



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



PSOP will be closed Monday-Friday, March 13-17, 2023 for Spring Break.

PSOP ACTIVITIES WITH MELISSA AND THERESA:

Join, sign up, participate! With the cold and icy weather approaching if we cancel, we want to let you know. If you are not registered we won't be able to notify you. So please register! 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa).



BINGO is free with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. Come join us!

- Mar. 7 Green Garden Bingo with Garden Place
- Mar. 14 No Bingo – SWIC/PSOP closed for Spring Break
- Mar. 21 Sponsored by Liberty Village
- Mar. 28 Sponsored by Keystone Place at Richland Creek



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. and band starts at 10:30 a.m. 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 make reservations early!

Donut Dance Wednesday, March 8 at PSOP in Belleville. Sponsored by United Healthcare. Dance with the RSVP Orchestra, have a great lunch and of course, donuts too! Is there a donut dance? We will see!

Nifty Fifties! Thursday, March 23. Get your poodle skirts, your pedal pushers, your saddle shoes, whatever you have and join us! The Country Western Band will be having you dancing to old and new tunes. Don't be a square, burn rubber over to Klucker Hall in Shiloh for a nifty time!

JOIN US FOR:

Belleville Area Senior Men's Sports Group – Friday, March 10, 2023 starting at 11 a.m.

Come meet son and dad baseball legends – Art and Dennis Schutzenhofer. Art was a four-time, All-Big Ten Conference baseball selection at the University of Illinois (2000-2003) and received the conference's Medal of Honor for proficiency in scholarships and academics in 2003. Dennis is a retired teacher/baseball coach at BTHS East, spent several seasons as a batting practice pitcher and aid for the St. Louis Cardinals.

Women are also welcome. Call 618-234-4410 Ext. 7042 to reserve your seat and lunch for \$5.

Bunko and Dominoes - Every Monday in Shiloh. This is a room full of laughing ladies and led by a silly guy that makes them laugh, Ron Hilgedich. 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. Carol Schwartz is an amazing teacher and has great assistants with her so everyone has a great view of what they are learning! 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.

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

With the cold weather, please make sure you call to let us know you are coming to eat with us! We may cancel because of cold weather or icy conditions and if you are not on the list you won't be notified! If we know to expect you and you don't show up we will check to make sure you are ok. Be careful out there, we care about you! 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: Thursday, March 30, 9 a.m. Let's get fancy for breakfast and get Lemon Ricotta Pancakes, smoked salmon with eggs or a bacon avocado omelet. Join us at **First Watch**, 455 Regency Park, O'Fallon, next to Bella Milano.

Lunch Bunch: Friday, March 3, 11:30 a.m. Have an Irish McLunch at **McAllister's**. Choose from Baked potato soup to Corned beef sandwich and more. Located on Lincoln trail by the mall, 101 Frey Lane, Fairview Heights.

Dine Around: Wednesday, March 22, 5 p.m. Join us at **MacDill's** in Collinsville. What better place to celebrate St. Patty's than an Irish Pub? Variety of items for St. Patrick's such as the Irish burger (cooked in Guinness), Irish hotdog (Dublin Irish Cheese on it), wonderful Rubeen and even Irish egg Rolls! Don't forget to call us to save you a seat! MacDill's is at 267 St. Louis Road, Collinsville. If you go early you can go to Krutas across the street.

CARDINALS!! Are you singing "Take Me Out To the Ballgame" while you are scraping the ice off your windshield? We have tickets to two ballgames:

April 15, Saturday Day Game, 1:15 p.m. Cardinals vs. Pirates. For our first game this year, Cardinals are giving away a Jackie Robinson Ballcap. Seats are our usual section in 133. Price of \$88 which includes motor coach transportation, your Cardinals ticket and our famous hotdog with snacks. Bus leaves Schnucks on North Belt west at 11:30 a.m.

September 15, Friday Night Game, 7:15 p.m. Cardinals vs. Phillies. 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.

The 2023 trips:

Amelia Island, St. Augustine & Jacksonville, Florida, Sept. 16-23, 2023. This one we added a whole free day at the beach and nights lodging, including five consecutive nights in Florida, 12 meals, a visit to the Fountain of Youth (who couldn't use that?), narrated cruise on the St. Johns River, guided tours of Amelia Island, St. Augustine and Jacksonville. Plus, lots of beach time! Price is \$859 per person for double, \$1,158 for single room.

Pigeon Forge and the Smoky Mountains show trip, Nov. 13-17, 2023. We love the trips that we get there in one day! Trip includes four nights lodging in the Smokies, eight meals, four shows including a Christmas Show, magic show (its incredible!) Motown and Country! And free time in Gatlinburg to explore the many shops, enjoy scenery and decor and maybe even a gondola ride to the top of the Smokies. Cost is \$705 per person for double room, \$854 for single.

What's on your Bucket List? What have you always wanted to do or try? Ride in a small plane? Helicopter ride? Zipline? Bake something wonderful? Learn something new? What's on Your Bucket List?? We want to know. Maybe it can happen!! Drop your answer in the BUCKET in the Activities room:

Name and # _____

My Bucket List wish: _____

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.

- Mar. 9 *The Secret of Magic* by Deborah Johnson. Discussion leader – Peggy Malec
- Apr. 13 *The Last Year of the War* by Susan Meissner. Discussion leader – Rose Range
- May 11 *Rainwater* by Sandra Brown. Discussion leader – Nancy Joiner
- June 8 Come and help the group pick the next book list.



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? Give us a call and we can help match you with a program of interest.

Stations that need your help:

<p>Collinsville Faith in Action, 233 N Seminary St, Collinsville, IL 62234 *Office hours are Mon – Fri 9 a.m.-5 p.m. *Duties include: driving clients to their appointments, clerical assistance, reassurance calls</p>	<p>Illinois Center for Autism, 548 S Ruby Lane, Fairview Heights, IL *Mon – Fri 1 to 2 p.m. (covering secretary’s lunch hour). Can be split up by several people. *Duties include: answering phones, filing, making copies, using intercom/walkie-talkie *IL Center of Autism requires clearance of their background check.</p>
<p>Lebanon Visitors Center, 221 W St Louis St, Lebanon, IL 62254 *Tues – Sat 10 a.m.-4 p.m. (2-3 hrs. shifts) *Visitor assistance</p>	<p>RSVP Choral Group - All are welcome, no experience needed. We 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. *Duties include: pricing/sorting and cashier</p>	<p>Tapestry of Community Offerings, 825 W Main St, Belleville, IL 62220 *Shop hours are Tues - Sat 10 a.m. – 4 p.m. *Duties include: pricing/sorting and cashier</p>
<p>Collinsville Food Pantry, 2009 Mall St, Collinsville, IL 62234 *Mon – Sat 8 a.m.-12 p.m. *Duties include: sorting & stocking food</p>	<p>Thanks for all you do!</p>
<p>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).</p>	<p>Congratulations February winners: 02/06 Lucille Reece 02/13 Daniel Roth 02/20 Kent Schroder 02/27 Charlotte Wimpe</p>

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

**Looking for a chance to brighten someone’s day?
 Become a Senior Companion or Foster Grandparent 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 and meal reimbursement and paid time off. Contact Senior Companion Program Director, Kate Bilyeu at 618-234-4410, ext. 7023.

The Foster Grandparent Program volunteers were incredibly fortunate to take advantage of the opportunity to participate in SWIC's "MLK Day of Remembrance." Guest Speaker Marcus Gentry provided a powerful presentation of "A King's Journey", leading his audience through the influences of Dr. Martin Luther King Jr; including excerpts from the "I have a Dream" speech as well as other significant contributions from King's life.

Foster Grandparents learned one of the many inspirations to MLK was theologian Howard Thurman. He once said, "Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." It is apparent that our Foster Grandparents are just what this world needs. Making a difference in an exceptional child's life truly makes them come alive, and their passion for service was reignited once more through Dr. King's legacy of social justice and equity. For information about the Foster Grandparent Program contact Director, Jennifer Friederich at 618-234-4410, ext. 7062.

RESOURCE CENTER

Staff is available to assist with license plate sticker discount applications (Benefit Access), energy assistance applications (LIHEAP) and Medicare/Medicaid questions/enrollment.

Our monthly senior food box program has 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

SUPPORTIVE SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Jodi Gardner, LCSW, and Tanya Koelker, LCPC, offer counseling services in person, by phone, and virtually. This solution-focused counseling is available for St. Clair County residents over the age of 60, or for caregivers of someone over the age of 60, and is free of charge. Topics include emotional adjustments to life events and changes, aging, caregiving, and community resources. Please contact Jodi 618-234-4410, (ext. 7031) or Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Class – teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. We will meet on Wednesday, March 8, 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 required 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. March is a special month for Parkinson's presentations! Thaw The Freeze will be presented by Washington University researcher Ryan Duncan on Friday, March 3, at 1:30 p.m. Reservations for Thaw The Freeze are required by calling 636-778-3377. Then, our regular meeting will be held on Monday, March 20, at 1:30 p.m., with no reservation required.

Parkinson's Caregiver Meeting - will be held in person on the THIRD TUESDAY of most months, and next on Tuesday, March 21, at 11 a.m., at 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.

Alzheimer's Association Caregiver Support Group – is meeting at another location. Contact Jodi at 618-234-4410, ext. 7031 for meeting information, and for any support and information about dementia education or caregiving.



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: **March 23 and 24 from 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.

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.

You can inquire about the ATS program by calling 618-239-0749 ext. 726.

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. NOTE: This class is highly encouraged as a prerequisite for the following computer classes. 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 FULLY CHARGED before coming to each 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)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or carla.boswell@swic.edu. Classes MUST be registered for AND paid for in advance. Dates and times for classes will be determined once a class list of those desiring the class is established.



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.

IT'S Tax Time! PSOP will be partnering once again with the **AARP Tax Aide Program**.

The AARP Tax Aide Program will prepare your taxes for free.

Location: PSOP 201 N. Church St. Belleville, IL 62220

You must schedule an appointment.

To schedule an appointment, call **618-277-5511** during the following days and times:

February 6 through April 11 on **Mondays and Tuesdays** from 8:15 a.m. to noon.

You may not leave a message on this phone.

The phone will be answered only during the above days and times to schedule an appointment. Please note that demand is great so it may take multiple attempts to connect with the scheduler.



PSOP sponsored Driver's Service Mobile Unit

Date:

Location:

Mar. No DMV SWIC/PSOP closed - Spring Break

Apr. 12, 2023 201 N. Church St. Belleville, IL

May 17, 2023 7 Park Dr. Shiloh, IL

June 14, 2023 201 N. Church St. Belleville, IL

Services provided to seniors 55 and older:

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

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)

Road tests by appointment only.



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



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.



SENIOR DIVA DAY Friday, March 24, 2023 10 a.m. – 1 p.m.

Check-in at PSOP and then head down to Main Street to shop, dine and enjoy the Spring weather and friends! Diva specials will be available at various merchants. Return to PSOP for prize drawings at 1 p.m.

There will be a shuttle running to and from PSOP and along Main St. during the event. Buy your ticket at PSOP before or the day of the event. Get your passport for \$10 and get \$5 Downtown Dollars to spend at participating restaurants/merchants. For information call 618-234-4410 Susan (ext. 7044) or Mary (ext. 7034).

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PSOP TRAVEL PROGRAM



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! Call or e-mail Nancy for pricing and 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. Pricing has just been finalized. Call or e-mail Nancy for a brochure.

HOLD THE DATE: December 2023, the Biltmore at Christmas
More day and overnight trips to come!

AS OF RIGHT NOW, COVID RESTRICTIONS HAVE BEEN LIFTED FOR OUR TRIPS. You will be notified of changes as soon as we find out. 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!!!)



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Belleville, IL 62220

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

PSOP

N e w s l e t t e r

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