

PSOP SEPTEMBER, 2024 NEWSLETTER



Happy Labor Day!

**PSOP will be closed on Monday, September 2, 2024
for Labor Day.**

For additional information or for questions related to closures,
please contact our offices at 201 N. Church St., Belleville, IL 62220
or call us at 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 1st, 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.

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PSOP ACTIVITIES WITH MELISSA AND THERESA

Kids in the neighborhood are back on the school buses, and fresh new things are happening at PSOP as well. Come join us!! Call Melissa or Theresa. We are always open for new things.
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.

Sept. 3 Book Bingo sponsored by Hospice of Southern IL and Garden Place

Sept. 10 Sponsored by Cedar Ridge & Rehab of Lebanon

Sept. 17 Sponsored by The Benedictine Living community at the Shrine

Sept. 24 Sponsored by Keystone Place at Richland Creek

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)

High School Reunion Wednesday, Sept. 4 The Orchestra will be playing the oldies at PSOP. Walk down memory lane and listening to your favorite tunes. Bring your yearbook and compare hairstyles. Lunch is catered. Call for reservations

Barnyard Boogie Thursday, Sept. 26 The Country Western Bank will have your toe a'tappin at PSOP while you enjoy that down-home hoedown. Watch out for what you might step-in as a few barnyard critters will be part of the entertainment. Call so we have enough feed in the trough for you.

JOIN US FOR

Men's Club Friday, Sept. 13, 11 a.m. Welcome back from summer break and welcome to the new sports enthusiasts joining us for the first time! This group of guys are retired coaches, athletes, and fans of all sports. This group gets bigger each month, mostly because of its leader and organizer, Art Voellinger. This month our speaker is Jim Greenwald. Jim is not only a retired Superintendent of Granite City Schools but also a Montclair Baseball League Hall of Famer and former outfielder for the Minnesota Twins minor league. You will want to hear all his stories of glory days. Please RSVP so we can get an accurate lunch count. (Lunch is \$5.) 618-234-4410 ext. 7042 or 7043

Flowers 101 Wednesday, Sept. 14 , 10 a.m. This month we will make a bouquet with fall fresh beautiful flowers. Cost is \$30 for all supplies and flowers.

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, 6 weeks beginning Oct. 2nd through Nov. 6th. Have you been to a dance where everyone is synchronized, moving across the dance floor with no partner needed? 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!

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 \$2.00.

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!

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

The restaurants and dates always change but the times never do! Breakfast Club is ALWAYS 9:00 am. Lunch Bunch is ALWAYS 11:30am and Dine Around is ALWAYS 5:00 pm. 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, Sept 12, 9 a.m. Are you ready for a Hercules Ham Special or an Early Bird Triple Play? Then join us for breakfast at The Round Table located at N 64th St. on Main street across from Tim and Joes.

Lunch Bunch: Friday, Sept 8, 11:30 a.m. We are checking out Hi-Pointe. Be adventurous and try the Taco Burger made with Doritos or sweet potato tots! Or if you are being healthy they have a wonderful fresh salmon salad! After lunch we will walk right next door to Hot Box Cookies for warm cookies and ice cream! Hi Point and Hot Box is located in O'Fallon, 630 W Hwy 50.

Dine Around: Tuesday, Sept 24, 5 p.m. We are in the mood for some Greek Moussaka and some flaming cheese so we are heading to Fazzi's in Collinsville. Not in a mood for Greek food and afraid we are going to break out in a song from Mama Mia? Then try their crab cakes, chicken modega and steaks!

Located in Collinsville right off of 159, 1813 Vandalia.

ACTIVITIES, ADVENTURES, AND OUTINGS

Cardinal's Game Saturday, September 7, evening game. Spend a pretty summer night cheering on the Cardinals as they play against the Milwaukee Brewers. Tickets are \$98 and includes Field Box Loge seat. hotdog, drink and snacks and motor coach transportation. Just a few tickets left, so call soon!

Shiloh Picnic Wednesday, October 2, 10 -2 a.m. Ahoy matey! Come walk the plank to Shiloh Pavilion and Klucker Hall for Pirates in The Park! We will have bands, Bingo, free lunch all the stuff we love! Dress like a pirate for extra prizes. No need for reservations, just come have a great time dancing, playing Bingo and maybe winning some treasures!

Matter of Balance "FREE" Workshop

This free workshop will help you:

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- 8 week course: Mondays Oct. 7 – Dec. 2 at 10:30 a.m. To register, call 618-234-4410, ext. 7035

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.

Sept. 12 The Dinner by Herman Koch Discussion leader – Denise Sechrest

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

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



Heroes in Our Midst Monday November 4, 10 a.m. No one loves our Veterans more than PSOP, and we want to honor them today. If you went on the Honor Flight to Washington DC we would like to hear your story. We will show the Honor Flight Movie. It's a heartwarming documentary about four living World War II Veterans and a Midwest community coming together to give them the trip of a lifetime. Volunteers race against the clock to fly thousands of WWII veterans to Washington DC to see the memorial constructed for them in 2004 early 60 years after their epic struggle. After the movie we will have some presentations, an Honor Guard and hear from some of our own veterans and their stories. This wonderful program is sponsored by PSOP and Representative Jay Hoffman. Please RSVP 618-234-4410 ext. 7042 or 7043 so we can save a place for you. Please let us know if you are a veteran when you call. Everyone is invited.

(Pictured: Frank Whitaker at the Wright Patterson Air Museum in Dayton OH)

Dazzling Duos Fashion Show Friday, November 15 11 a.m. Has anyone ever told you - you resemble someone famous? Do you have an urge to walk down the catwalk under the lights? Or do you just have a big heart for helping Activities in their biggest event of the year? Then sign up! we are looking for models to walk the runway as a famous couple. Think Ginger Rogers and Fred Astaire, Lucy and Ethel, Thelma and Louis, Blues Brothers, Fred and Wilma Flintstone....If you are interested, please call Activities! We will also have our resale store set up as well. So please consider donating jewelry, accessories, new books, decorative items... no clothes or shoes please. Also, tickets will not be on sale until mid-October! To donate or volunteer call Melissa ext. 7042 or Theresa ext. 7043.



9/11 CELEBRATION AND HISTORY OF THE UNITED STATES FLAG

September 11th, a National Day of Service and Remembrance (Patriot Day), unites all Americans in remembering the heroes, armed forces, first responders and countless others' acts of service that defend our nation's freedom. On Sept. 11, 2024 at 10 a.m., PSOP and AmeriCorps Seniors programs like Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP) and Senior Companion Program (SCP) will partner with Belleville VFW Post 1739 to host an event honoring the majesty of the USA flag. Come learn about the history of our American flag, gain inspiration in this symbol of our country through song and story, and gain knowledge on the proper care and retirement of unserviceable or tattered flags. PSOP serves as a flag collection site for unserviceable flags, so we are ready to receive those if you have one.

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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!

Congratulations to the September 2024 Volunteers of the Week!

Lois Potter, Pamela Salsman, Deb Clark, Judy Hevner, Anne Porter

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

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.





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



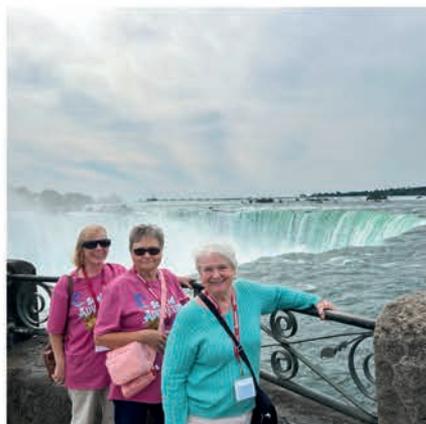
The St. Clair County Housing Authority has one-bedroom apartments for senior citizens (age 62 and older) in locations throughout St. Clair County. Wait lists vary by location. Residents pay 30 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. Call 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



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:

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>.



SPOTLIGHT ON MEDICAL RESERVE CORPS VOLUNTEER AT PSOP - AUNYE AMOS

Aunye Amos received her Associate Degree in Nursing from St. Louis Community College at Forest park in 2011. She then went to pursue her Registered Nurse Degree to Bachelor of Science in Nursing from University of Missouri St. Louis. She completed her Doctor of Nursing Practice Degree from University of Missouri St. Louis in 2020. She's also Board Certified as an Adult-Geriatric Primary Care Nurse Practitioner. She recently got married in October 2023 and loves watching movies!

Come and chat with our MRC volunteers that are here from 9 to noon on the 1st, 2nd, and 4th Tuesdays of the month. Check your blood pressure and blood sugar, and ask questions that you may have regarding general health and senior related issues.

PSOP sponsored Driver's Service Mobile Unit

Call 618-234-4410, ext. 7036

Date:

Sept. 18, 2024
Oct.9, 2024

Location:

7 Park Dr. Shiloh, IL
201 N. Church St. Belleville, IL

Services provided to seniors 55 and older by appointment only

PAYMENT: Credit card, check and now cash.

Mobile Unit hours: 10 a.m. to 1:40 p.m. Services available: Driver's License Renewals, State ID cards and Vehicle Registration Renewals (including REAL ID's, vision test, road test and written exam if required)



SeniorLink ComputerClasses

Call 618-234-4410 Ext. 7036 to sign-up!

Fall Classes now forming for Windows 11 Space is limited!

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

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

PSOP Newsletter Subscription Form

Call 618-234-4410, ext.7043 if you have subscription questions.

Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label.

To continue receiving the PSOP newsletter fill out the attached subscription form and mail with your payment to: **PSOP Newsletter, 201 N. Church St., Belleville, IL 62220**

Name: _____

Address: _____

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