



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



PSOP will be closed on Tuesday, July 4, 2023 in observance of Independence Day.

PSOP ACTIVITIES WITH MELISSA AND THERESA: Day trips, long trips, eating outside, playing inside... whatever you join us for, please remember to let us know you are attending. Leave a message on our phone. Thanks so much. 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa). Thank you and see you soon!



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 pm. Reservations later than two days before the dance may not be guaranteed a lunch so please make reservations early!

Hunka Hunka Burning Love Dance has been canceled to give the Orchestra a break for the summer.

Candyland Thursday, July 20, 10:30 a. m. -1:30 p. m. Step over the gumdrops, to the peanut brittle house and over the bridge to Lollipop lane and on to the dance floor with the Country Western Band! Dance is at PSOP with a catered lunch. This dance is sponsored by Keystone of Richland Creek.

JOIN US FOR:

Flowers 101 with Grimm & Gorly. Wednesday, July 19, 10 a.m. This month our lesson will involve creating a terrarium with mosses and live plants. Jeff is an excellent instructor and talented florist. We loved making our flower basket and wreath. Class is limited so please register early. 618-234-4410 ext. 7042 or 7043

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 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. Donna Holcomb is our new instructor. She has studied with Carol for years and knows all of the dances. You'll be two-stepping in no time. 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.

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 a.m. and wraps-up around noon.



- July 4 Happy Independence Day! We are closed today.
- July 11 All American Bingo- sponsored by Knollwood
- July 18 Sponsored by Oak Hill
- July 25 Sponsored by United Healthcare



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

Whether we are at a fancy dinner or a fast food restaurant we want to know if you are joining us (especially if anything changes in time and place). 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, July 31, 9 a.m. Meet us at one of our favorites - **The Round Table**. They have wonderful pancakes, Greek omelets and so much more. Their menu is huge! Located at 11 North 64th St. Call us to save you a seat at the table.

Lunch Bunch: Thursday, July 6, 11:30 a.m. If you didn't get your fill of all-American Barbeque on the 4th of July, then come join us at **Sugar fire**. Sugarfire 64 has been on many cooking shows including Bobby Flay! It also won food champion for its Cuban Reuben. Located at 1425 N Green Mount Rd O'Fallon in front of St. Elizabeth's.

Dine Around: Tuesday, July 18, 5 p.m. We are doing a little bit of old history and going to **Chuck Wagon**. This place hasn't changed much since 1971, same great menu; for Tacos, onion rings, Frito chili pie and smiley face fries. Top it off with their famous Cherry Coke.

Day Trips

More Burgers and Bets: Our trip to Perryville for lunch at Mary Jane's, gambling at the Casino at Cape and ending with Stonie's Sausage Shop was so popular they we had to add a second trip. The 2nd one is Wednesday, August 2. Everything is the same as the first one, just a week later. Cost is \$38 with lunch on your own. You will receive \$5 back in play and \$5 towards snack or dessert at the casino, (since you already had a fantastic lunch at Mary Janes). This too, will fill up fast so reserve your spot soon!

Cardinals Game: Friday night, September 15, Cards against the Phillies for only \$88 not only will you sit in great seats with little walking, but a charter bus ride, hot dog with drink and snacks AND its Cardinals Hockey Sweater give-away night! Not a lot of seats left so call soon. We will be leaving from PSOP.



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.



Looking for a chance to brighten someone's day? Become a Senior Companion today! The 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, meal reimbursement and paid time off. Contact Senior Companion Program Director, Kate Bilyeu at 618-234-4410, ext. 7023.

RSVP - Retired and Senior Volunteer Program (55+)

Give us a call and we can help match you with a volunteer opportunity at one of 34 RSVP stations that fits your schedule!



<p>RSVP Choral Group - All are welcome, no experience needed. They 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.</p>	<p>Shelter Shop, 19 Bellevue Park Plaza, Belleville, IL 62226 *Wednesdays 1-3 p.m. *Saturdays 1-3 p.m. *Price/sort or cashier</p>
<p>Senior Services Plus, St George's Church - Belleville *Meals on Wheels drivers for Mon, Tue or Wed for 2-3 hour route (mileage reimbursement will be given)</p>	<p>St Elizabeth's Hospital, 1 St. Elizabeth Blvd, O'Fallon, IL 62269 *Front desk receptionist (4 hr. shifts M-F)</p>
<p>Lebanon Visitors Center, 221 W St Louis St, Lebanon, IL 62254 *Site hours are Tues - Sat 10 a.m.-4 p.m. (2-3 hr. shifts) *Visitor assistance</p>	<p>Tapestry of Community Offerings, 825 W Main St, Belleville, IL 62220 *Site hours are Tues - Sat 10 a.m. - 4 p.m. *Price/sort or cashier</p>
<p>Auxiliary to Anderson Hospital 6800 State Rte. 162, Maryville, IL 62062 *Gift shop, Clerical aide, Visitor assistance</p>	<p>Granite City Township, 2060 Del Mar, Granite City, IL 62040 *Assist with Bingo events</p>
<p>PSOP, 201 North Church, Belleville, IL 62220 *Front desk receptionist - Thursdays 12:15-4:30pm</p>	<p>O'Fallon Township, 801 E State St, O'Fallon, IL62269 *Quilter - meeting frequency determined by the group</p>
<p><i>For information on any of these assignments please contact 618-234-4410, ext. 7026.</i></p> <p>***If you are a non-profit in need of volunteers, give us a call to sign up as a RSVP station.***</p>	<p>2023 RSVP Volunteer of the Week! Congratulations June winners:</p> <p>06/05/23 Grace Farinas 06/12/23 Betty Ludwig 06/19/23 Marianne Buettner 06/22/26 Donna Gaulrapp</p> <p>*Prize (\$20 gift card to Cracker Barrel) can be collected at the RSVP office (Rm 103 at PSOP).</p>

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

Foster Grandparents

Share Today. Shape Tomorrow.

"Be the person you needed when you were younger"

Children benefit immensely from the presence of a Foster Grandparent in their classroom. Because of the social and emotional support they provide, individual and academic goals become within reach for children at risk.

Ms. Johnson of Katie Wright Elementary in East St. Louis writes about her Foster Grandparent: *"Our Foster Grandparent worked with students who had challenges adapting to classroom expectations as well as those who fell behind academically. She had the task of pulling a few students to give additional help with a lesson and even one on one time for extra help at their level. Two of the students she was working with went from knowing little to no alphabet to knowing them all by March! One of the male students with behavior challenges was very easily calmed when she talked to him because of the relationship they built."* Want to learn more and think you can "Be the person you needed when you were younger"? Please contact our office at 618-234-4410 ext. 7062 or 7024.



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.

- July 13 *Spare* by Prince Harry Discussion leader - Gretchen Tinkle
- Aug. 10 *The Art of Racing in the Rain* by Garth Stein Discussion leader – Donna Perkins
- Sept. 14 *The Book of Lost Names* by Kristen Harmel Discussion leader – Jean Nolan
- Oct. 12 *The Girl from the Channel Islands* by Jenny LeCoat Discussion leader – Gretchen Tinkle

COUNSELING GROUP MEETING UPDATES:

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. We will meet on Wednesday, July 12, at 10 a.m. with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, 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 continue to 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 17 at 1:30 p.m. with Amanda Landsbaum, MS, OTR/L from the APDA as the speaker. 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, July 18 at 11 a.m., at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may contact Tanya at 618-234-4410, ext. 7039, for meeting details and 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.

RESOURCE CENTER

Staff are 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 increased the income eligibility amount. To apply, you must be at least 60 years old with monthly income below \$1,580 for individuals or \$2,137 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.

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.



Nurse Available at PSOP!

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 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.



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: Thursdays, September 7th – Oct. 26th 1-3 p.m. To register, call 618-234-4410, ext. 7035



Join the PSOP Team in the fight against Alzheimer's.

The Alzheimer's Walk will be October 7, 2023 and starts at 9:30. Sign-up by going to the link at:
https://act.alz.org/site/TR/Walk2023/MO-GreaterMissouri?pg=entry&fr_id=16676

Add yourself to the PSOP Team, or ask a staff person to help out. Together – we are Fighting for a Different Future!

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. 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



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 afternoon)

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. Applications installed after the purchase of the computer won't be covered. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

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. Instructor: Gene Busekrus / Cost: \$40 / (four 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: \$40 / (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 / (four weeks)

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets. Cost: \$40 / (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. NOTE: Applications installed after the purchase of the iPhone are not covered. Device must be CHARGED before class. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

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. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

Dates and times for classes will be determined once a class list of those desiring the class is established.



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: Sept. 11 and 12, 2023 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.

PSOP sponsored Driver’s Service Mobile Unit



<u>Date:</u>	<u>Location:</u>
July 19, 2023	7 Park Dr. Shiloh, IL
Aug. 9, 2023	201 N. Church St. Belleville, IL
Sept. 20, 2023	7 Park Dr. Shiloh, IL
Oct. 11, 2023	201 N. Church St. Belleville, IL

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

Services provided to seniors 55 and older:

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

PAYMENT: Credit card or check; NO CASH

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)

Other walk-in services available:
State ID cards and Vehicle Registration Renewals
Road tests by appointment only.



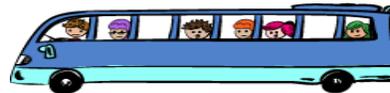
Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

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 TRAVEL PROGRAM



Yanks and Confederates - Wednesday, August 16, 2023

Joan Huisinga tells us the stories behind the stories and what roll St Louis played. Hear stories about the Armory and Jefferson Barracks, visit White Haven and learn about the romance between Grant and Julia, discover the Civil War Museum, and more! Cost is \$111 per person and includes admissions, lunch, and more! Deadline for reservations is July 21, 2023.

Cardinal Legends of the Greatest Generation - Tuesday, September 19, 2023

Featuring the homes, churches and neighborhoods of Cardinal heroes, from their childhoods through stardom. St. Louis Historian NiNi Harris will share the stories of these baseball players — Stan Musial, Joe Garagiola and Red Schoendienst — that reflect how they epitomized the Greatest Generation. This semi-driving tour will not go into their homes. It is not about statistics. It is about the neighborhoods and families that built their character and about the values they demonstrated. Cost is \$95 and includes admissions and more! Lunch at the Foundry is not included. Deadline for reservations is August 11, 2023.

The Hill - Thursday, October 5, 2023

Spend the morning learning stories from the English, French, Bosnian and Italian groups who have lived on “The Hill” as told by a “Native”. During the afternoon we shop at a bakery and learn how other Italian specialty items are made. Lunch of Sicilian Chicken at Favazza’s. Cost is \$97 per person which includes admissions, lunch, and more. Deadline for reservations is September 12, 2023.

Christmas in KC Nov. 28 to Dec. 1, 2023

Amtrak, lights, food, Country Club Plaza, Hallmark, dinner show, and more! Call or e-mail Nancy to request a flyer. Price begins at \$1599 per person. Final payment due on/before Oct. 1, 2023.



Hawai'i Feb. 4-13, 2024

Trip limited to 16 people! 3 islands. Highlights include: Pearl Harbor; Iolani Palace; a river cruise; and the Maui Tropical Plantation. Price begins at \$6279 per person. Call or e-mail Nancy for a brochure.

Alpine Swiss Villages & Rails July 2-10, 2024

In conjunction with the SWIC Foundation Department. Highlights include: 6 nights at one hotel, small cities and parks, glaciers and waterfalls, several train rides, a cruise, a cable car ride, a walking tour of Lucerne, and much more. Price begins at \$5369 per person. Air from STL and 12 meals are included. Call or e-mail Nancy for a brochure.

A waiver *must* be signed and returned with deposit/payments if trip is overnight. A waiver will be sent to you for signature, if a day trip. One Waiver per person, per trip. 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

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, IL62220**

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!!!)



201 N. Church St.
Belleville, IL 62220

Programs and Services
for Older Persons

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

PSOP

News letter

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

College President: Nick J. Mance