



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

May 2023



PSOP will be closed on Monday, May 29, 2023 for Memorial Day.



Senior Celebration is back! Cheers to 50 Years!!! Come celebrate PSOP's 50th anniversary of senior services at Senior Celebration, **May 5, 2023 from 10 a.m. to 2 p.m.** Come listen to the RSV Country Western Band, play Bingo, win prizes, enjoy lunch and a classic car show. Save the date and don't miss out. Support PSOP through their raffle. Tickets available now! 1 for \$1 or 6 for \$5 Support the Interfaith Food Pantry by eating a funnel cake - \$5 donation or 5 food items.

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

PSOP Senior Celebration Raffle – Drawing on May 5, 2023 Get your tickets today! 1 for \$1 or 6 for \$5

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

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

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. Carol Schwartz is an amazing teacher and has great assistants with her so everyone has a great view of what they are learning! 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.

Belleville Area Senior Men's Sports Group – Friday, May 12, 2023 starting at 11 a.m. Come hear from:

KENT WEISENSTEIN- who began playing baseball in the Belleville, IL, Recreation League in 1951 at age 12 and has not slowed down - pitching into his 80's in St. Louis Senior and National Baseball Tournaments for several years. In 2021, he recorded 130 innings pitched of his team's 135 innings played. Reserve your seat and lunch for \$5. Women are also welcome.

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.



- May 2 Butterfly Bingo sponsored by Home Instead
- May 9 Sponsored by Knollwood Retirement Community
- May 16 Sponsored by Cambridge House
- May 23 Sponsored by Revella at O'Fallon
- May 30 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!

Senior Prom Wednesday, May 10 at PSOP. We can't have a Senior Prom without who we listened to when we were in High School. We are very excited to have our own – **Memories of Elvis-Steve Davis!!** He puts on an amazing show and you would think he was actually Elvis! Dance begins at 10 a.m. with the music of the RSVP Orchestra. We will break for lunch and then have Elvis! Please make sure you get your reservation in for this one! Posters and delighted squealing is encouraged! Sponsored by Cambridge House.

Shiloh Sock Hop in the Park– Thursday, June 8, 2023 Celebrating 70 years of Shiloh. Let's take it back to when it all started – 1953! Plan on Bingo outside and music inside. Save the date! More details to come.

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, May 3, 9 a.m. Join us for the best pancakes you have ever had, and tons of breakfast items to choose from. We will meet at **Belleville Pancake House**, located at 3605 North Belt West in Belleville.

Lunch Bunch: Thursday, May 11, 11:30 a.m. We are unofficially beginning our Streetwalkers Group again. Streetwalkers goes to different neighborhoods and explores the many stores, restaurants and places of interest in each neighborhood. We are starting with the old part of O'Fallon to visit stores or you can just meet us for lunch at **1st Street Lounge** (we love their soups and homemade sweet potato fries). We all know about Woods Bakery, but have you been to Sweet Katie Bees, Saddleback Chocolates, Birch Market or Fezziwig's? There's also Parent Teacher Tools and 3 Sisters Crafts and Gifts. Make your reservation to explore and have lunch with us in O'Fallon at 119 W. 1st St.

Dine Around: Monday, May 22, 5 p.m. Let's dine together at **Olive Garden** for their bottomless salad and endless breadsticks. They have so many pastas to choose from, or great salmon and steak dinners too. Make sure you leave room for their Sicilian cheesecake or decadent Tiramisu. Located in Fairview Heights, 25 Ludwig Drive.

Day Trips

AIR SHOW: Saturday, May 13, Noon. Since the pre-show that we usually attend is not offered this year, we have something even better. Christ Church, 4051 St. Rt. 161 East, Belleville, right outside the gate is hosting us for the Air Show. It is open to the public but will have table and tent for us. Bring your lawn chair and some cold drinks. They will have outdoor games, classic carnival games, face painting, hot dogs, burgers, just like the old church picnics. If you need directions, just give us a call. If not, we will see you there at noon to get ready for the Blue Angels!!

Burgers and Bets trip- Wednesday, July 26 - Hop aboard the bus and have a great day with us. First stop - Mary Janes Burgers and Brews in Perryville. Lunch is on your own but with a great selection of homemade smash burgers, salads, soups and authentic dips. Next, we'll place our bets at the Century Casino in Cape Girardeau. You'll receive \$5 free play and \$5 towards food. Take notice of the new slots and game tables. Once you become rich we will head back home with a stop at Stonie's for sausage and beef jerky. Trip total is only \$38. We'll leave from Schnucks on North Belt West at 10 a.m. returning by 6 p.m.

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.

Savannah Georgia Meeting - For those of you going on our Savannah trip, we will have a trip party to get itinerary and information right after Bingo on Tuesday, May 9th at 12:30 p.m.

RSVP - Retired and Senior Volunteer Program

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



AmeriCorps other
Seniors

RSVP Choral Group - All are welcome, no experience needed. We sing every Tues. 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. *Duties include: pricing/sorting and cashier
Lebanon Visitors Center , 221 W St Louis St, Lebanon, IL 62254 *Site hours are Tues - Sat 10a-4p (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. *Duties include: pricing/sorting and cashier
Collinsville Food Pantry , 2009 Mall St, Collinsville, IL 62234 *Site hours are Mon - Sat 8 a.m.-12 p.m. *Duties include: sorting & stocking food	Granite City Township , 2060 Del Mar, Granite City, IL 62040 *Duties include: assistance 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 April winners: 04/03/2023 Sharon Hillmer 04/10/2023 Sharen Sanders 04/17/2023 James Ozier 04/24/2023 Mary Cordevant

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



AmeriCorps
Seniors

Consider becoming a Foster Grandparent Volunteer!

Experience every day *the love and wonder of children* eager to hear your special stories! At **local** schools and daycares, Foster Grandparents become friends and mentors with children. Connect with children by sharing experiences, supporting learning, and offering encouragement. Join with other caring people working together with children to make a lasting mark on **your community**.

- Receive **tax-free income** that does not affect Social Security, housing subsidies, or any other assistance.
- Generous benefits** and more! For more information 618-234-4410 ext. 7062.



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.

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, May 10, 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. Our regular meeting will be held on **Monday, May 15, at 1:30 p.m.**, with no reservation required. We will host a speaker from the Illinois Assistive Technology Program (IATP) about adaptive equipment and helpful gadgets for daily living tasks. Please note that in June, we will NOT have a meeting, as PSOP is closed for the federal holiday.

Parkinson's Caregiver Meeting - will be held in person on the **THIRD TUESDAY** of most months, and next on **Tuesday, May 16, 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.



Citizens Utility Board will host a meeting at PSOP on Wednesday, May 31st at 10 a.m.

CUB fights utility rate hikes, promotes clean energy, and advocates for consumer protections in Illinois. Come and learn about how to decode your utility bills and tips on saving money and energy. Reserve your seat by calling 618-234-4410 ext. 7036. Register to join virtually: <https://tinyurl.com/4vpd25z5>

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 reduce 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



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.

May 11 *Rainwater* by Sandra Brown. Discussion leader – Nancy Joiner

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

July 13 *The Greater Journey* by David McCullough Discussion leader - Gretchen Tinkle

Aug.10 *Human Comedy* by William Saroyan Discussion leader – Lillian Strube

SeniorLink Computer Classes



Beginning Computers: This one-day class will cover the basics of how to use a computer and what you can do with it. Instructor: Gene Busekrus / Cost: \$10 / (one afternoon)

Windows 10 Basics: This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 10 during this class. Applications installed after the purchase of the computer won't be covered. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

Windows 11 Basics: This basic class will include explanations and hands-on usage of Windows 11 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 11 during this class. Applications installed after the purchase of the computer won't be covered. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

Word Basics: Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus / Cost: \$40 / (four weeks)

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets. Cost: \$40 / (four weeks)

iPhone Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple Techniques. NOTE: Applications installed after the purchase of the iPhone are not covered. Device must be 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)

. 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

<u>Date:</u>	<u>Location:</u>
May 17, 2023	7 Park Dr. Shiloh, IL
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

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



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)

Road tests by appointment only.

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



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.



Nurse Available at PSOP!

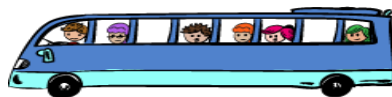
Partnering with the St. Clair County Health Department's Medical Reserve Corps, PSOP will have a nurse available to check blood pressure, blood sugar and discuss health topics you are concerned about on the 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.



PSOP TRAVEL PROGRAM

STL Kosher Tour Thursday, June 15, 2023

Learn about the Jewish faith with Linda Koenig! We visit the world renown Kaplan-Feldman Holocaust Museum, walk through a cemetery where only Holocaust survivors are laid to rest, tour a Temple, and have a Kosher lunch (choice of corned beef, pastrami, or turkey with side of potato salad and brownie). Deadline for reservations is May 30. Cost is \$113 per person.



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.

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, May 29, 2023 in observance of Memorial Day.



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for Older Persons

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PSOP

N e w s l e t t e r

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