



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



PSOP will be closed on Monday, Jan. 2 and Monday, Jan. 16, 2023

PSOP ACTIVITIES WITH MELISSA AND THERESA:

Join, sign up, participate! We have so much going on, something for everyone. No matter what you are participating in, whether you are joining us for breakfast or out on the golf course, please register!
618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa). See you soon!



BINGO: - It's 2023 which means we will now have Bingo on **TUESDAYS**. So, when we have a dance or an outing on a Thursday, we won't have to cancel Bingo! It will still begin at 10 a.m. Bingo is still free and with a different sponsor every week bringing the prizes. Concession stand will still be available with the awesome hotdogs. Our first day back for Bingo will be Jan. 10.

- Jan. 10 Happy New Year! sponsored by Garden Place
- Jan. 17 Sponsored by Family Hospice
- Jan. 24 TBD
- Jan. 31 TBD



DANCES: in Belleville and Shiloh are \$5, \$1 entry and \$4 for lunch. We understand with the snow and ice you may not be able to come, but it's better to make a reservation and cancel rather than try to get in on that day without one. It is VERY important to make your reservation so we have enough lunch ordered. Call 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa)

LATE NEW YEARS EVE DANCE- Thursday, Jan. 5, 10:30 a.m.-1:30 p.m. We don't mind if we are a few days late celebrating the New Year, we are just happy we are here to celebrate it! So, come dance with the Country Western Band and have a hot lunch too! Held at PSOP, 201 N. Church St. Belleville.

CHILLIN' WITH MY GNOMIES- Wednesday, Jan. 11, 10:30 a.m.-1:30 p.m. We love our Gnomes and the Orchestra too! Come dance with us at PSOP and have a hot lunch too! Held at PSOP, 201 North Church St. Belleville.

JOIN US FOR:

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: Monday, Jan. 23, 9 a.m., we will have a little shopping also and get all those clearance items while we have blueberry pecan pancakes or their yummy cheese casserole. **Cracker Barrel in Caseyville**, 2421 Old Country Inn, right off HWY 64.

Lunch Bunch: Friday, Jan. 6, 11:30 a.m. We love our southern cooking with ribs, catfish, barbeque... and sides like cornbread and grits! Come join us at **Edley's**, 531 W. Hwy 50, O'Fallon.

Dine Around: Tuesday, Jan. 17, 5 p.m., - Join us at one of our local favorites, **Tim & Joes Tavern**, 6500 W. Main St. Belleville. Whether you are in the mood for a good steak or pizza, this is a great place! They have slots too.

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 – We have tickets for three shows at the Fox this season. As always, a meal at the Fox and charter bus is included. This makes a great gift for someone too!

- **TO KILL A MOCKINGBIRD** – **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.



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.**

Jan. 12 *Killers of the Flower Moon* by David Grann. Discussion leader – June Wolz

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



**AmeriCorps
Seniors**

**Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is:
'What are you doing for others?'"**



Start the year off right by making an impact in your community.
MLK Day of Service – Jan. 16, 2023



Americans across the country, from all walks of life, come together to serve neighbors and communities to mark the MLK Day of Service. The President’s national call to service is to make this a “day on, not a day off.” Help us move closer to Dr. King’s vision of a “Beloved Community” by supporting the Senior Corps program’s Warm Clothing and Food Drive. Join the RSVP, Foster Grandparent and Senior Companion Programs in the fight against hunger and cold temperatures. Participate in the MLK Day of Remembrance and Service by donating non-perishable food and gently used or new hats, gloves, scarves, coats and shoes for needy families right here in our community. You are welcomed to drop off your donations at PSOP during the month of January. Call 618-234-4410, ext. 7036 with any questions you may have.



RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) 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.

Please consider one or more of these nonprofit activities;

- **Veterans helping Veterans**
The Assessor’s office is looking for veteran volunteers who wish to assist with the processing of Veterans’ homestead applications which include the following:
 - 1) Returning Veterans Exemption – This is for Veterans returning from active duty in an armed conflict.
 - 2) Standard Exemption for Veterans with Disabilities – This exemption is for a veteran with a disability or the veteran’s surviving spouse.
- **Community Resource Volunteers:** Senior Services Plus, Inc. is ready to have you sign-on with them to help those in the community with technology, changing lightbulbs, replacing fire alarm batteries, medicine pick-up sharing resources, and other honey-do jobs. Basic training is available. Don’t wait, give us a call for more information.
- **Help Our Troops Call Home!** One of our host sites – **Belleville VFW Post No. 1739** – is collecting old cell phones, Mp3 players and iPod for the “**Cell Phones for Soldiers**” program. RSVP will pass the donated items on to the veterans for processing. Proceeds from donated cell phones are used to purchase prepaid calling cards for American troops. This is a great way for the community and veterans to help current soldiers keep in touch with family and friends.
- **Faith in Action Needs You!** Volunteer as a Transportation Driver – just two or three hours per week or a couple of times per month will make a huge difference in the life of a mature adult who needs a ride to **doctors’ appointments or the grocery store.**
- **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.

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



**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 314-234-4410, 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 now 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.

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: Mondays, June 13 – July 25, 2023 1-3 p.m.

To register, call 618-234-4410, ext. 7035

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

AGESMART COMMUNITY RESOURCES – Benefit Access services, along with Medicare assistance – Call April at 618-222-2561 to schedule on alternating Thursday dates.

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, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. We will meet on **Wednesday, Jan. 11, 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, Jan. 23, 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** will be held in person on the THIRD TUESDAY of most months, and next on **Tuesday, Jan. 17, 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.

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

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: \$40 / (six 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](mailto: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:

Jan. 23-27, 2023 from 8:15 a.m. to noon

Jan. 30 to April 11 on Monday and Tuesday 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>
Jan. 18, 2023	7 Park Dr. Shiloh, IL
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



AGING MASTERY PROGRAM®

SWIC PSOP is partnering with Oasis Health to offer you this free 10-week program to help you build your own personal playbook for aging well. The Aging Mastery Program® (AMP) was developed by the National Council on Aging. AMP incorporates evidence-informed materials, expert speakers, group discussion, and peer support to support health and longevity. Guest speakers will discuss topics on healthy eating, falls prevention, physical activity, healthy relationships, advanced planning, financial fitness, online safety, sleep hygiene, medication management, community engagement and more. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together! This **FREE** class meets for 10 sessions on Tuesdays, **Jan. 24 – April 4. From 1-3 p.m.** PSOP will be closed on March 14.

To register, please call 314-862-4859, ext. 24. Ask to register for Aging Mastery Program #1661.



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.

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**.



PSOP TRAVEL PROGRAM

Spring Pilgrimage along the Natchez Trace, March 12-17, 2023 In conjunction with the SWIC Foundation. The flowers are in bloom and many of the antebellum homes are open! Tour Vicksburg National Military Park, a Presidential Library and Museum, seven homes, 10 meals, and so much more! Price begins at \$1,915 per person. Final payment due Jan. 30, 2023. E-mail Nancy for a brochure!

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 HOLD THE DATE: Nov./Dec. 2023

AS OF RIGHT NOW, SOME AIRLINES, SHIPS, TRAINS, MOTORCOACHES AND SITES MAY REQUIRE MASKS AND/OR VACCINATION AND/OR NEGATIVE COVID PROOF. Waiver *must* be signed and returned with deposit/payments.
No refunds after deadline unless a replacement is found and will incur a \$5 processing fee, per person.

Questions? Call Nancy at 618-234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu

Travel & Activities Day Trip Reservation/Cancellation Policy

If a cancellation is received after the reservation deadline and a replacement is found, then a full refund less a \$5 processing fee will be given. If no replacement is found no refund will be given. Special cancellation policies may apply if the trip involves the purchase of non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control. Due to Covid-19, restrictions such as limiting the amount of people, the wearing of masks, or proof of vaccine, may be required. This is an on-going monitoring situation. You **MUST** have payment, Reservation Form, and signed waiver in order to participate. You are not on the trip without these 3 things sent to PSOP.

Name: _____ Phone: _____

Address: _____ City _____ State/Zip _____

Trip #1 _____

Trip	Date	Price	Pick Up Point

Trip #2 _____

Trip	Date	Price	Pick Up Point

Going with _____

MAKE CHECK PAYABLE TO: SWIC (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK AND WAIVER TO: SWIC Travel Dept., 201 N. Church Street, Belleville, IL 62220

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label. To continue receiving the PSOP newsletter fill out the attached subscription form and mail with your payment to: **PSOP Newsletter, 201 N. Church St., Belleville, IL 62220**

If you have any questions about your subscription, please call 618-234-4410, ext.7043.

Name: _____

Address: _____

Phone #: _____ Email: _____

(Receive the newsletter by email for free!!!)



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201 N. Church St.
Belleville, IL 62220

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

PSOP

N e w s l e t t e r

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