



Programs and Services for Older Persons
201 N. Church Street
Belleville, IL 62220
618-234-4410
February 2023



PSOP will be closed on Monday, Feb. 13, 2023 in observance of Lincoln's birthday.

PSOP ACTIVITIES WITH MELISSA AND THERESA:

Join, sign up, participate! With the cold and icy weather approaching if we cancel, we want to let you know. If you are not registered we won't be able to notify you. So please register! 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa). Thank you and see you soon!



BINGO is now on Tuesdays and free with a different sponsor every week bringing the prizes. Concession stand will still be available with the awesome hotdogs.

- Feb. 7 Chocolate Bingo sponsored by Knollwood Retirement Community
- Feb. 14 Sponsored by Hospice of Southern Illinois and Garden Place in Columbia
- Feb. 21 Sponsored by Nina Lindhorst with Essense Healthcare
- Feb. 28 Sponsored by Keystone Place at Richland Creek



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. Reservations later than two days before the dance may not be guaranteed a lunch so please make reservations early! Call 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa)

Polka Dot Polka – Shiloh Wed. Feb.8, 10:30 a.m.-1:30 p.m. Music by the RSVP Orchestra. We are saving spots! Join us in your Polka Dot outfit, have a great hot lunch and dance to wonderful tunes!

Mardi Gras Dance – Belleville Thurs. Feb 16, 10:30 a.m.-1:30 p.m. Music by the Country Western Band. Bring your Mardi Gras attitude and toss some beads to celebrate. Let's have a party!!

JOIN US FOR:

Belleville Area Senior Men's Sports Group – Friday, February 10, 2023 starting at 11 a.m.

Come meet **Mike Hopkins**, Men's Fast-pitch Softball All-Star and a 1973 graduate of Belleville Township High School West. He has received Hall of Fame recognition from the Belleville City League, St. Louis Softball Association and Illinois Amateur Softball Association. His Dad, the late Jack Hopkins, and son, Tim Hopkins, also are City League Hall of Famers. Women are also welcome. Call 618-234-4410 Ext. 7042 to reserved your seat and lunch for \$5.

Bunko and Dominoes - Every Monday in Shiloh. This is a room full of laughing ladies and led by a silly guy that makes them laugh, Ron Hilgedich. 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. Carol Schwartz is an amazing teacher and has great assistants with her so everyone has a great view of what they are learning! 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.

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

With the cold weather, please make sure you call to let us know you are coming to eat with us! We may cancel because of cold weather or icy conditions and if you are not on the list you won't be notified! If we know to expect you and you don't show up we will check to make sure you are ok. Be careful out there, we care about you! 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, Feb. 3, 9:00 a.m. Golden Oak Pancake House. This place is one of our favorites. Love their corned beef hash and eggs and strawberry banana pancakes. Located on 159 by Target. 4519 North Illinois, Swansea.

Lunch Bunch: Wednesday, Feb. 22, 11:30 a.m. EZ Buffet and Grill. Doing things a little different with a great Chinese Buffet located across from SWIC. 2524 Green Mount Crossings, Belleville.

Dine Around: Thursday, Feb 16, 5:00 p.m. Valentine's Restaurant. What better way to have a late Valentines than to go to Valentines Restaurant in Freeburg. Enjoy a wonderful steak dinner with us. 205 S. State St in Freeburg. Seating for this dine around is limited, so make your reservation today.

The 2023 trips:

Amelia Island, St. Augustine & Jacksonville, Florida, Sept. 16-23, 2023. This one we added a whole free day at the beach and nights lodging, including five consecutive nights in Florida, 12 meals, a visit to the Fountain of Youth (who couldn't use that?), narrated cruise on the St. Johns River, guided tours of Amelia Island, St. Augustine and Jacksonville. Plus, lots of beach time! Price is \$859 per person for double, \$1,158 for single room.

Pigeon Forge and the Smoky Mountains show trip, Nov. 13-17, 2023. We love the trips that we get there in one day! Trip includes four nights lodging in the Smokies, eight meals, four shows including a Christmas Show, magic show (its incredible!) Motown and Country! And free time in Gatlinburg to explore the many shops, enjoy scenery and decorations and maybe even a gondola ride to the top of the Smokies. Cost is \$705 per person for double room, \$854 for single.

FOX THEATER – Treat yourself to a special night out at the Fox. As always, a meal at the Fox and charter bus is included. This makes a great gift for someone too!

- **TO KILL A MOCKINGBIRD** (SOLD OUT- but there's a wait list) **March 9, Thursday matinee 1 p.m.** See this famous story come alive with Richard Thomas. \$132 for this fabulous show, dinner at The Fox and transportation.
- **WICKED** – **April 13, Thursday, matinee 1 p.m.** The witches of Oz will entertain and delight you with this story. \$134 includes show, dinner at The Fox and transportation.

What's on your Bucket List? What have you always wanted to do or try? Ride 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: _____

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.

Feb. 9 *Four Winds* by Kristin Hannah. Discussion leader – Marilyn Edmiston

Mar. 9 *The Secret of Magic* by Deborah Johnson. Discussion leader – Peggy Malec

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



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? Give us a call and we can help match you with a program of interest.

Stations that need your help:

Illinois Center for Autism, 548 S Ruby Lane, Fairview Heights, IL

*Mon – Fri 1 to 2 p.m. (covering secretary's lunch hour)

(If one day or another fits your schedule, but can't do all 5 days, that's ok. This 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.

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

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.

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

As an added note:

Welcome Laura Cruse in becoming the RSVP Director on December 1, 2022.

We hope to have Secretary hired on in February and shortly thereafter, we'll be looking to hire Field Coordinators for Madison and St. Clair counties. Please be patient with us as we gather a staff of folks to help guide and encourage Retired & Senior Volunteers to find opportunities to serve in their communities.

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 (\$25 gift card to Cracker Barrel) can be collected at the RSVP office (Rm 103 at PSOP).

January winners:

01/02 Jeanne Lehman

01/09 Charles Burnette

01/16 Michael Walter

01/23 Mercedes Naumann

01/30 Larry Callen

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



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 and 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 resumed. To apply you must be at least 60 years old with monthly income below \$1,473 for individuals or \$1,984 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, February 8, 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. The next meeting will be held Monday, February 20, at 1:30 p.m. Also, please save the special date of Friday, March 3, at 1:30 p.m., for a special Washington University encore presentation, "Thaw The Freeze." This presentation, to teach techniques that combat gait freezing, will be attended by many from the whole Southern Illinois region. Especially if it's difficult for you to get to the St. Louis presentations, we brought this here for you! Contact the APDA or Jodi for your reservation for March 3.

Parkinson's Caregiver Meeting - will be held in person on the THIRD TUESDAY of most months, and next on Tuesday, February 21, 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.



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: **Mar. 23rd and 24th from 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.

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.

You can inquire about the ATS program by calling 618-239-0749 ext. 726.

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 day)

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 / (six 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: \$30 / (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: \$30 / (four weeks)

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for Excel spreadsheets. Advanced features are not covered. Cost: \$30 / (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 and best practices for working with the iPhone will also be shown. NOTES: 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 / (six weeks)

iPad Basics: This basic class will include 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. NOTES: 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 / (six weeks)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or carla.boswell@swic.edu. Classes MUST be registered for AND paid for in advance. Dates and times for classes will be determined once a class list of those desiring the class is established.



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.

IT'S Tax Time! PSOP will be partnering once again with the **AARP Tax Aide Program**.

The AARP Tax Aide Program will prepare your taxes for free.

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

You must schedule an appointment.

To schedule an appointment, call **618-277-5511** during the following days and times:

February 6 through April 11 on **Mondays and Tuesdays** from 8:15 a.m. to noon.

You may not leave a message on this phone.

The phone will be answered only during the above days and times to schedule an appointment. Please note that demand is great so it may take multiple attempts to connect with the scheduler.



PSOP sponsored Driver's Service Mobile Unit

<u>Date:</u>	<u>Location:</u>
Feb. 8, 2023	201 N. Church St. Belleville, IL
Mar. No DMV	SWIC/PSOP closed - Spring Break
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



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

Services provided to seniors 55 and older:

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

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.

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:

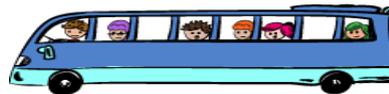
- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or Audiologist
- Once every three years
- Those with cell phones are also eligible for a free amplifier

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



PSOP will be closed on February 13 for Abraham Lincoln's birthday, but then open on February 20, Presidents Day.

PSOP TRAVEL PROGRAM



Idaho Adventure, June 7-13, 2023

A Lewis & Clark Discovery. Highlights include a ranch visit, tour a silver mine, get your feet wet through Hells Canyon, visit the L&C Discovery Center, Sun Valley, and more. **Pricing begins at \$3,715 per person.** No quads available. Final payment due on/before March 3, 2023. Call Nancy for a flyer.

Christmas in Kansas City, Nov. 28 - Dec. 1, 2023

Travel to Kansas City by Amtrak to be immersed in the festive traditions and dazzling displays of Christmas cheer in “the Heart of America!” Marvel at the millions of lights that adorn the city, discover the history of Hallmark, do some holiday shopping, and savor some famous KC barbecue! Pricing begins at \$1,599 per person, double. Final payment due on/before October 1, 2023. Call Nancy for a flyer.

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
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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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201 N. Church St.
Belleville, IL 62220

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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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. Roehrkasse, Red Bud; Sara Soehlke, Collinsville

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