



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



June 2023

PSOP will be closed on Monday, June 19, 2023 in observance of Juneteenth.



PSOP's Senior Celebration Cheers for 50 Years!!!

PSOP Senior Celebration Raffle – Drawing was held on May 5, 2023. The winners are:

1 st Prize	\$300 Walmart gift card (donated by the Belleville Walmart)	Lillian Woodcock
2 nd Prize	\$200 Walmart gift card (donated by the Belleville Walmart)	Johnny Sanders
3 rd Prize	2 St. Louis Cardinals tickets (donated by PSOP)	Amada Jarrett
4 th Prize	\$100 Andria's gift card (donated by County Board Chairman Mark Kern)	Carolyn Mayer
5 th Prize	\$50 Schnucks card (donated by Carla Boswell, PSOP Site Manager)	Bertha Dase

PSOP ACTIVITIES WITH MELISSA AND THERESA: May was crazy fun, with something all the time! Thank you for coming to meals, Senior Prom, Bingo, Men's Club, Air Show, Cardinals Game and of course Senior Celebration! Thank you for calling us to make a reservation for all of these great activities. It helps us so much! 618-234-4410 ext. 7042 or 7043.

JOIN US FOR:

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.

Beginners Line Dancing – You'll be facing the right wall and stomping those boots in no time! Please register since this 4-week class is limited to give you the best instruction! Classes will be every Wednesday in May at noon for a total cost of \$20.00.

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.

Flowers 101: Jeff and Zac from Grimm and Gorly will be here to teach us flower arranging! Just \$15 and you will learn how to arrange fresh flowers in a basket for you to take home and proudly display on your table. This month will be the first of a series of workshops held once a month. Join us June 21st at 10 a.m. Class size is limited. Call 618-234-4410 ext. 7042.

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.

- June 6 Everything Elvis Bingo – Elvis fans, come win some memorabilia with Cedar Creek
- June 13 Sponsored by Knollwood
- June 20 Sponsored by Freeburg Care Center
- June 27 Sponsored by United Healthcare





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

Shiloh picnic in the park – Postponed due to ongoing construction. We'll be celebrating 70 years of Shiloh. Date and details to come in the July newsletter.

Just Clowning Around Dance- Thursday, June 8, 10:30 a.m.-1:30 p.m. Life's a circus, and boy do we know some clowns! Join us for some great music with the Country Western Band and delicious lunch. Dance is in Shiloh at Klucker Hall # 14 Park Dr.

Grand Ol' Flag- Wednesday, June 14, 10:30 a.m.-1:30 p.m. Wear your Red ,White and Blue and join the RSVP Orchestra for some fantastic music with some sing along patriotic songs as well. Lunch will be served also. Klucker Hall in Shiloh #14 Park Dr.



Partnering with Shiloh's community events, come and enjoy Music in the Park from 7-8 p.m. Bring your cooler, snacks and friends to 14 Park Dr. Shiloh, IL 62269. These events are free. For questions call 618-632-1022.

June 7 – Friends of Bluegrass

June 21 – Little Known Fact

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.

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: Wednesday, June 28, 9 a.m. We are taking a country drive out to **Reinhardt's** in Millstadt. Where else can you get all you can eat pancakes for \$6.99 or biscuits and gravy stacked with hash browns, two eggs and bacon on top for \$8.

Located at 201 W Madison St., Millstadt

Lunch Bunch: Thursday, June 22, 11:30 a.m. Come sit at our table as they have the best fried chicken around! **Ravenelli's** located at 26 Collinsport Dr in Collinsville. They have a great menu of soup, salad, their delicious homemade bread, fried chicken, and baked potato all for \$13! Please make sure you make a reservation so they can accommodate us all!

Dine Around: Thursday, June 1, 5 p.m. It's the month of R's for dining out so we are going to **Red Robin** (yuummm) known for their delicious custom drinks and gourmet burgers, and of course their bottomless fries. Located at 6500 N Illinois St in Fairview Heights, right by the mall.

Day Trips

Cardinals vs. Phillies - September 15, Friday Night Game, 7:15 p.m. We have to do this one each year, same section. This is also a Cardinals Hockey Sweater giveaway night. Bus leaves at 5:30 p.m. from Schnucks on North Belt West. Cost is \$88 which includes motor coach transportation, ticket and bag of goodies too.



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

Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other nonprofit site? We can help match you with a program of interest. **Stations that need your help:**



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.	Shelter Shop , 19 Bellevue Park Plaza, Belleville, IL 62226 *Wednesdays 1-3 p.m. *Saturdays 1-3 p.m. *Price/sort or cashier
Lebanon Visitors Center , 221 W St Louis St, Lebanon, IL 62254 *Site hours are Tues – Sat 10 a.m.- 4 p.m. (2-3 hrs shifts) *Visitor assistance	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
Auxiliary to Anderson Hospital 6800 State Rte 162, Maryville, IL 62062 *Gift shop, Clerical aide, Visitor assistance	Collinsville Faith in Action 233 North Seminary St *Drive to appts, office assistance
Collinsville Food Pantry , 2009 Mall St, Collinsville, IL 62234 *Site hours are Mon – Sat 8 a.m.-12 p.m. *Sort & stock	Granite City Township , 2060 Del Mar, Granite City, IL 62040 *Assist with Bingo events
New for 2023 RSVP Volunteer of the Week! RSVP staff will hold a weekly drawing with winners posted in the PSOP monthly newsletter. *Must be an RSVP member with at least 25 hours of volunteer service in the last 12 months. *A volunteer can only win once during the 2023 calendar year. *Prize (\$20 gift card to Cracker Barrel) can be collected at the RSVP office (Rm 103 at PSOP).	Congratulations May winners: 05/01/23 Adele Theobald 05/08/23 Wes Frick 05/15/23 Ella Sewell 05/22/23 Sandra Shannahan 05/29/23 Barbara Kleine

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.

June 8 Come and help the group pick the next book list.

July 13 *Spare* by Prince Harry Discussion leader - Gretchen Tinkle

Aug. 10 *Hemlock* by Susan Wittig Albert Discussion leader – Peggy Malec

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.

We are making appointments for those over 60 years of age for LIHEAP applications (energy assistance). This year you may also be eligible for water/sewer assistance. Monthly income must be below \$2,265 for individuals or \$3,052 for couples. Call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for an appointment or further information or details to see if you qualify.

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.



COUNSELING GROUP MEETING UPDATES:

A note from Jodi Gardner... After almost 18 years here at SWIC/PSOP as a counselor and support group leader, I will be moving on to another role in the community, overseeing funding and monitoring the quality of mental health programs locally. My clients at PSOP will always be dear to me, no matter if I've known you a short or long time! Going forward, you can continue to call the Older Adult and Caregiver Counselors (Tanya Koelker, MA, LCPC, and coming staff) at 618-234-4410, ext. 7039, or contact the SWIC/PSOP site manager Carla Boswell (618-234-4410, ext. 7036). I will also continue to assist with resource information and counseling options in the community. As the Older Adult and Caregiver Counseling Program gains new staff, please reach out if this office can assist you in any way!

The Mindfulness Class – teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. We will meet on **Wednesday, June 14, at 10 a.m.** with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, or by email, for meeting details and to make a reservation for each month.

The American Parkinson Disease Association (APDA) Support Group – for anyone affected by Parkinson's Disease, will meet in person on the THIRD MONDAY of most months, at 1:30 p.m., in PSOP's Feurer Hall. However, due to PSOP being closed on our regular meeting day in June, there will be no June meeting. Watch for updates in the July newsletter.

Parkinson's Caregiver Meeting - will be held in person on the THIRD TUESDAY of most months, and next on **Tuesday, June 20, at 11 a.m.**, at the Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may contact Jodi at 618-234-4410, ext. 7031, for meeting details and for any support and educational material related to Parkinson's Disease or caregiving for someone with Parkinson's Disease. 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.

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

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) Only 4 seats left for the next class.

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.

PSOP sponsored Driver's Service Mobile Unit

Date:	Location:
June 14, 2023	201 N. Church St. Belleville, IL
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

Services provided to seniors 55 and older:

Rules of the Road class: 9:30-11 a.m. on June 14.

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)

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



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

PAYMENT: Credit card or check; NO CASH

Other walk-in services available:

State ID cards and Vehicle Registration Renewals

Road tests by appointment only.



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.



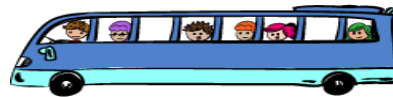
Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

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.

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.



Almost Heaven in West Virginia! Oct. 28 to Nov. 2, 2023

In conjunction with the SWIC Foundation Department. Highlights include the New River Gorge; tour a coal mine; 2 nights at the Greenbrier Resort; Monticello; and Skyline Drive! Price starts at \$3419 per person, triple. Call Nancy for a brochure.

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
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Trip #2 _____

Trip	Date	Price	Pick Up Point
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Going with _____

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

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

PSOP Newsletter Subscription Form

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

To continue receiving the PSOP newsletter fill out the attached subscription form and mail with your payment to: **PSOP**

Newsletter, 201 N. Church St., Belleville, IL 62220

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

Name: _____

Address: _____

Phone #: _____ Email: _____

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



PSOP will be closed on Monday, June 19, 2023 in observance of Juneteenth.



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

PSOP

N e w s l e t t e r

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. Roehrkaske, Red Bud; Sara Soehlke, Collinsville

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