

JUNE 2024



PSOP June, 2024 Newsletter

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

**PSOP will be closed on June 19th for
Juneteenth, Freedom Day.**



**Here's a happy group who enjoyed PSOP's Senior
Celebration on May 3rd.
Find Your Paradise at PSOP!**

JUNE 2024

PSOP ACTIVITIES WITH MELISSA AND THERESA

It's summertime! When you get too hot, check out some of our activities in the cool rooms of PSOP! And remember, whether it's a Flower Class, Line Dancing or meeting us out for a meal, please make your reservation. We look forward to seeing you! 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa).

BINGO Bingo is free with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. Come join us! Bingo begins at 10:00 a.m.

June 4 BBQ Bingo sponsored by Bradford Place
June 11 Sponsored by the Atrium
June 18 Sponsored by Benedictine Living Community at the Shrine
June 25 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) for reservations.

Senior Senior Prom Wednesday, June 5, 10:30 a.m.-1:30 p.m. **CANCELLED**.

Stars and Stripes Thursday, June 13 10:30 a.m.-1:30 p.m.- Held in Shiloh at Klucker Hall. The Country Western Band will be jamming with some Red, White and Blues. Join us for a patriotic, boot stompin' time.

JOIN US FOR

Flowers 101 Wednesday, June 12, 10 a.m. This month will be a permanent arrangement for your Fourth of July décor. Let Jeff from Grimm and Gorly show you how to make a beautiful, fun, patriotic centerpiece. The class is \$30 and you must register ahead of time.

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.

JUNE 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!

Line Dancing Wednesdays at 1:30 p.m. Donna Holcomb is our new instructor and has studied with Carol for years. 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 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.



JUNE 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: Friday, June 14th, 9 a.m. take a drive out to Millstadt to get a wonderful hearty breakfast at Sunrise Café. Pancakes that are as big as the plate, and scrumptious homemade biscuits. Located in Millstadt across from the IGA. 548 E Washington, Millstadt

Lunch Bunch: Monday, June 3, 11:30 a.m. We are going to Fletchers to have a great lunch and hopefully sit outside on the back patio and enjoy the lush green grounds. Of course, there's always inside in the air conditioning as well. Enjoy dishes such as Bourbon glazed salmon, Thai pizza, steak pasta and more. 1524 Clinton Hills Parkway, Swansea

Dine Around: Thursday, June 20, 5 p.m. It's summertime so of course we have to get barbecue! Smell that smoke at Bandana's! Cowboy up for some great ribs, chicken, and southern style cooking. Find us at 4608 N. IL, Fairview Heights.

ROAD TRIPPIN WITH ACTIVITIES



Cardinal's Game: Saturday, September 7, 6:15 p.m. game. The music that makes you move in your seat, the lights shining over the bright green ballfield, the sea of red and white as you watch the fans jump to their feet, cheering on our Cardinals with PSOP, its all so wonderful to be a part of Cardinal Nation! Motor coach will leave Schnucks on North Belt West and practically deliver you to the gate. Walk in and your seat is very close (right field box seats sec133/134.) Cost is \$98.00

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

JUNE 2024



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.

Senior Companions provide community outreach to isolated Senior Citizens

Our Senior Companions provide the additional social support to homebound senior citizens struggling to safely remain in their home for as long as possible. The benefits of socialization among isolated seniors have shown to improve mental health, provide a sense of belonging, and encourage purposeful living.

Most of the Senior Companions report getting more out of volunteering than they give. If you or someone you know are interested in giving back in your community and are 55 and older, contact us for more information at (618) 234-4410 x 7023.



**AmeriCorps
Seniors**

JUNE 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 volunteer with 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) 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!

In a random drawing of RSVP volunteers, Congratulations to
the June 2024 Volunteers of the Week!

Jackie Caponi, Margaret Giedeman, Janet Milliot, Robert Thomas

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

JUNE 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

JUNE 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.

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 be **temporarily paused until September 2024**. Please watch your email and the PSOP newsletter for upcoming dates for meetings in the fall!

JUNE 2024

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease, will be **temporarily paused until September 2024**. Please watch your email and the PSOP newsletter for 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. Please contact Tanya at 618-234-4410, ext. 7039, for meeting information, and for any support and information about dementia education or caregiving.

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.

JUNE 2024

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

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

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

JUNE 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.

New York City

August 29 through September 2, 2024

In conjunction with the SWIC Foundation Department. Tour the City that Never Sleeps and learn about many of the buildings and landmarks. Tour Ellis Island, the 9/11 Memorial, 2 Broadway shows, And free time for shopping! Cost is \$4079 for single, \$3579 per person, double, \$3549 per person, triple, and includes sightseeing, 2 shows, air from ST Louis, 4 nights hotels, tours as indicated, and 5 meals. Full payment is due on/before June 12, 2024. Call or e-mail Nancy for a brochure.

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.

A Culinary Journey Through Tuscany

September 24 - October 2, 2024

In conjunction with the SWIC Foundation Department. Taste your way through Tuscany! Wine tours, walking tours, museums, a boat tour across Lake Trasimeno, and food, food, food! Included is 7 nights in one hotel, 16 meals, air from St Louis, and more! Cost is \$5199 per person double, and \$5899 for a single. Contact Nancy for a brochure.

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.

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!

Save these dates: **New Orleans & Cajun Country, November 2- 8, 2025**
 Montreal & Quebec Christmas Markets, December 1-6, 2025



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Belleville, IL 62221

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for Older Persons

**NON-PROFIT
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U.S. POSTAGE
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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.

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**

Name: _____

Address: _____

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