

PSOP JANUARY NEWSLETTER



PSOP will be closed Jan. 1st for New Year's Day and on Jan. 20th for Martin Luther King, Jr. Day

We love when you attend our activities, but please be careful in the snow and ice. Remember if SWIC is closed, we are closed. Also, we will post any closings on our Facebook page. Please, for anything you plan to attend, call us with your RSVP with your name and phone number. Leave your number even if you know we already have it. In case of inclement weather, restaurant closings or any other issue we can call and let you know.

PSOP ACTIVITIES WITH MELISSA & THERESA

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 10:00 a.m.

Jan. 7 - Staying Alive in 25 - Welcome 2025! Late New Year's Eve Bingo party. Sponsored by Atcore

Jan. 14 - Sponsored by Cedar Ridge of Lebanon

Jan. 21 - Sponsored by Benedictine Living Community at the Shrine

Jan. 28 - Sponsored by St. Clair County Office on Aging

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)

No dances are scheduled for January due to the cold.

JOIN US FOR...

Men's Club - Fri., Jan 10 at 11 a.m. Join Art Voellinger and retired coaches, players and sports enthusiasts for lunch and lots of talking! Our speaker this month is Ron Zetcher, a highly recognized sports official. Please RSVP.

Flowers 101 - Wed., Jan. 15 10 a.m. Winter magic with flowers! Make a beautiful fresh arrangement with Jeff and his team of professionals from Grimm & Gorly. Cost \$30. Please register in advance.



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 to have coffee and chat. We are not sure if our seniors come to play Bunko, or to chat with Ron Hilgedieck and hear his jokes! Held at the 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 618-234-4410, 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. "Dance is an antidote to stress, a way to combat negative emotions, an elixir for the body, mind and brain". Another benefit of line dancing is that you do not need a partner to participate. Anyone can join the line and have fun dancing along with the group. And Donna Holcomb is great at keeping you in step! Cost is \$2/class.

Beginner Line Dancing - Jan. 15- Feb 12 at Noon. Did you know line dancing has many benefits including heart health, improved coordination and balance, bone density, confidence, endurance, cognitive health and mental health? So, what are you waiting for? Join us! This 5-week class is consecutive for maximum learning - \$25 dollars.

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.

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, 12:15 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- Fridays, 10 a.m.** This new group has just started playing together. All are welcome and players will help teach if you haven't played in a while!

OUT AND ABOUT IN THE COMMUNITY WITH MELISSA & THERESA

The restaurants and dates always change but the times never do! **Breakfast Club** is **ALWAYS 9 a.m.** **Lunch Bunch** is **ALWAYS 11:30 a.m.** and **Dine Around** is **ALWAYS 5 p.m.** 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 - Wed. January 8 - 9 a.m. We will meet at Golden Oak for great pancakes and great friends! 4519 N. Illinois St. in the plaza across from Bandanas.

Lunch Bunch - Thurs. Jan 16 - 11:30 a.m. Lets go to Joes Pizza and Subs for their lunch special. 8-inch 2 topping pizza, large garden salad and drink for \$9.99. Joes is located next to Bandanas. 4628 N Illinois. Make sure to make a reservation in case the weather is bad we can call you.

Dine Around - Mon. Jan. 27 - 5 p.m. Lets ring in the New Year with some luck for all of us. Meet us at Ginger Buffet for wonderful egg rolls, sushi, Cantonese roast duck and more! Located at 53 Ludwig Dr. Suite #102! And those of you who like video games or have grandkids who do, join us for a special tour at Impact Gaming center located right next door. We can walk over there after dinner.

ACTIVITIES, ADVENTURES, & OUTINGS

If you feel like you're out of the loop there are several ways to find out about Activities and things happening. First, get the newsletter either by email or mailed to your home. Second, when you are in the building, check the bulletin boards in the Activities Room and in Mildred Feurer Hall. Also, if you do social media check us out on Facebook for plenty of fun pictures and last-minute announcements. Check out PSOP Adventures. Or Southwestern Illinois College PSOP Facebook page. We don't want you to miss a thing!

SIX! At the Fabulous Fox! - Thurs., Jan. 30 - matinee at 1 p.m. Our Fox outings to see musicals with a wonderful dinner afterwards has always been a big hit, and Six is no exception. "The six wives of Henry VIII take the microphone to remix five hundred years of heartbreak in to a Euphoric Celebration of 21st Century girl power. This new original musical is the global sensation that everyone is losing their heads over! Six won 23 awards including a Tony award for Best Original Score and best musical." Your cost of \$158 includes seat on orchestra floor, section 4, dinner at the Fox and motor coach transportation. Bus leaves Schnucks on north Belt west at 11:45 a.m. Tickets going fast!

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.

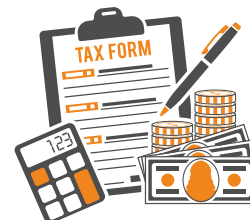


Tax Time is Drawing Near

PSOP will be partnering once again with the AARP Tax Aide Program. The AARP Tax Aide Program will prepare your taxes for free. You must schedule an appointment. You may not leave a message on this phone. The phone will be answered only during the above days and times unless PSOP is closed. The demand for appointments is great, so please be patient as it may take multiple attempts to connect with the scheduler.

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

- January 27-31, 2025 Monday-Friday from 8:15 to noon.
- Feb. 3rd to April 14th on Mondays and Wednesdays from 8:15 to noon



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

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

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!

AFFORDABLE HOUSING

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.

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



Save the Date: All Roads Lead to Home Friday, March 21, 2025

Questioning whether or not it's time to downsize, bring in supportive services or move to assisted living? Is it time to leave the driving to someone else, and who would that be? PSOP and the St. Clair Office on Aging will provide you the opportunity to ask those questions with agencies and business in the area all in the same place. More details to come!

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.

SUPPORTIVE SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Tanya Koelker, LCPC, offers counseling services in person, by phone, and virtually. This solution-focused counseling is available for St. Clair County residents over the age of 60, or for caregivers of someone over the age of 60, and is free of charge. Topics include emotional adjustments to life events and changes, aging, caregiving, and community resources. Please contact Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the **SECOND WEDNESDAY** of most months. Our next meeting will be Wednesday, January 8, 2025 at 10 a.m. and will be a ***FREE*** Chair Yoga class facilitated by Anna Roberson from the downtown Belleville YMCA! All levels and abilities welcome! PLEASE RSVP for this wonderful event to Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu.

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease, will continue to meet in person on the **THIRD MONDAY** of most months, at 1:30 p.m., in PSOP's Feurer Hall. However, there is **NO** meeting January as PSOP will be closed that day. For more information or resources, please contact Tanya Koelker, LCPC at 618-234-4410 ext. 7039. Please also 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.

The Parkinson's Caregiver Meeting is currently **NOT** meeting at this time and will be 'paused' for the foreseeable future. You may contact Tanya at 618-234-4410, ext. 7039, for any support and educational material related to Parkinson's Disease or caregiving for someone with Parkinson's Disease. Please be aware of the great amount of information available from the American Parkinson Disease Association (APDA) Greater St. Louis Chapter, at www.apdaparkinson.org/community/st-louis.

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

NEED A NURSE?

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.

SENIORLINK COMPUTER CLASSES **CALL 618-234-4410 EXT. 7036 TO SIGN-UP!**

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

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

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

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

Word Basics: Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered.

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



A HELPING HAND

Rosie Westbrook has been an AmeriCorps Seniors volunteer since June of 2015 when she started as a Senior Companion, providing companionship to homebound adults to offer respite to caregivers and try to keep these individuals from going into the nursing home. In January of 2017, she transitioned to the Foster Grandparent Program, where she became a classroom grandparent and gives extra love and attention to at risk children, developing a beautiful intergenerational relationship to help them flourish during their formative years. Since joining the Foster Grandparent Program, she has volunteered an astonishing 14,223 hours (and counting!!).

Why do you volunteer? - *"I love it. I love Miss Candice, I love Miss Harriett, I love the kids." Sometimes it's just that easy. It's a one-word story: LOVE. "I'm just so thankful to get up, being my age. It keeps me going!"- Rosie Westbrook*



Miss Candice, her room teacher for several years at Lessie Bates Development Center, has this to say about Granny Rosie: If I was to rate Granny on a scale of 1-10, it would be a 10! Granny really helps make the day go smoother. We do not know what we would do without her. We have a child in our room, that when they first came to us she did not want to engage or do any fine motor activities. But as we took time with her, she started doing activities; talking, and engaging with other children. Granny was a big help in that! Because sometime when you have so many children you just can't take as much time as you like.

We are so incredibly proud to have Ms. Rosie in our Foster Grandparent Family. Our dedicated and loving volunteers, just like Rosie, make such a beautiful impact in our community. Thank you, Granny Rosie, for inspiring us to keep showing up, keep loving, and keep giving back. The world needs us to believe in good like this.

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. 9** - The Women by Kristin Hannah Discussion leader – Jean Nolan
- **Feb. 13** - Sylvia's Second Act by Hillary Yablon Discussion leader – Sue Quinn
- **Mar. 20** - The Personal Librarian by Marie Benedict Discussion leader - June Wolz



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.

Going with _____