



PSOP

# NOVEMBER NEWS

What Are You Thankful For?



## TOP NEWS OF THE MONTH

### IMPORTANT ANNOUNCEMENTS



#### UPCOMING CLOSURES

PSOP will be closed on Nov. 10, 2023 for Veterans' Day and Nov. 23-24, 2023 for Thanksgiving.



#### FLAG COLLECTION SITE

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



#### NURSE NOW AVAILABLE!

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 ACTIVITIES

WITH MELISSA AND THERESA

## >>> UPCOMING ACTIVITIES

Autumn is in the air and beautiful days to have fun together. 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).

## >>> BEST OF BELLEVILLE DANCE AND FAIR

Wed., Nov. 1, 10:00 a.m.-1:00 p.m. Join us for our first annual Best of Belleville Event! Not only will you be entertained by the RSVP Orchestra, but you will have a chance to see what downtown Belleville has to offer all in one convenient stop! Grab a slice of pizza from Bennies, gooey butter cake from Grimm & Gorly, sample some goodies from Copper Fire, buy some baked goods to take home from Sugar High and more. You can buy items for holiday gifts, or parties without walking from store to store. Have you checked out Local Lucy's? They have everything from Olive Oil to Baby clothes. Come shop, dance and have a great time! This event/sampling is free, with items to purchase as well.



## DANCES

are at PSOP in Belleville and Klucker Hall in Shiloh. Dances are \$5, \$4 for lunch and \$1 entry. Remember to call so we have enough meals ordered.

## >>> BINGO

We have had such a good time playing Bingo with our awesome sponsors and themes . The concession stand sells hot dogs, bratwurst and snacks and Bingo is free.

- Nov. 7 Pirate themed sponsored by Hospice of Southern IL
- Nov. 14 Sponsored by Knollwood
- Nov. 21 Sponsored by St. Clair County Office on Aging
- Nov. 28 Sponsored by United Healthcare







# JOIN US!

## UPCOMING CLASSES AND CLUB ACTIVITIES

### >>> MEN'S CLUB

Friday, November 17, 2023, 11:00 a.m. Come hear from Josh Lane, former right-handed pitcher for U of IL in 2002 and 2003. He also earned Academic all-Big Ten Conference recognition both years. In 2003 he pitched for the Gateway Grizzlies of the Frontier (Independent) Professional Baseball League and posted a 6-2 record with a 3.82 earned run average and 65 strikeouts in 77.2 innings. He'll also share his path to becoming principal at BTHS East. This sports group is hosted by Art Voellinger. Make your reservation for lunch. \$5.

### >>> FLOWERS 101

with Grimm & Gorly. Wednesday, November 8th, at 10:00 a.m. Come and design a winter swag while discussing other holiday decorating ideas. Cost is \$35.

### >>> BUNKOS AND DOMINOS

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. No class on Nov. 7th and 14th.

### >>> 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.



# JOIN US!

## UPCOMING CLASSES AND CLUB ACTIVITIES

### >>> 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!

### >>> BEGINNERS UKULELE

Oct. 6 – Jan. 11 each Friday at noon. This is a special progressive class for beginner ukulele. It's as close to private lessons as you can get. Once the class starts it will be closed for enrollment so the class can progress together. Class size is limited. Call to reserve your spot.

### >>> 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** – Tuesdays at 9 a.m. and 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 & ABOUT IN THE COMMUNITY

WITH MELISSA AND THERESA

## >>> ARE YOU PLANNING ON JOINING US?

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! Contact information available below.

## CONTACT INFO

Activities:

618-234-4410

Melissa ext. 7042

Theresa ext. 7043

## >>> BREAKFAST CLUB

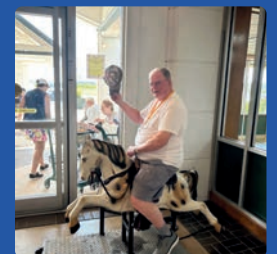
Thursday, November 9, 9:00 a.m. Join us for pancakes, amazing omelets and fresh juice at First Watch in O'Fallon, 455 Regency Park, near St. Elizabeth's Hospital.

## >>> LUNCH BUNCH

Thursday, November 30, 5:00 p.m. We are going to one of our favorite places in Freeburg; Reifschneiders located at 700 N. State Street. Who can resist the Gooley Louie or their wonderful winter salad. Make sure you put in your reservation for this one!

## >>> DINE AROUND

Tuesday, November 21, 5:00 p.m. Join us for some fun at Dogwood Social. First of all, we are going on 50 cent wings night, so it's a winner already. They also make great burgers, salads, tacos and more. Have you thrown an axe lately? Let's do it! Or play corn hole or bowling. It's a great place to check out and have fun with us. 1206 Central Park Drive behind Drakes in O'Fallon.



# ROAD TRIPPIN'

WITH ACTIVITIES

## >>> FOX THEATER

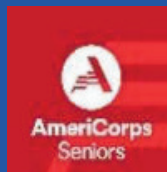
We have tickets to two exciting shows for 2024! Both shows are seats on the Orchestra floor and a delicious dinner at the Fox after the show. Charter bus included.

**Mama Mia - Thursday, Feb. 15.** Leave Schnucks at Noon for a 1 p.m. matinee to hear all of our favorite Abba tunes in this hit Broadway Show! \$148 for package which includes ticket, dinner and transportation.

**Moulin Rouge - Saturday, May 11.** This is a Saturday matinee, bus leaves at noon from Schnucks. See the fabulous musical Moulin Rouge with dinner after. \$144 for package which includes ticket, dinner and transportation.

## >>> NIAGARA FALLS & CANADA TRIP: SEPTEMBER 15-21, 2024

Come with Melissa and Theresa as we stay in Canada, have dinner at the Skylon Tower, tour Niagara and Toronto, ride the famous Hornblower and tour the falls, visit Welland Canal, go on a Harbor Cruise in Toronto, visit a local winery and surprise along the way! If you missed ziplining over the falls the last time we were here we are ready to do it again! Are you? 7 days, 6 nights is \$1349.00 per person double occupancy. Trip is already half filled up so don't wait!



## 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**.

# RSVP - RETIRED AND SENIOR VOLUNTEER PROGRAM (55+)

FOR INFORMATION ON THESE OR ANY OTHER RSVP VOLUNTEER OPPORTUNITIES, PLEASE CONTACT 618-234-4410, EXT. 7026.

## Belleville

Beacon Ministries - assistance with intake calls, driving folks to appointments  
Community Interfaith Food Pantry - collect, assemble, distribute food to the needy  
Family Hospice - assistance sewing fidget blankets or sewing lap blankets  
Friends of Belleville Public Library - fundraising to support the library  
Hospice of Southern IL - patient care visitor (within 10 miles of your home)  
Labor & Industry Museum - Saturday visitor assistance, accession and computer work  
Lions Club - cashier for monthly vendor booth  
Memorial Hospital Auxiliary - visitor assistance, fundraising, gift shop  
Salvation Army - collect, assemble, distribute food to the needy  
Senior Services Plus - Meals on Wheels drivers  
Shelter Shop - pricer/sorter or cashier  
St Clair County Court House - scanning documents  
St Elizabeth's Hospital Auxiliary - front desk assistance  
St Paul United Church of Christ - making mats for homeless, September 28th & 30th rummage sale  
Tapestry of Community Offerings - pricer/sorter or cashier  
VFW Post 1739 - veteran assistance, post meetings, one-time clear out of storage area

## Collinsville

Cahokia Mounds - interpretive guide  
Collinsville Faith in Action - senior transportation  
Collinsville Food Pantry - collect, assemble, distribute food to the needy

## East St Louis

Catholic Urban Programs - front desk assistance

## Fairview Heights

Fairview Heights Food Pantry - collect, assemble, distribute food to the needy  
Illinois Center for Autism - front desk assistance

## Freeburg

Freeburg Food and Clothing Bank - collect, assemble, distribute food to the needy

## Granite City

Granite City Senior Social Club - assistance with senior events

## Highland

Highland Area Christian Service Ministry - collect, assemble, distribute food to the needy

## Lebanon

Lebanon Visitors Center - visitor assistance

## Maryville

Anderson Hospital Auxiliary - front desk assistance, gift shop

## Millstadt

Millstadt Township Senior Services - food prep for senior meals, senior meal delivery, quilter

## O'Fallon

AgeSmart - front desk assistance  
O'Fallon Food Pantry - collect, assemble, distribute food to the needy  
O'Fallon Township - quilters

## 2023 RSVP Volunteer of the Week!

Marlou Eckert  
Carolyn Ryseff

Tom Cahnovsky  
Richard Palmer Sr

Prize (\$20 Cracker Barrel gift card) can be collected at the RSVP office (Rm 103 at PSOP).



## THANKFUL FOR...



➤➤➤ **During this month of Thanks,** we are especially thankful for our Foster Grandparent volunteers. Thank you for your outstanding, dedicated service to the children in our communities. Your ability to help children succeed is both incredible and inspirational!

**G**randparents are as good as gold!  
**R**eminding me of the days of old.  
**A**lways greets me with a hug.  
**N**ever stern or cold or smug.  
**D**elighting in the words I say.  
**P**roud of me in every way!  
**A**lways with me when I'm glad.  
**R**ocking me when I am sad.  
**E**very "boo-boo" given care.  
**N**ever ending love is there.  
**T**elling tales both true and tall!  
**S**uper Special one and all!



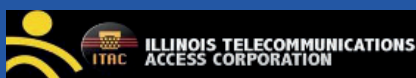
Think you have what it takes to be a classroom grandparent? Contact our staff at 618-234-4410, ext. 7062 or 7024. We would love to talk to you about our program!

### 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



# RESOURCES

## SUPPORTIVE SERVICES AND BEYOND

### >>> 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](mailto:sharon.lewis@swic.edu)

### >>> 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.

**ST. CLAIR COUNTY VETERAN'S COMMISSION** – Monday, 9 a.m. – noon, 618-277-0040, by appointment  
**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.



# RESOURCES

## SUPPORTIVE SERVICES AND BEYOND

### >>> COUNSELING GROUP MEETING UPDATES:

**The Mindfulness Class**, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. Our next meeting will be Wednesday, November 8th, 2023. Please contact Tanya at 618-234-4410, ext. 7039, or by email at [Tanya.Koelker@swic.edu](mailto:Tanya.Koelker@swic.edu), for future meeting details and to make a required reservation!

**The American Parkinson Disease Association (APDA) Support Group**, for anyone affected by Parkinson's Disease, will continue to meet in person on the THIRD MONDAY of most months, at 1:30pm, in PSOP's Feurer Hall. The next meeting will be held Monday, November 20th, 2023. Every meeting has new educational topics as well as good discussion among attendees! Also watch for upcoming presentations and topics that you don't want to miss!

In addition, a **Parkinson's Caregiver Meeting** will be held in person on the THIRD TUESDAY of most months, and next on Tuesday, November 21st, 2023 at 11am, at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may contact Tanya at 618-234-4410, ext. 7039, 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](http://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:	Location:
Nov. 15, 2023	7 Park Dr. Shiloh, IL
Dec. 13, 2023	201 N. Church St., Belleville, IL

Services provided to seniors 55 and older by appointment only

PAYMENT: Credit card, check and now CASH accepted

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)

### >>> 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.

- Nov. 9 Death of a Traitor by M. C. Beaton Discussion leader – Peggy Malec
- Dec. 14 The End of the Affair by Graham Greene Discussion leader – Denise Sechrest
- Jan. 11 Carolina Moon Set by Matt Goldmann Discussion leader – Marilyn Merwin
- Feb. 8 The Island of Sea Women by Lisa See Discussion leader – Jerrie Eggerding



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





Programs and Services  
for Older Persons

201 N. Church St  
Belleville, IL 62221

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