Garden, and a Tram Ride through Arlington National Cemetery. Also included in price: motorcoach transportation, six nights lodging, 10 meals (six breakfasts and four dinners). To sign up or for more information call 618-234-4410 (Theresa – ext. 7043 or Jean Ellen – ext. 7021).

### **Branson Holiday Show Extravaganza • Nov. 9-13, 2020** **\$589 per person** (based on double occupancy)

Trip includes admission to six Fabulous Branson Shows including: two morning shows: Dublin Tenors Christmas Show & The Doug Gabriel Show, three evening shows: Presley's Country Christmas, The Hughes Brothers Christmas Show, & Christmas Wonderland and a dinner show on Showboat Branson Belle. Visit historic downtown Branson with time to explore novelty shops and restaurants. Enjoy beautiful waterfront shopping and dining at Branson Landing located on Lake Taneycomo. Also included in price: motorcoach transportation, four nights' lodging, eight meals (four breakfasts and four dinners). To sign up or for more information call 618-234-4410 (Theresa – ext. 7043 or Jean Ellen – ext. 7021).

## TRIPS

### **SLU Walking Tours**

**1: Wednesday, April 29, 2020**

**2: Thursday, April 30, 2020**

Author/historian NiNi Harris walks us through this 201 year old school with ties to the movie "The Exorcist." Learn about the treasures found in the college museum and MOCRA, the feud and history of the Cupples House, the library, and the historic College Church. We have lunch on campus with the students. Cost is \$75 per person and includes fees, lunch, all day Metro pass (subtract \$5 from the cost if supplying your own Metro pass). Reservation deadline is April 13. We will walk a 3-mile loop. Maximum 15 participants. Buildings may change.

### **Carousing with Clydesdales • Thursday, July 23, 2020**

After a delicious BBQ buffet at an award-winning winery overlooking the Missouri bluffs, we will head to Warm Springs Ranch to tour the world-famous Clydesdales facility. (This breed of horse originated in Clydesdale, a county in Scotland). The ranch is renowned for its breeding and initial training of these majestic animals. Guests will experience the opportunity to socialize, nuzzle, and enjoy photo opts. There are over 100 regal horses on the property. We may see a future Budweiser star! Cost is \$113 per person and includes motorcoach, lunch, fees, a post tour surprise, and the services of step-on guide Joan Huisinga. **Reservation deadline is April 9.** Reservations may not be available after deadline date.

### **Ecuador & Galapagos Islands Cruise** **Sept. 29 - Oct. 6, 2020**

This once-in-a-lifetime trip is calling you! The itinerary, the animals, and the scenery are spectacular! This 4.5-star ship holds only 100 passengers so get your deposit in ASAP. Prices start at \$7,555 per person, double occupancy, for a cabin with two portholes. For a Panoramic Window, cost is \$7,855 per person, double. A balcony room is \$8,355 per person, double. Not suggested for anyone using a walker or wheelchair. Call Nancy for a flyer.

### **California Coast • Oct. 31 - Nov. 5, 2020**

We follow the coastline on this trip back by popular demand! Itinerary and pricing should be available by now. Call or email nancy.bauer@swic.edu for an itinerary

#### **HOLD THESE DATES:**

- May 13 Orient Express

For information on any of these TRIPS, please contact Nancy Bauer at 618-234-4410, ext. 7020.

**Look for us on the web at [swic.edu/psop](http://swic.edu/psop)**

## COMPUTER CLASSES AT PSOP WINTER – SPRING 2020

**Beginning Computer:** 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 SECTION 1: Wednesday, Jan. 22 / 1-3 p.m. / SECTION 2: Monday, March 16 / 1-3 p.m.

**Computer Protection:** Join this class for explanations and hands-on usage of applications to help protect your computer from hackers. **Instructor:** Gene Busekrus / **Cost:** \$30 / Thursday, (4 weeks), Jan. 23 – Feb. 13 / 1-3 p.m.

**Excel Basics:** Participation in this basic class will provide you with explanations and hands-on usage of Microsoft Excel basic features. Techniques and practical uses for Excel spreadsheets will also be covered. Advanced features will not be covered in this class. **Instructor:** Gene Busekrus / **Cost:** \$30 / Tuesday, (4 weeks), Feb. 11 – March 3 / 1-3 p.m.

**iMac Basics:** This class will provide explanations and hands-on usage of iMac or MacBook applications and features developed by Apple. Techniques and best practices for working with the computer will also be covered. Applications installed after the purchase of the iMac or MacBook will NOT be covered. **Instructor:** Gene Busekrus / **Cost:** \$30 / Wednesday, (4 weeks), March 18 – April 8 / 1-3 p.m.

**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: Applications installed after the purchase of the computer will not be covered. **Instructor:** Gene Busekrus / **Cost:** \$40 / SECTION 1: Monday, (6 weeks) Jan. 27 – March 2 / 1-3 p.m. / SECTION 2: Tuesday, (6 weeks) April 14 – May 19 / 1-3 p.m. (CLOSED – WAITLIST ONLY!)

**Answers with Andy:** How do I turn this thing on? What is Facebook? What is Virtual Reality? Why should I protect my computer? Have questions about your computer? Join Andy for drop-in opportunities to get your questions answered! **Instructor:** Andy Kniffin / **Cost:** FREE Feb. 20, March 4, March 23, April 7, 2020 / 10 a.m. – noon (attend one or all four – no registration needed for these sessions only!)

**NEW CLASS! Word Basics:** Join this class for explanations and hands-on usage of Microsoft Word basic features including techniques and practical uses of Word documents. Advanced features are NOT covered. **Instructor:** Gene Busekrus / **Cost:** \$30 / **Thursday, (4 weeks), April 9-30 / 1-3 p.m.**

Please call or email Cheryl to register for above classes:  
618-234-4410, ext. 7023 or [cheryl.brunsmann@swic.edu](mailto:cheryl.brunsmann@swic.edu).

*All classes MUST be registered for AND paid for in advance. Payment MUST be received at least two weeks prior to the start date of class. REGISTRATIONS WILL NOT BE CONSIDERED TO BE COMPLETE UNTIL PAYMENT IS RECEIVED. No refunds will be issued within one week of the class start date unless a wait list exists to fill the spot created by a cancellation. In the event a refund is issued, a \$5 processing fee will be held back from the amount paid.*

Please make checks payable to PSOP SeniorLink  
and mail to the attention of:  
Cheryl Brunsmann, PSOP, 201 N. Church St., Belleville, IL 62220



## 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.

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# PSOP Newsletter Subscription Form

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

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to:

Your expiration date is on your mailing label.

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

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

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Phone \_\_\_\_\_ New Subscriber: Yes \_\_\_\_\_ No \_\_\_\_\_

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Belleville, IL 62220

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Programs and Services for Older Persons



**“To the world you may  
be just one person, but  
to one person you may  
be the world.”**

**– Brandi Snyder**

*Mailing prepared by RSVP Volunteers*

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