

PSOP OCTOBER, 2024 NEWSLETTER



Have a Happy Halloween!



Double, double toil and trouble;

Fire burn and caldron bubble.
Fillet of a fenny snake,
In the caldron boil and bake;
Eye of newt and toe of frog,
Wool of bat and tongue of dog,
Adder's fork and blind-worm's sting,
Lizard's leg and howlet's wing.
For a charm of powerful trouble,
Like a hell-broth boil and bubble.



Happy Halloween from the Foster Grandparent Program!

Don't be scared this Halloween to help out your community and help little goblins soar! Our grandparents are sweeter than Halloween candy and don't have to dress up like superheroes because they already are daily to the children they support at local schools, Head Starts, and not-for-profit daycares. A modest hourly stipend and reimbursement for travel are offered, as well as other fun perks such as a likely boost to your physical and mental health. If this sounds more fabulous than frightful, find out more about eligibility requirements by calling the Foster Grandparent Program at 618-234-4410, ext. 7062 or 7024.

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PSOP ACTIVITIES WITH MELISSA AND THERESA

We love this time of year with pumpkin spice, crisp, autumn days, and lots of activities to join!
Call Melissa or Theresa, 618-234-4410 ext. 7042 or 7043.

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 a.m.

Oct. 1 Batty Bingo sponsored by Brightly Senior Living

Oct. 8 Sponsored by Cedar Ridge & Rehab of Lebanon

Oct. 15 Sponsored by Chiro Pro

Oct. 22 Sponsored by United Healthcare

Oct. 29 Halloween Bingo Party Sponsored by Benedictine Living Community at the Shrine

Special Event: Dango = Dance + Bingo!!!

Pirates in The Park! Wed., Oct 2, 10 a.m.-2 p.m. This is our big, yearly picnic in Shiloh under the pavilion and in Klucker Hall! Dress like a pirate, win some treasure, dance with the live band in Klucker Hall, play 'music' bingo outside under the pavilion, door prizes and free lunch!! No reservations needed. Look for the red and white water-tower (or a pirate ship). #14 Park Drive, Shiloh. Thank you to the Senior Living Communities in our area for sponsoring this event with us!

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)

Ghosts and Guitars Dance: Thurs. Oct 24, Ghosts are flying and guitars are playing at Klucker Hall in Shiloh! A catered lunch will be served. Call for reservations. 618-234-4410 Ext 7042 or 7043. You can even dress up like a ghost. And don't tell us you made a reservation when you didn't. We can see right through you! Get it? You're a ghost. Really, make a reservation.

JOIN US FOR

Men's Club Friday, Oct. 11, 11 a.m. Jeff Hacker is our speaker for our October meeting. Jeff is a Retired High School Teacher/Coach/AD and a member of Illinois Basketball Coaches Association/Mt. Vernon High School Halls of Fame. Lunch is \$5.00 Please RSVP 618-234-4410 Ext 7042 or 7043.

Flowers 101 Wednesday, Oct. 9, 10 a.m. Celebrate fall with fresh flowers in a pumpkin. Jeff and his group from Grimm & Gorly always show us something new to learn each month. Please register so everyone has a pumpkin and flowers. 618-234-4410 ext. 7042 or 7043. **Cost \$30.**

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 to have coffee and chat. We are not sure if our seniors come to play Bunko, or to chat with Ron Hilgedieck and hear his jokes! Held at Shiloh Community Center # 7 Park Drive.

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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!

Beginner Line Dancing Wednesdays at noon for 6 weeks starting Oct.2nd through Nov. 6th. Have you been to a dance where everyone is synchronized, moving across the dance floor with no partner needed? Were you saying to yourself "I'd like to learn that!" Well, let Donna Holcomb show you how to join in! Learn the basics of line dancing and in a few short weeks you will be doing it! Total cost for the 6 weeks is \$25.

Line Dancing Wednesdays at 1:30 p.m. "Dance is an antidote to stress, a way to combat negative emotions, an elixir for the body, mind and brain". Another benefit of line dancing is that you do not need a partner to participate. Anyone can join the line and have fun dancing along with the group. And Donna Holcomb is great at keeping you in step! Cost is \$2/class.

Art Group Fridays at 9 a.m. These artists bring whatever they are working on 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, 12:15 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!

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OUT AND ABOUT IN THE COMMUNITY WITH MELISSA AND THERESA

The restaurants and dates always change but the times never do! Breakfast Club is ALWAYS 9 a.m. Lunch Bunch is ALWAYS 11:30 a.m. and Dine Around is ALWAYS 5 p.m. 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 Oct. 24, 9 a.m. Sit outside at the quaint little June's for your breakfast. We love to support our local business owners. After breakfast go right down the street to Klucker Hall for the Country Western Band with our Ghosts and Guitars Dance. June's is located at 430 S. Main St. in Shiloh.

Lunch Bunch: Thursday, Oct. 10, 11:30 a.m. We are venturing back to one of our favorites, Old Herald in Collinsville. They have the best smash burgers, grilled salmon, giant hot pretzel on a hook. If it's a nice day we will sit outside. Join us at 115 E Clay St. Collinsville.

Dine Around: Tuesday, Oct. 29, 5 p.m. Wahaka is known for their fresh made Mexican food and fifty different flavors of Margaritas. Located at 1405 N. Green Mt. Rd. #100 O'Fallon, right by Sugar fire and Bella Milano.

ACTIVITIES, ADVENTURES, AND OUTINGS

Belleville Main Street's Senior Day - Join area seniors 55+ as they shop + dine along Downtown Belleville's Main Street Friday, Oct. 18, from 10 a.m. – 1 p.m. Dress in your Halloween best! Seniors will "trick-or-treat" along Main Street with an after-party at PSOP full of fun and giveaways provided by our Belleville Main Street. merchants. Admission to this event is \$10. Registration is from 9:30-11 a.m. at PSOP where the participants will receive their Main Street Senior Day passports and \$5. in Downtown Dollars to spend during the event. A shuttle, kindly provided by Keystone at Richland Creek, will be available to participants for transportation to/from PSOP and along Main Street. After completing the passport, join the wrap-up at 1 p.m. hosted by St. Clair County Office on Aging and PSOP.

Heroes among Us - A Special Salute to Our Veterans! Mon. Nov. 4, 10:00 a.m. For this very special event we are paying tribute to our Veterans and their families. Join us as The Belleville Fire Department hangs the US Flag from their Hook and Ladder trucks. We will have an Honor Guard ceremony and flag folding. Then, if you or someone you know has been on the Honor Flight we want to hear your story. Tell us what it was like. We will also watch the Honor Flight Movie. Please RSVP so we have plenty of food for everyone and please let us know if you are a veteran when you call. 618-234-4410 Ext 7042 or 7043.

2024 Fashion Show!- This year our theme is "Dynamic Duos". Think Lucy and Ethel, Laurel and Hardy, Lone Ranger and Tonto. If you are interested in modeling, or have items (purses, knick knacks, jewelry) for our Girlie Girl Sale please contact us! The Fashion Show is November 15 at 10:00 a.m. Doors open at 9:00 am for shopping. Tickets are \$18. and seating is limited. See Melissa and Theresa for tickets.

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.

Oct. 10. The Art Thief by Michael Finkel Discussion leader – Marilyn Merwin

Nov. 14 The Rooster Bar by John Grisham Discussion leader – Jean Ebel

Dec. 12 Flowers for Algernon by Daniel Keyes Discussion leader – Peg Malec

AWARD-WINNING CARE



Mary Miller began her career as a Senior Services Program Specialist in 1994 by helping seniors at SWIC Programs and Services for Older Persons. For the past 30 years, she has made herself available to the residents and their families in the senior housing community, no matter the time or place. Within her position, Mary assists seniors in finding housing.

There are a myriad of different reasons as to why seniors can struggle when it comes to finding accommodations. Whether it be because they can no longer live alone, a loss of a partner, or due to financial reasons, Mary treats each case with the same love and respect.

However, not only does her job involve finding housing, but Mary also physically moves them into their new accommodations, helps the seniors file paper work, and makes sure that they are able to adjust mentally to their new surroundings.

It is for all of these reasons and more, that Mary Miller was nominated for the **Development Association for the Aging: Legacy Award 2024**. And it is because of all those reasons and more, that Mary Miller is the **winner** of this year's award!

Congratulations. Mary!

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 serve at 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), Year of Service awards 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!

9/11 PATRIOTS DAY - A Celebration and History of the United States Flag

Patriots Day, September 11th, is a National Day of Service and Remembrance of the heroes, armed forces, first responders and countless others' acts of service that defend our nation's freedom. PSOP and AmeriCorps Seniors programs like Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP) and Senior Companion Program (SCP) partnered with Belleville VFW Post 1739 and American Legion Post 2007 to host an event remembering 9/11 and honoring the majesty of the USA flag. We learned about the history of our American flag, how and why the US flag is folded in a triangle, and gained knowledge on the proper care and retirement of unserviceable or tattered flags.



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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



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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.

COUNSELING GROUP MEETING UPDATES:

Chair Yoga Mark your calendars for a special Chair Yoga event on November 13th, 2024 at 9am with Anna Roberson from the YMCA in Belleville! She will lead us through a *FREE* 45 minute class.

All are welcome! PLEASE RSVP to Tanya Koelker, LCPC by phone or email to reserve your spot!

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. The next meeting will be on October 9th, 2024. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, for future meeting details!

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease, will meet on **October 21st at 1:30 p.m.** Please also mark your calendars for a special presentation from Johanna Hartlein, Nurse Practitioner in the Movement Disorder Clinical of Washington University/BJC on Thursday, November 7th, 2024. 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. If more information is needed, please contact the Alzheimer's Association for more information via their website at <https://www.alz.org/greatermissouri>.

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PSOP sponsored Driver's Service Mobile Unit

Call 618-234-4410, ext. 7036

Date:

Oct.9, 2024

Location:

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)



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 others safe.

When: Nov. 12th and 13th, 2024 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.

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.

Classes below meet once/week for 4 weeks at a cost of \$40.

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.

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Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

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 will be discussed.

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

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Cuba Discovery

February 24-29, 2025

Highlights include Classic Cars and unique architecture, walking tours and Hemingway. Sample rum, visit a tobacco farm, and enjoy a winery! And SO MUCH MORE! Price begins at \$5657 per person and includes air from STL, 12 meals, 5 nights hotel, entrance fees as per brochure, and more. 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!

New Orleans & Cajun Country

November 2- 8, 2025

In conjunction with the SWIC Foundation Department. Highlights include the French Quarter and Café du Monde, a river cruise, the New Orleans School of Cooking, and see the Antebellum Mansions of Natchez. Also, experience the Acadian country and visit world famous Avery Island! Cost is \$4169 per person, double. Deadline for reservations is July 17, 2025. Contact Nancy for a brochure.

Montreal & Quebec City Christmas

December 1-6, 2025

Highlights include round trip air from STL; a train ride between Montreal and Quebec; Montmorency Falls (higher than Niagara Falls!); city tours; and, of course, the Christmas Markets! Also included are 5 nights in the 5-star Fairmont hotels! Pricing starts at \$4179 per person, double. Final payment is due August 19, 2025. This trip will fill early! Contact Nancy for a brochure.

No refunds after day-trip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.





201 N. Church St
Belleville, IL 62220

Programs and Services
for Older Persons

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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.

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