



PSOP NEWS & UPDATES JULY, 2022



Masks are optional in most PSOP spaces like the fitness center, hallways, and common areas. Individuals should have a face covering available and are expected to wear one in a private office or meeting space when requested by the occupant. These mask guidelines are subject to change through guidance provided by CDC, IDPH, and respective local health departments. The college will continue to assess campus, regional, and statewide COVID-19 positivity rates.

PSOP will be closed on Monday, July 4, 2022 in observance of Independence Day.



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 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. **Call 618-277-3290**

SENIOR SUPPORT 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 don't wait to discuss these topics with a counselor! Please contact 618-234-4410, Jodi (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 Group, which teaches techniques for reducing stress and anxiety, will meet in person on the **SECOND WEDNESDAY** of most months. However, in July, the date has changed. On Friday, July 15 at 10 a.m. (no meeting on July 13), we will host *Yoga With Edna*.

Edna will share her story and teach us how to incorporate Yoga into our lives! Please contact Tanya at 618-234-4410, ext. 7039, for all meeting details and to make a required reservation for any month.

The Parkinson's 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, July 19, at 1:30 p.m. In addition, a Parkinson's Caregiver Meeting will be held in person on the **THIRD TUESDAY** of most months, and next on July 19, at Belleville Health and Sports Center, at 11 a.m. Please 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 PD.

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 educational material related to Alzheimer's disease or caregiving for someone with AD.



PSOP Book Club

July 14 at 10 a.m. Book selections for the upcoming year.

August 11 at 10 a.m. "Murder on the Orient Express," by Agatha Christie. The discussion leader will be Peg Malec.

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: Melissa (ext.7042) or Theresa (ext. 7043) Thank you and see you soon!



BINGO - every Thursday morning at 10 a.m. Bingo is free with a different sponsor every week bringing the prizes. We never know what's going to happen! Concession stand available.

July 7 Themed Bingo- Red, White and Blue Bingo with Cambridge House

July 14 No Bingo today

July 21 Essence

July 28 NO BINGO- Come to the Splish, Splash Dance in Shiloh with the Country Western Band

Aug. 4 Flamingo Bingo is our theme this month with Aetna. Wear your pink and feathers!

Aug. 11 Oak Street Health

Aug. 18 Knollwood

Aug. 25 No Bingo- Barn Dance with Country Western Band



PSOP Golf League - Fridays tee-off at 9 a.m. You do not have to play every Friday to be in this league. Join us at Yorktown Golf Course, 300 Caballeros Blvd., Shiloh. Just \$10 to play and \$5 for a golf cart. Each golfer will receive a league t-shirt. Nice awards banquet at the end of the year. First Friday of each month will be special prizes and drawings. Register with PSOP Activities at 618-234-4410, ext. 7042 or 7043. Please indicate your shirt size when registering.



DANCES: Dances in Belleville and Shiloh are \$1 entrance fee. In Belleville, a concession stand is available with the best hotdogs you have ever had and plenty of snacks to go with it. In Shiloh, it's important to register for the dance because there will be a lunch provided for a donation.

July 6 Belleville- RSVP Orchestra-“God Bless the USA” (concession stand)

July 28 Shiloh- Country Western Band- “Splish, Splash” Dance
Menu is: Seafood Tetrazzini, breadsticks, peas, carrots, watermelon, milk

Aug. 3 Shiloh-Orchestra-“Flamingo Fling”
Menu is: Seasoned chicken breast, pasta with pink sauce, Scandinavian veggies, fruit, milk

Aug. 25 Belleville-Country Western Band- “Barn Dance” (Concession stand)

Here at PSOP:

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! Come 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: 618-234-4410, ext. 7042 or 7043.

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: Tuesday, 9 a.m. and Thursdays, 12:30 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle: Tuesdays, 1 p.m. and Thursdays, 9 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? Come join them.

Canasta- Fridays 12:30 p.m. Already know how to play? Come join them! Don't know how? They will teach you!

Out and About in the Community with Melissa and Theresa

Last month a restaurant had to cancel our reservation. We called everyone who had signed up to inform them of the new location. We apologize for any inconvenience and sometimes it just happens. So, it's very important to call Activities for your reservation in case something like that should happen again. Plus, it helps the restaurant to be better prepared for us. Activities: 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club- Friday, July 8 at 9 a.m. Bob Evans 10 Ludwig Drive, Fairview Heights.

How about pancakes with fresh cut strawberries, or honey-butter chicken and biscuits? Join us!

Lunch Bunch: Tuesday, July 19 at 11:30 a.m. Colton's- Easygoing steakhouse with a Wild West theme. Great place for steak sandwich and homemade root beer. Located in Collinsville near the Gateway Center and Porters. 5 Eastport Plaza Drive, Collinsville, IL 62234.

Dine Around-Wednesday, July 27, 5 p.m.- Smokin K's BBQ & More- This little gem is in a strip mall right near the entrance of Millstadt. They have everything from spaghetti and meatballs to wonderful barbequed everything. 548 E Washington, on 158 on your left across from IGA.

Breakfast Club- Tuesday, Aug. 9 at 9 a.m. Sweet Katie B's- They have the most wonderful crepes, homemade biscuits and crème brulee French toast! Located at 131 E. First St., O'Fallon, near Woods bakery and Peel. Stay after breakfast and enjoy the cute little shops.

Lunch Bunch Wednesday, Aug. 17 at 11:30 a.m. Bandana's We love BBQ in summer, especially when its slow cooked over a pit of hardwoods for their signature smoked flavor! 4608 N. Illinois St. in Fairview Heights.

Dine Around- Thursday, Aug. 25 at 5 p.m.- Hokkaido Seafood Bar and Grill Can't turn down a buffet where there is something for everyone such as Sushi, seafood, Chinese and American dishes, and of course a chocolate fountain. 4580 N. Illinois in Fairview Heights.

Cardinals Baseball Game- We sold out so quickly that we had to get another bus and 50 more tickets for this special Cardinals Game! This is the Anniversary game of the Cardinals winning the World Series with special commemorative jersey give-away. Great seats in right field box seats to watch the Cardinals beat the Milwaukee Brewers. Cost is \$84 and includes charter bus, ticket, hotdog and drink. We leave from Shiloh Community Center at 5 p.m. for the 7:15 p.m. game, so there will be plenty of time to get the jersey.

Day Trip- We don't have all the details yet, but save the date: Tuesday, Sept. 27. We are going back to the Blue Owl restaurant in **Kimmswick**. Enjoy a magnificent lunch with beautiful sky-high pies and then stroll around all the quaint little shops in Kimmswick. Call Activities for info and price.



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.

**St. Clair County Office on Aging
201 N. Church St., Belleville
July/August 2022**

Unless otherwise noted, events are held at 201 N. Church St. Belleville. Reservations are required to ensure social distancing needs. **If you are new to one of our ongoing activities / classes, call to verify when you plan on attending as sometimes classes are changed due to space availability or schedules of the instructors.** To register for any event, call 618-234-4410, Mary (ext. 7034, mblaies.stclairaging@yahoo.com) or Susan (ext. 7044, spflug.stclairaging@yahoo.com) We look forward to having you join us!

PICKLEBALL is the latest trend for seniors combining table tennis, badminton and tennis. This sport is a low impact/low risk activity played on an indoor court with a racquet and whiffle ball.

SENIOR LEVEL 1 PICKLEBALL - This new group is for beginners and meets on **Tuesdays and Thursdays from 9 – 11 a.m. beginning July 12** at St. Paul UCC, 115 West B St., Belleville. Call 618-234-4410, ext. 7034 to register.

SENIOR PICKLEBALL – Mondays, Wednesdays and Fridays from 8:30 – 11:30 a.m. Belleville Education Center, 2300 West Main St (Old Lindenwood campus)

MAHJONG – Fridays at 12:30 p.m. Mahjong is a game usually played by 4 people with 144 tiles that are drawn and discarded until one player secures the winning hand. Join our group and play this popular tile game! Fridays at 12:30 p.m. American version. Call 618-234-4410, ext. 7034 or 7044 for more information.

NEW OFFERINGS! Interested in playing Euchre or a Movie Club? Call our office, we're thinking of beginning some new groups!



“SPINE CARE & COMPRESSION FRACTURES” - Wednesday, July 20, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. – Beth Krueger, RN from Interventional Radiology at HSHS St Elizabeth hospital will present on this topic. Reservations required and accepted until July 18 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

“ATRIAL FIBRILLATION (Afib) AWARENESS” - Wednesday, Aug. 17, 10:30 – 11:30 a.m. –A provider from Prairie Heart & Vascular at HSHS St. Elizabeth Hospital will present on this topic. Reservations required and accepted until August 15 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

MEMOIRS CLASS – We all have a life story to tell! This class has helped hundreds of seniors tell their life stories, a treasured gift to your family and a bridge between past and present. We are finalizing our next class to begin in the Fall. Call 618-234-4410, ext. 7044 to register.

SENIOR MEAL PROGRAM – We are accepting applications for the 2022 on-site congregate meal program. To qualify for a free lunch you must provide the required documentation and be below the following income guidelines: (1 person-less than \$2265/30 day income, two people-less than \$3,052/30 day income) Contact our office for an application.

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 – 11:45 a.m. Check in: 15 minutes before start of class Tracie Renschen, who has a Masters in Kinesiology, (the study of mechanics of body movement) leads this exercise class to focus on strengthening the various muscles of the body, helping with balance and arthritis. Cost is \$3 per class.

GRIEF SUPPORT GROUP- Third Monday of each month from 10 – 11:30 a.m. Diana Cuddeback, LCSW, with Heartlinks Grief Support Center facilitates this peer grief support group for older adults who have lost a loved one. Grief is difficult. Learning about the grief process and being with others who understand helps!

FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 – 11:30 a.m. The St. Clair County Office on Aging and Family Hospice are partnering to host a Family Ties Program. We are seeking volunteers interested in making no-sew, tie blankets for patients and loved ones. We provide all materials and instructions. Gather a few of your friends or come and make some new ones while working on these blankets! Let us know you plan to join us!

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. (No class on July 4 and August 22) Mary Rose Grant leads this class that keeps you moving and grooving! \$5 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

BEGINNER LINE DANCING – Mondays from 12:15 –1:45 p.m. Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

YOGA GOLD - NO SESSIONS IN JULY & AUGUST Certified Instructor Jessica Pollock teaches her 60-minute class which offers traditional yoga poses (sitting and standing) and breath work. Sitting in a chair instead of using a yoga mat is an option. Three classes for \$25 or \$10 drop in/class. Call 618-234-4410, ext. 7034 to register for fall classes.

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. for couples.

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.

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 Felicia, 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.

PSOP sponsored Driver's Service Mobile Unit

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

Date:	Location:
Aug. 10, 2022	201 N. Church St. Belleville, IL
Oct. 12, 2022	7 Park Dr. Shiloh, IL
Dec. 14, 2022	201 N. Church St. Belleville, IL



Services provided to seniors 55 and older:

Real ID's are not able to be completed through the Mobile DMV

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

PAYMENT: Credit card or check; NO CASH

Mobile Unit hours: 10 a.m. to 1:40 p.m.

Other walk-in services available:

Services available: Driver's License Renewals

State ID cards and Vehicle Registration Renewals

(including vision test, road test and written exam if required)

Road tests by appointment only.



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 (1 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 will not 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

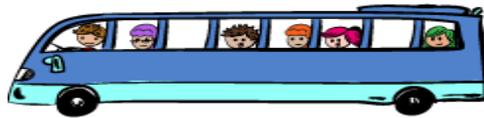
Word Basics: Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus. Cost: \$30

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. (4 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-n 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. (6 weeks)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or Carla.boswell@swic.edu. All 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.



PSOP TRAVEL PROGRAM

Fireworks - Monday, July 4, 2022

Cancelled

Look for this trip to return next year.

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What's New in St Lou #1 - Tuesday, August 30, 2022

What is old is new again, and Joan Husinga will show us what is New in the Lou! This mystery trip will surprise you and delight you. **Cost is \$81 per person** and includes entrance fees and services of Joan. A lunch stop (on your own) will be made. Depart Schnucks North Belt West. **Deadline for reservations is Aug. 5.**

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The Cards play in Milwaukee - Sept. 27 - 29, 2022

Only 20 seats left

Included are three meals, two nights hotel, tour the Pabst Mansion, tour the Harley Davidson Museum, visit the Basilica of St. Josaphat, and tickets for two Cards vs Brewers games! **Cost is \$1139 for a single, \$989 per person for a double, \$939 per person for a triple, and \$915 per person for a quad. Full payment is due on/before July 11, 2022.** Contact Nancy for a flyer!

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The American Riviera – Nov. 6 - 12, 2022

The Reagan Library, Beverly Hills, Hearst Castle, winery, Rodeo Drive and the Pacific Coast Highway, Santa Barbara, Malibu, Santa Monica, the Queen Mary, and much more! **Cost is \$3,999 per person, double. Full payment due on/before Aug. 16, 2022.** Price includes air from St. Louis, nine meals, travel insurance, sights as per itinerary, and hotels. Contact Nancy for a flyer.

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St Louis Symphony Christmas Matinee - Friday, Dec. 16, 2022

Join us for our yearly pilgrimage with the best seats in the building! Afterwards we go to Hodak's for fried chicken and ham! Please note there is no elevator to take us to the second floor for dinner. You must climb the steps. **Cost is \$137.** per person. **Deadline is Nov. 9.** Please state if you wish to be picked-up from Schnuck's on North Belt West, or the Caseyville Township Center, and with whom you will sit, so I can put you together.

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Treasure Island, Florida and beyond! – Jan. 29 to Feb. 5, 2023

It may be snowy in St. Louis, but the soft, white beach is calling! Spend eight days enjoying the weather and excursions to Tarpon Springs, Clearwater Beach, Sarasota, and St Petersburg, for museums and historic houses, all included in the cost of your trip. Also included are nine meals, airfare from St. Louis, resort with stunning beachfront views and great amenities. **Pricing begins at \$2,249.** Full payment due on/before Oct. 12, 2022. Contact Nancy for a flyer!

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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 e-mail 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 trip without these 3 things sent to PSOP.

Name: _____ **Phone:** _____

Address: _____ **City** _____ **State/Zip:** _____

Date of Birth: _____ **e-mail** _____

Emergency Contact: _____ **Phone:** _____

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

THIS FORM FOR DAY TRIPS ONLY

PSOP Newsletter Subscription Form

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



Programs and Services
for Older Persons

201 N. Church St.
Belleville, IL 62220

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PSOP

N e w s l e t t e r

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