

JULY 2024



PSOP July, 2024 Newsletter

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

PSOP will be closed on July 4th for
Independence Day



Community members during PSOP's Senior Celebration on May
3rd. Find Your Paradise at PSOP!

JULY 2024

PSOP ACTIVITIES WITH MELISSA AND THERESA

If you don't care for this summer heat, come join us inside! Plenty of cool activities to keep you busy! Come join us in Tai Chi, Tech with Teens, line dancing, flower classes, bingo, crochet... do you have an idea or something you would like to teach? Call Melissa or Theresa, we are always open for new things.

618-234-4410 ext. 7042 or 7043.

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 a.m.

July 2 **Bing, Bang, Boom!!** Celebrate the 4th with Kelly from Cambridge House

July 9 Sponsored by the Keystone Place at Richland Creek

July 16 Sponsored by Benedictine Living Community at the Shrine

July 23 Sponsored by St. Clair County Office on Aging

July 30 Sponsored by United Healthcare

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)

Hunka, Hunka Burnin Love Dance Thursday, July 18 starring the Country Western Band. Dance to some hot tunes and maybe a few Elvis songs. Lunch is catered. Please call for reservations!

JOIN US FOR

Flowers 101 Bright Summer Floral Arrangement Wednesday, July 10 at 10 a.m. Join us as we make a beautiful summer arrangement with fresh flowers from Grimm & Gorly. Jeff and his team will teach us how. \$25 for everything. Please RSVP so there are plenty of fresh flowers for everyone.

Tech with Teens Monday, July 8, 10 a.m. This is the fourth class and its been so successful! Who better to help us with our cellphones than teenagers? Belleville West students will be here to do one on one instruction with you and your cell phone. Need help with texting, editing pictures, finding something on-line, changing your settings or contacts....anything you need they will sure try and help you! Please reserve your spot so we have enough students for everyone.

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.

JULY 2024

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!

Beginner Line Dancing Wednesdays at Noon, 6 weeks beginning July 10-August 14. Have you been to a dance where everyone is synchronized, moving across the dance floor with no partner needed? Were you saying to yourself “I’d like to learn that!” Well, let Donna Holcomb show you how to join in! Learn the basics of line dancing and in a few short weeks you will be doing it!

Line Dancing Wednesdays at 1:30 p.m. Donna Holcomb is the instructor and will have you 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 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.

Fingerstyle Ukulele Noon on Fridays. This group is for advanced Ukulele players.

Ukulele Jam Session Fridays at 1 p.m. This group is with both instructors combining the talents of the advanced ukulele players and the confident beginners (can play 12 chords or more).

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!

Euchre – We have had some interest in starting Euchre again. If you would like to play, please call Activities. Once we have a few of you we will begin again.

JULY 2024

OUT AND ABOUT IN THE COMMUNITY WITH MELISSA AND THERESA



If weather permits and there is a patio, we like to sit outside. 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 Wednesday, July 31, 9 a.m. O'Fallon is our destination as we have delicious items such as Crème Brulee French Toast or Hash brown crusted quiche. At Sweet Katie B's you will find delicious cupcakes, macaroons and cinnamon rolls to take home. Afterwards we will walk around the little shops of O'Fallon. Find us at 131 E. 1st St. O'Fallon.

Lunch Bunch Wednesday, July 10, 11:30 a.m. We love Grimm & Gorly and their flowers, but did you know the cute café attached to the flower shop called Pour@322? They serve wonderful soups, sandwiches from scratch and the best cinnamon roll sandwich! Located at 322 E Main St in downtown Belleville.

Dine Around Tuesday, July 2, 5 p.m. We are trying the new restaurant Wahaka! Mexican cuisine such as street tacos, shrimp quesadillas, wings and more. Plus try their delicious blueberry, coconut, jalapeno pineapple.... Margaritas! Located at 1405 North Green Mount Rd #100. O'Fallon. (tall building next to Sugar Fire)

ROAD TRIPPIN WITH ACTIVITIES



Cardinal's Game: Saturday, September 7, evening game. Spend a pretty summer night cheering on the Cardinals as they play against the Milwaukee Brewers. Tickets are \$98 and includes Field Box Loge seat, hotdog, drink and snacks and motor coach transportation. Just a few tickets left, so call soon!

Niagara Falls and Canada: We have 2 rooms that have become available! September 15-21. 7 days 6 nights. We stay in Canada! \$1,349 per person (double room) includes motor coach with Larry, 6 breakfasts, 4 dinners including dinner at the Skylon Tower, ride the Hornblower, tour the Falls, Toronto Harbor Cruise, wine tasting at a local winery and more!! Contact Melissa or Theresa 618-234-4410 ext. 7042 or 7043

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 1st, 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.

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.

June 13

Book Selection for 2025

July 11

In the Time of Butterflies by Julia Alvarez Discussion Leader – June Wolz

JULY 2024



Senior Companions provide community outreach to isolated Senior Citizens



The AmeriCorps Senior Companion Program honored their volunteers at a recognition luncheon on May 9th at Bellecourt Manor. Senior Companions provide companionship to homebound isolated seniors and respite for family members in our local communities.

The Senior Companion Program provides companion services in Madison, Monroe, Randolph and St. Clair counties. Since July 2023, this amazing group of Senior Companions have provided over 73,000 hours of companion services in their communities! They recognize the importance of giving back and are making a positive impact one client at a time. We are so grateful for each one of our dedicated Senior Companions! (618) 234-4410 x 7023.

Interested in being a Senior Companion and giving back to your community?

Our AmeriCorps Seniors Program offers a modest stipend and transportation reimbursement in addition to making a difference in the lives of other older adults. Restrictions apply. If you would like more information about the program, please reach out to Kate at 618-234-4410 ext. 7023.

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.



JULY 2024

RSVP RETIRED AND SENIOR VOLUNTEER PROGRAM

618-234-4410 EXT. 7012



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!

Congratulations to the July 2024 Volunteers of the Week!

Carol Descher, Michael Loehr, Evelyn Mueller, Mark Werner

*Prize can be collected at the RSVP office (Rm 103 at PSOP).

JULY 2024



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.

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.

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

JULY 2024

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.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will be temporarily **paused until September 2024**. Please watch your email and the PSOP newsletter for upcoming dates for meetings in the fall!

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease, will be **temporarily paused until September 2024**. However, please mark your calendars for a special presentation from Johanna Hartlein, Nurse Practitioner in the Movement Disorder Clinical of Washington University/BJC on Thursday, November 7th, 2024. Please watch your email and the PSOP newsletter for more upcoming dates for meetings in the fall! 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.

The Parkinson's Caregiver Meeting is **currently NOT meeting at this time and will be 'paused' for the foreseeable future**. 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. If more information is needed, please contact the Alzheimer's Association for more information via their website at <https://www.alz.org/greatermissouri>.

JULY 2024

PSOP sponsored Driver's Service Mobile Unit

Call 618-234-4410, ext. 7036

Date:

Sept. 18, 2024

Oct.9, 2024

Location:

7 Park Dr. Shiloh, IL

201 N. Church St. Belleville, IL

Services provided to seniors 55 and older by appointment only



PAYMENT: Credit card, check and now cash.

Mobile Unit hours: 10 a.m. to 1:40 p.m. Services available: Driver's License Renewals, State ID cards and Vehicle Registration Renewals (including REAL ID's, vision test, road test and written exam if required)

SeniorLink ComputerClasses

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 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.

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.

JULY 2024

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.

PSOP TRAVEL PROGRAM

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. You MUST have payment, Reservation Form, and signed waiver in order to participate.

Name: _____ Phone: _____

Address: _____ City _____ State/Zip _____

Trip #1 _____
Trip Date Price Pick Up Point

Trip #2 _____
Trip Date Price Pick Up Point

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

Going with _____

No refunds after daytrip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.

A waiver must be signed and returned with deposit/payments if trip is overnight. 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. Nancy's contact info: 618-234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu

JULY 2024

Secrets of the Cemeteries Tuesday

July 23, 2024

These are the most famous cemeteries in St Louis and are where many of the cities movers and shakers are spending their last adventures. It is said that you cannot take it with you once you die. These folks sure tried to! Our guide will bring their fascinating stories to life! We will stop at Crown Candy (cash only) for treats. Box lunch (please let me know if you prefer a chicken salad sandwich or The Christy Italian sandwich with roast beef and ham and salami and cheese). Box will have fruit, a cookie and water to drink. Cost is \$105 per person. Deadline for reservations is July 3, 2024. Space is limited to 36 people.

World Religions

Tuesday, September 10, 2024

Have you ever thought about another's religious background, or wanted to know the history about other people's religions? Now is your time! Linda Koenig takes us to a Hindu Temple to learn Hindu beliefs and customs; Learn about Buddhism at the Fo Guang Shan Buddhist Temple; visit Daar ul Islam Mosque; among others. A kosher lunch will be served. Cost is \$112 per person. Please state if you want a corned beef, pastrami or turkey sandwich, with slaw or potato salad. Deadline for reservations is August 20.

Irish Splendor

November 7-14, 2024

In conjunction with the SWIC Foundation Department. Enjoy one of the most beautiful countries in the world. Tour Trinity College and Christ Church during our city tour; visit the Blarney Stone. Drive the stunning Dingle Peninsula to the Cliffs of Moher. And enjoy a glass of Whiskey with your overnight stay in a Castle! Price includes 9 meals, air from St Louis, and sightseeing as shown. Cost is \$4963 for a single, \$4463 per person for a double, and \$4433 per person, triple. Deadline for reservations is August 20, 2024. Contact Nancy for a brochure.

Cuba Discovery

February 24-29, 2025

Highlights include Classic Cars and unique architecture, walking tours and Hemingway. Sample rum, visit a tobacco farm, and enjoy a winery! And SO MUCH MORE! Price begins at \$5657 per person and includes air from STL, 12 meals, 5 nights hotel, entrance fees as per brochure, and more. Contact Nancy for a brochure.

Tulips and Rhine Castles River Cruise

March 26 to April 4, 2025

Begin your adventure in Zurich and finish in Amsterdam. Highlights include walking tours, UNESCO Heritage Sites, castles, wineries, and of course, MILLIONS OF TULIPS! Space is limited. Contact Nancy for a brochure. Pricing starts at \$6199 per person. These cruises sell quickly, so get your reservation in soon!

New Orleans & Cajun Country

November 2- 8, 2025

In conjunction with the SWIC Foundation Department. Highlights include the French Quarter and Café du Monde, a river cruise, the New Orleans School of Cooking, and see the Antebellum Mansions of Natchez. Also, experience the Acadian country and visit world famous Avery Island! Cost is \$4169 per person, double. Deadline for reservations is July 17, 2025. Contact Nancy for a brochure.

Save these dates: Montreal & Quebec Christmas Markets, December 1-6, 2025

No refunds after day-trip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.



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Belleville, IL 62220

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for Older Persons

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

PSOP Newsletter Subscription Form

Call 618-234-4410, ext.7043 if you have subscription questions.

Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label.

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Name: _____

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Phone #: _____ Email: _____ (Receive the newsletter by email for free!)