

September



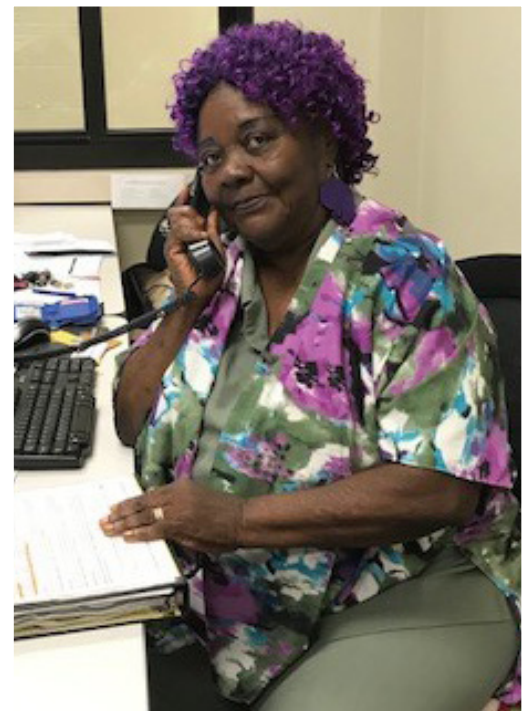
2019

201 N. Church St. • Belleville, IL • 62220 • 618-234-4410

PSOP RESOURCE CENTER NEWS!



New Advocacy Representative Lynn Niermann discusses services available to Belleville resident Virginia Hodge.



Resource Center Receptionist Mary Johnson will be happy to help set up an appointment.

We are excited to announce that two new individuals have joined our team at the Resource Center:

Advocate/SHIP Counselor Lynn Niermann and **Receptionist Mary Johnson**. Mary will gladly help you make appointments and Lynn will be assisting with Benefit Access Applications, Energy Assistance (LIHEAP) Applications, St Clair Co. Tax Freeze Applications, Medicare Supplements/Part D, and Medicaid (SHIP) Applications.

Note: Open enrollment to make changes to your Medicare Prescription Drug Plan or Medicare Advantage Plan is **Oct. 15 – Dec. 7, 2019**.

Schedule an appointment now!

Services provided by partner organizations include:

- Veterans Affairs Services
- Nurse from Memorial Hospital
- Land of Lincoln Legal Services
- Senior Services Plus

For an appointment/information call 618-234-4410, ext. 7033.



Everyone can help in the fight to end Alzheimer's. Join the cause by staying informed, making a donation, or becoming an advocate for those with Alzheimer's disease and their families.

- ALZHEIMER'S DISEASE IS THE SIXTH LEADING CAUSE OF DEATH IN THE UNITED STATES.
- 1 IN 3 SENIORS DIES WITH ALZHEIMER'S OR ANOTHER DEMENTIA. IT KILLS MORE THAN BREAST CANCER AND PROSTATE CANCER COMBINED.
- BETWEEN 2000 AND 2017 DEATHS FROM HEART DISEASE HAVE DECREASED 9 percent WHILE DEATHS FROM ALZHEIMER'S HAVE INCREASED 145 percent.

Don't just hope for a cure. Help us find one. Join the PSOP Team and raise funds for the fight against Alzheimer's disease during the Walk on Oct. 5, 2019.

Where: SWIC, 2500 Carlyle Ave., Belleville, IL 62221

When: Oct. 5, 2019 – Registration - 8 a.m.,
Ceremony - 9 a.m., Walk - 9:30 a.m.

Contact: Carla Boswell, carla.boswell@swic.edu,
618-234-4410, ext. 7036

Let's Fundraise for HOPE!!! Every dollar makes a difference.

Register by using the website below and clicking on 'join a team'. Enter - PSOP Team there. Encourage your family and friends to go to the Alzheimer's Walk website and make a donation to your page. It's easy!

**[http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?](http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?fr_id=11322&pg=entry)
[fr_id=11322&pg=entry](http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?fr_id=11322&pg=entry)**

*Unable to sign-up on the internet? No problem.
Call Carla, and she will give you the information and details on how to accept donations.*

If you are busy that day and can't join us, please consider making the donation to one of our team members in honor or memory of a loved one!

NOW IS THE TIME TO END ALZHEIMER'S!

AFFORDABLE SENIOR HOUSING

Rent-subsidized, affordable housing apartments available for qualified adults 62 and older.

- Onsite maintenance
- Comfortable common areas
- Controlled access
- Diverse activity calendar
- Wellness program
- Pastoral care

7245 Westfield Plaza Dr. [®]
Belleville, IL 62223
618-233-5506



**WESTFIELD
MANOR**
LUTHERAN SENIOR SERVICES

COMPUTER CLASSES AT PSOP

Introduction to Word: This beginning class will provide a basic introduction to what you can do with Microsoft Word. **Tuesdays • Sept. 17 to Oct. 22, 2019 (six weeks) • 9-11 a.m. • Cost: \$40 WAITLISTED ONLY**

Windows 10 Basics: This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. **Thursdays • Sept. 5 to Oct. 10, 2019 (6 weeks) 1-3 p.m. • Cost: \$40 WAITLISTED ONLY**

iPad Basics: This basic class will include explanations and hands-on usage of Apple iPad applications and features developed by Apple. **Wednesdays • Sept. 18 to Oct. 23, 2019 (6 weeks) • 1-3 p.m. Cost: \$40**

iPhone Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple. **Tuesdays • Oct. 8 to Nov. 12, 2019 (6 weeks) • 1-3 p.m. Cost: \$40**

Ask Andy: Have questions about your computer? Join Andy for drop-in opportunities to get your questions answered! Cost: FREE **Wednesdays, Sept. 4 & 18, Oct. 2 & 16, & Nov. 6, 2019 (five sessions) • 10-11 a.m.** Attend one or all five – no registration needed for these sessions only.

Please call or email Cheryl for more information or to register for above classes: 618-234-4410, ext. 7023 or Cheryl.brunsmann@swic.edu.
All classes MUST be registered for AND paid for in advance.

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:
Oct. 9 • Dec. 11

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.)

Other services include: state ID cards and vehicle registration renewals.

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card.

Drivers age 75 and older are required to take a driving test to renew their driver's licenses.

All payments must be by checks or credit cards; cash will NOT be accepted.

Appointments required for all services.

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

Mobile Unit Hours: 10 a.m. - 1:30 p.m.

Please call 618-234-4410: Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.



SEPTEMBER 11TH NATIONAL DAY OF SERVICE AND REMEMBRANCE

HONOR 9/11 DAY with American Tradition of Service

Sept. 11 is a day of history, emotion, and reflection. For many Americans it is also a day of service that provides an opportunity for citizens to put into action a shared belief that by joining our neighbors and local leaders we can make our country stronger and better for decades to come. Sept. 11 was designated a national day of service by Congress in 2009. The Corporation for National and Community Service leads the annual event, working with 911Day.org and hundreds of business, nonprofit groups, faith-based organizations, and schools nationwide. This year, thousands of volunteers of all ages and backgrounds in both rural and urban communities are expected to join their neighbors in delivering meals, repairing homes of veterans and military families, refurbishing schools and community centers, preparing care boxes for the military and first responders, collecting food and clothing, signing up as mentors, reading to children, and more.

Here in our community we will support and honor veterans, soldiers, military families, and first responders, by holding a food drive. Throughout the month of September PSOP, the Senior Corps Volunteer Programs, as well as SWIC AmeriCorps will partner to give you an opportunity to do for others by donating food items to local food pantries. PSOP welcomes nonperishable food items to be dropped off by the receptionist desk in the designated food container. If you have questions concerning the food drive, please call the Senior Companion Program at 618-234-4410, ext. 7036.

SUPPORT PSOP – SAVE OUR ENVIRONMENT!

When you purchase a "Giving Bag" from Fresh Thyme, \$1 can be donated to PSOP. All you have to do is specify SWIC – Programs and Services for Older Persons upon following the instructions on the Giving Tag. If after purchasing a bag (or two or three), you need assistance, please call Cheryl at 618-234-4410, ext. 7023 with the 6-digit code from each bag!

Community Education now offers:

Noncredit classes designed to meet community needs. Our focus is growth and well-being for people of all ages.

October classes:

- Water Color Christmas Cards – at PSOP;
- Chinese Cooking (Egg Rolls)
- Quick Watercolors
- Medicare Made Easy
- Illustrator Basics for Beginners

For a complete list of classes and to register go to:
swic.edu/community.

See what SWIC Programs & Services for Older Persons can do for you!



- Activities: dinner outings, games, dances
- Health & Wellness Services
- Travel Opportunities
- Housing Assistance
- Alternative Transportation Services
- Free Amplified Phone Program
- Volunteer Programs: Senior Companion, Foster Grandparent & RSVP Programs
- And much, more more!



Learn more by calling PSOP: 618-234-4410
or visit swic.edu/psop.

GRIEF SUPPORT GROUP

Monday, Sept. 16, 2019 • 10-11:30 a.m.

201 N. Church St. Belleville at PSOP

Call 618-234-4410, ext 7044, for more info.

*Sponsored by the St. Clair County Office on Aging
and the St. Clair County 708 Mental Health Board*

HAPPY HOUR & HEARING

**201 N. Church St.
Sept. 23 at 1 p.m.
Snack & "Mocktails"**

Southwestern Hearing Center will discuss hearing loss and options for seniors.

Call 618-234-4410, ext. 7044.

Sponsored by the St. Clair County Office on Aging

FLU SHOT

**SEPT. 5, 2019
201 N. CHURCH ST.
1:30-2:30 p.m.**

Shots are free with a Medicare card

Please call to RSVP, 618-234-7410, ext. 7044.

Sponsored by the St. Clair County Office on Aging

AUGUST WORKSHOPS

Monday, Aug. 26, 10 – 11 a.m.

*SAFB Wing Historian, Mark Wilderman,
will speak and present videos on the history
of Scott Air Force Base.*

Wednesday, Aug. 28, 11 a.m. – noon.

*Dr. Greg Hipskind will discuss a new Lite Therapy
for Traumatic Brain Injury.*

Please RSVP to 618-234-4410, ext. 7034.

St. Clair County Office on Aging Special Event

4TH ANNUAL 1K WINE WALK

**Oct. 27 at noon
WEINGARTEN**

Walk with us and enjoy five tasting stations along the route.

Join your friends!

\$30 in advance, \$35 day of the event
(t-shirt not guaranteed)

Sponsorships opportunities available.

**Call 618-234-4410, ext. 7044 for more
information or to purchase a ticket.**

All proceeds fund senior programs.



SENIOR POLICE ACADEMY



**PSOP Building
Thursdays, Sept. 12 – Oct. 31
10-11 a.m.**

Some of the topics will include:

- Personal & Home Safety
- Insurance Home Repair & Consumer Fraud
- Identity Protection- Personal Self-Protection

**Lunch will be provided for a small fee.
Reservations are required.**

Call 618-234-4410, ext. 7081 for more information
or to make a reservation.

*This event is co-sponsored by the St Clair County Office on Aging
and Sheriff's Department.*

PSOP Resource Center Services

PSOP/Resource Center accepts donations of gently used medical equipment (canes, walkers, wheel chairs, etc.) for our loaner program. Please call Marsha at ext. 7035 for more information.

Older Adult and Caregiver Counseling

PSOP, in partnership with the St. Clair County Mental Health Board and Age Smart Community Resources, offers the Older Adult Counseling Program and Caregiver Counseling Program. Counseling assists with practical and emotional adjustments related to healthy aging, illness, life events or caregiving. To schedule an appointment, call 618-234-4410:

- Jodi Gardner, MSW, LCSW at ext. 7031
- Tanya Koelker, MA, LCPC at ext. 7039

Alzheimer's Association Caregiver Support Group

Sponsored by the Alzheimer's Association, PSOP hosts a monthly support and education meeting for those who are caregiving for someone with Alzheimer's disease or a related dementia. Meetings are held the second Tuesday of most months at 2:30 pm, at PSOP. This meeting is intended for caregivers-only to attend. For more information about the meeting, or for an individual counseling and resourcing appointment related to dementia caregiving, please call Jodi at 618-234-4410, ext. 7031.

Parkinson's Support Group

This support and educational meeting, sponsored by the American Parkinson Disease Association, is held at PSOP on the second Monday of most months at 1:30 p.m. Anyone affected by Parkinson's Disease is welcome to attend.

For more information about the meeting, the APDA, or for an individual resourcing session, please call Jodi at 618-234-4410, ext. 7031.

Mindfulness Group

The Older Adult & Caregiver Counseling program now provides an anxiety education group for learning techniques to cope with stress and anxiety. Learn about "Mindfulness" techniques that increase focus and relaxation. The group will meet the second Wednesday of most months at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information.

Brain Health

PSOP and the Alzheimer's Association would like to invite everyone to participate in a monthly educational class to promote Brain Health. Whether you are a person with memory loss, or someone interested in maintaining as healthy of a brain as possible, this monthly meeting will feature brain exercises, activities, socialization and education. Classes will be held the second Thursday of most months at 2:30 p.m. No reservation is necessary, but you may call Jodi Gardner, MSW, LCSW, at 618-234-4410, ext. 7031 for information.

PSOP has staff available to assist individuals with various benefit programs including:

- Benefits Access Applications
- St. Clair County Tax Freeze Applications
- Medicare and Medicare Part D Enrollment
- Energy Assistance Applications
- Information and Assistance
- License Plate Discount and more!

Office hours are Mondays, Tuesdays and Wednesdays from 9 a.m. to noon.

Call 618-234-4410, ext. 7033 to make an appointment.

SENIOR FOOD BOXES

PSOP partners with the St Louis Area Food Bank to provide monthly senior food boxes. Participants must be at least 60 years of age and lower income. For further details or see if you qualify, call Marsha at 618-234-4410, ext. 7035.

Land of Lincoln Legal Aid will assist individuals of limited income, age 60 and above, with powers of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. to noon • By appointment only

Call 618-234-4410, ext. 7033 to make an appointment.

Nurse Available at PSOP!

June Gagen, RN, from **Memorial Hospital** will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on **Tuesday mornings from 9 a.m. to noon** in the **Resource Center**.

No appointment needed.

EXCEPTION: There will be no nurse available on Sept. 10 or Oct. 8.

SERVING VETERANS OF ST. CLAIR COUNTY

Information and Assistance with claims to the Department of Veterans Affairs for benefits such as: pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

By appointment only • Mondays from 9 a.m. to noon

Call 618-234-4410, ext. 7033 to make an appointment.

AARP Driver Safety Class

Tues. & Wed., Oct. 22 & 23

9 a.m. - 1 p.m.

\$15 - AARP member • \$20 - non-AARP member
(Completion of this class may entitle you to a reduction in your car insurance rate)

Call 618-234-4410, Melissa (ext. 7042)
or Theresa (ext. 7043) to register.

SEPTEMBER 2019

Metro Pass Location PERMANENT LOCATION

Belleville Metro Station,
718 Scheel St., Belleville.
Tuesdays & Thursdays,
9 a.m. to noon.

Questions? Please call:
618-628-8090

• **RENEW YOUR NEWSLETTER
SUBSCRIPTION AT LEAST
ONE MONTH BEFORE YOUR
EXPIRATION DATE
(ON YOUR MAILING LABEL)**

• **CHANGE YOUR ADDRESS
IF YOU MOVE**

• **YOU CAN ACCESS THIS
NEWSLETTER BY GOING TO:
SWIC.EDU/PSOP**

PSOP RECYCLES:

**Aluminum cans
(supports Advocacy Dept.)**

**Cellphones
(supports Cellphones
for Soldiers)**

**Old shoes
(Waterman Project)**

Monday

2

PSOP CLOSED FOR LABOR DAY

9

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Lunch Bunch, Applebee's Grill & Bar,
4300 Green Mount Crossing
Drive, Shiloh, 11:30 a.m.
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.
Parkinson's Support Group, 1:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

16

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

23

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

30

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

Tuesday

3

Bridge, 8:30-11:30 a.m.
Breakfast Club, Chick-Fil-A Green
Mount Commons, Belleville,
9 a.m.
Lunch & Learn, 10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

10

Bridge, 8:30-11:30 a.m.
Lunch and Table Games,
10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Alzheimer's Caregiver
Support Group, 2:30 p.m.
Bridge, 5-8 p.m. at the Nichols Center

17

Bridge, 8:30-11:30 a.m.
Lunch with the Doc,
10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

24

Bridge, 8:30-11:30 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

Wednesday		Thursday	Friday
4 Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.		5 Pinochle, 9-11:30 a.m. Lunch & Table Games, 10 a.m. - 1:30 p.m. Exercise, noon -1 p.m. Hand & Foot, 1:30-3:30 p.m. Dine Around, The Abbey, 5 p.m.	6 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.
11 Crochet/Basic Knitting, 9-11:30 a.m. Mindfulness Strategies, 10 a.m. Line Dancing, 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.		12 Pinochle, 9-11:30 a.m. Lunch & Table Games, 10 a.m. - 1:30 p.m. Book Discussion, 10-11:30 a.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m. Brain Health, 2:30 p.m. SHILOH SENIOR CENTER Dance, Sock Hop, 10:30a.m. - 2 p.m. at Klucker Hall	13 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m. Men's Club, 1:30 p.m.
18 Crochet/Basic Knitting, 9-11:30 a.m. Pinochle/Card Games, 10 a.m. Dance, Pirate Dance, 10:30 a.m. - 2 p.m. Line Dancing, 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.		19 Pinochle, 9-11:30 a.m. Lunch & Table Games, 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m.	20 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.
25 Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.		26 Pinochle, 9-11:30 a.m. Lunch & Table Games 10 a.m. -1:30 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m. Pinochle, 1:30 – 3:30 p.m.	27 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.
		<u>COUNTRY WESTERN BAND</u> 5– Collinsville 12 – Shiloh 19- Moose 26 – Okawville	<u>RSVP ORCHESTRA</u> 4 – Caseyville--SCCOOA 11 – Okawville 18– Belleville 25 - Collinsville

Wellness Activities

GENTLE YOGA is held Tuesdays from **10-11 a.m.** Instructor Joyce Herman has extensive experience in guiding you in this practice. The cost is **\$5 per class**. Please call Joyce at 618-980-2278 for information.

TAI CHI is offered **Mondays** (beginners) and **Tuesdays** (advanced) from **noon to 1 p.m.** Instructor Delores Gordon has been certified to lead Tai Chi for Arthritis, the Yang Ten Form, SHIBASHI, Tai Chi for wellness and other forms of this practice since 2002. **The cost is \$5 per class.** Try out one session free to see if it fits your needs!** Please call Delores at 618-580-0671 for more information.

Fitness Room is CLOSED during Tai Chi and Yoga

*** No advance registration is required for either activity; payment is due at time of activity directly to the instructor.*

ALTERNATIVE

TRANSPORTATION SYSTEM (ATS)

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 or older. You can inquire about the ATS program by calling 618-239-0749.

FREE AMPLIFIED PHONES

Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for an ITAC 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 Illinois Telecommunication Access Corporation (ITAC) amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012 or ext. 7040

HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN SEPTEMBER

Helen D., and Margarette P.

RSVP

A friendly reminder for all of our RSVP volunteers:

PLEASE sign your timesheet and have your supervisor sign when possible

Take a look at some of the assignments available this month

- **Community Interfaith Food Pantry of Belleville** is seeking specific job support in the way of an Assistant Operations Director and an Assistant Treasure of the Board of Governors. Both positions require dedication in day-to-day operations, leadership and attending Board meetings. Other duties include, but are not limited to, coordinating food drives, spokesperson for pantry, supervising volunteers, etc.
- **Tri City Faith in Action in Granite City and Collinsville** is seeking volunteers to transport seniors to doctors' appointments and to visit the elderly in their homes as "Friendly Visitors" or Friendly Phone Callers for one hour per week. (Background checks required and provided)
- **Arlington Wetlands** is a nature preserve located in Pontoon Beach. The preserve needs support in the areas of general maintenance, identification and removal of nonnative species and the placement of interpretive signs. Hours are flexible. This assignment has limitless opportunities for the environmentalist at heart.
- **Lebanon's Winter Wonderland** is seeking volunteers to help with the community winter holiday display. Several opportunities for volunteerism are available: Setup, assembly of displays, and greeting visitors. Visit www.hornerparklights.com for prior year displays.
- Calling all Veterans - **Madison County veterans** need the support of other veterans. When mature adults give up driving, transportation to doctor's appointments becomes necessary. Won't you help the people who have helped make this country great!
- **Willoughby Heritage Farm in Collinsville** is seeking farmhands. Opportunities include working around the farm and conservation reserve (three miles of trails) Wednesdays, 9 a.m. to 1 p.m. Lunch provided on Willoughby Workday Wednesdays. Other days available on an independent basis.
- **Habitat for Humanity - ReStore in Collinsville** is in need of cashiers, sales assistants and merchandisers. Any day (Tuesday through Saturday) 3- to 4-hour shifts available. The shop sells new and used building materials to the public at discounted prices. Experience with retail sales, home improvement or construction is helpful but not required. Training will be provided.
- Want to help with making school a positive experience? You can make a difference in the life of a child! **Harmony School Neighborhood Association in Belleville** needs help with mentoring, reading, or tutoring children. This assignment requires a background check (paid by the association). The group meets once a week. Children are our future!
- **Habitat for Humanity - Collinsville Chapter** has a request for volunteers to help with the building projects. Saturdays from approximately 8:30 a.m. to 2 p.m. Opportunities include: construction site coordinator, volunteer coordinator, and building site volunteers. If you have dreams of being a "Ty Pennington" here is your chance to create and help those with the dream of having a home of their own.

**For information on any of the above-mentioned assignments please contact Pat Etling at 618-234-4410, ext. 7012.
Your dream volunteer situation is waiting for you!**

ACTIVITIES & TRAVEL

Unless otherwise noted, the following activities are held at PSOP, 201 N. Church St., Belleville.

*For information about any activity, call
618-234-4410, ext. 7042 (Melissa) or ext. 7021 (Jean Ellen).*

Chess • Mondays, 10-11:30 a.m.

Golf League • Mondays & Wednesdays, 8:30 a.m.

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m. with tee time at 9 a.m.

Cost is \$8 to golf nine holes.

Carts are available – first come, first served.

Monday league – Carol Dunn at 618-210-7265

Wednesday league – Pat Hrasky at 618-781-0551

Bridge • Tuesdays, 8:30-11:30 a.m.

Do you know what a Trump or a Dummy is? Have you played bridge but have not played for a while? Come join the Bridge Players on Tuesday mornings!

Tuesday Lunch • 11:30 a.m. • \$5

For lunch reservations, call 618-234-4410, ext. 7015, then press 2 by Monday at noon.

Tuesday Activity • Noon

Sept. 3 – Lunch and Learn

Sept. 10 – Lunch and Table Games

Sept. 17 – Lunch with the Doc

Sept. 24 – Lunch and Table Games

Pinochle • Tuesdays, 1:30 p.m., and Thursdays, 9 a.m.

Whether you are a morning person or get out more in the afternoons, come join us for Pinochle!

Line Dancing • Wednesdays, 1:30-3 p.m.

Warm up with some line dancing. Great people and awesome instructors will have you doing a happy dance all over the dance floor. \$2 per session.

Book Discussion Group • Thursday, Sept. 12, 10 a.m.

"The Day the World Came to Town" by Jim DeFede is this month's book selection. The discussion leader is Nancy Joiner.

Thursday Lunch • 11:30 a.m. • \$5

For just \$5 you will get a homemade lunch made by our very own volunteers. They are always coming up with something new. Stay for fitness or table games or cards. **For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.**

Thursday Activity • Noon

Sept. 5 – Table Games

Sept. 12 – Table Games

Sept. 19 – Table Games

Sept. 26 – Table Games

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw and share ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

"Sock Hop" Dance • Thursday, Sept. 12, 10:30 a.m. – 2 p.m. Shiloh Klucker Hall

Dust off your Letterman Jacket; get out your Poodle Skirt and Saddle Shoes and come and enjoy the music of the Country Western Band at Klucker Hall in Shiloh. Enjoy lunch for \$5. Please make your reservation by noon on Sept. 11. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by The Atrium of Belleville.

"Pirate Dance"

Wednesday, Sept. 18, 10:30 a.m. – 2 p.m. PSOP

Yo-ho-ho, Matey! Brush up on your pirate talk and get ready to dance with the RSVP Orchestra at PSOP in Belleville. Shiver Me Timbers! Remember to make a reservation. You don't want to be walk the plank! Enjoy lunch for \$5. Please make your reservation by noon, Sept. 17. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Cambridge House of O'Fallon.

The following activities are held at the Shiloh Senior Center

Games • Mondays, 10-11:30 a.m.

We are either playing Bunko or Dominoes each Monday. This is a fun, outgoing group that is very welcoming to new players! Come in and have some fun at the Shiloh Senior Center.

Pinochle/Card Games • Wednesdays, 10-11:30 a.m.

This is a cozy building with comfortable chairs. No cost to play. They always welcome new players.

TO MAKE RESERVATIONS FOR THE FOLLOWING ACTIVITIES, CALL 618-234-4410, EXT. 7016

Men's Club • Friday, Sept. 13, 1 p.m.

Guest speaker is: Mike Harrison, first-year Belleville East High School varsity football coach; former assistant coach, McKendree University, Lindenwood University - Belleville. All-American NAIA defensive back 2006 at McKendree and Bearcats baseball player; All-State football player for Bloomington, Illinois, High School Class 6A state finalist team in 2002. Please make reservations for lunch by noon the day before. Lunch is \$6.

Breakfast Club • Tuesday, Sept. 3, 9 a.m.

Join us at Chick-Fil-A, 2532 Green Mount Commons Drive in Belleville for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Monday, Sept. 9, 11:30 a.m.

We're meeting at Applebee's Grill & Bar, 4300 Green Mount Crossing Drive in Shiloh. Please call for reservations so we can have a seat saved just for you!

Dine Around • Thursday, Sept. 5, 5 p.m.

Meet us at The Abbey, 5801 W. Main St. in Belleville. Join in on the Ukulele sing-a-long after dinner. Please call Activities to let us know you are dining with us!

**Cards vs. Phillies Game
Saturday, Sept. 14, 6:15 p.m.**

We are meeting at the Red Bird Express at St. Clair Square in Fairview Heights. We have great seats in Section 235! You will also receive a Stan Musial and Red Schoendienst Double Bobblehead when you enter the gate. We hope you will join us for a fun evening. Cost of event: \$44 per person, which includes your baseball ticket, hot dog, chips and drink. Cost of Red Bird Express is \$5 per person cash (not included in price of event).

The Virtual Flight of Honor • Thursday, Oct. 10, 10 a.m.

This program, provided by Hospice of Southern Illinois, is a morning of honor, reflection and appreciation. Veterans, their families, and the community "Take off" at the Virtual Flight of Honor program. The PSOP Activities Program will join Hospice of Southern Illinois' own veteran Marine, Kim Johnson, who will lead the patriotic ceremony honoring veterans, provide an educational virtual tour of a typical "Honor Flight" day, and everyone's favorite part, "Welcome" the veterans home! Those in attendance experience the excitement, from a veteran's point of view, of a typical "Honor Flight" day without leaving their hometown. For reservations, please call 618-234-4410, ext. 7016 by noon on Oct. 8.

TRIPS**Kosher Konection • Monday, Oct. 7, 2019**

Learn about the Jewish faith, customs, and foods. Linda Koenig takes us to a temple, the Holocaust Museum, and the smallest Jewish Cemetery in the U.S. A kosher lunch at a local deli will be served. Cost is \$85 per person. Deadline for reservations is Sept. 12. Depart at 9:15 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5 p.m.

Beer Barron • Wednesday, Nov. 6, 2019

St. Louis and beer are natural companions. With over 200 years of brewing by over 125 companies, St. Louis is known as the city where Beer is King. Following the Civil War we were the third largest producer in the U.S. Currently we have over 60 breweries operating. Come hear the history and the legacies left by the Coon, the Lemp, Busch, Conrad, Anheuser, Schlafly, and Griesedieck families. Trip limited to 40 people. Lunch at Schlafly Tap Room using tall tables and bar stools. Please state if you wish to have Chicken Salad, Hamburger or Fish and Chips. Cost is \$83 per person. Deadline for reservations is Sept. 30. Depart at 8:15 a.m. from the Schnuck's on North Belt West, Belleville. Return about 4:45 p.m.

Christmas at the Symphony • Friday, Dec. 13, 2019

Same boxed seats and same restaurant you raved about last year, Lucas Park Grille! Seating is limited to 100 and this sells quickly. Cost is \$111 per person and includes a performance ticket and lunch. Please state if you want chicken pasta or grilled salmon or grilled steak. Deadline for reservations is Nov. 5. Depart 11 a.m. from the Schnuck's on North Belt West in Belleville and at 10:30 a.m. from the Caseyville Township Center in Fairview Heights. Return about 5:30 p.m. to Belleville. Please state with whom you wish to sit.

Western Caribbean Cruise • Feb. 15-23, 2020

Say goodbye to the cold and head out to the Islands! Start with a hotel night in Tampa before boarding the Norwegian Dawn. We visit Mexico, Belize, and Honduras. Price begins at \$2,349 per person and includes airport transfers, air, insurance, gratuities, pre-night hotel, and all meals on ship. You also get two Bonus Features! Final payment due on/before Sept. 26. Call Nancy for a flyer!

Iceland Explorer • June 3-9, 2020

Experience 24 hours of sun and be the envy of your friends! Tour the Golden Circle with its many waterfalls, see the Skogar Folk Museum, Viking ships, hot springs and mud pots. Perhaps take a swim in the world-famous Blue Lagoon, known for its therapeutic waters. Cost is \$4,739 per person, double. Included is air, airport transfers, travel insurance, eight meals, and five nights in one hotel. Full payment due on/before March 5. Call Nancy for a flyer.

Mark this date on your calendar:

Nov. 6 - Beer Barons

Dec. 13 – Christmas at the St Louis Symphony

**Look for PSOP on the web by visiting
swic.edu/psop.**

A 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: Fridays, Sept. 20 to Nov. 8, 2019

10 a.m. - noon

To register, call 618-234-4410, ext. 7035.

Memorials

**For:
From:**

**In honor of Steve & Prudence Wolf
Louise Hoppenjans**



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. Waiting lists vary by location. Residents pay 30% of monthly income (after deductions) toward rent, up to a maximum rent established by location (ranges from \$270-\$464).

**Call 618-277-3290, ext. 7064 (Gloria),
or 7061 (Cutha).**

Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.
I understand that I will be required to sign a Travel Waiver & Release form.*

Name: _____ Phone: _____

Address: _____ City: _____ State/ZIP: _____

Date of Birth: _____ Email: _____

In Case of Emergency Contact: _____ Phone: _____

Trip/Activity _____

Trip

Date

Price

Pick-Up Point

MAKE CHECK PAYABLE TO: **SWIC-PSOP** (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK TO: PSOP Attn: Activities/Travel, 201 N. Church St., Belleville, IL 62220

Travel & Activities Reservation/Cancellation Policy

To make a reservation for a day trip, please dial the extension listed with the trip description. The recording will ask you to give your name and phone number, the date and name of the trip, and the names of people you are making reservations for. You will then be given seven days to complete the registration form and mail it or bring it to the Activities & Travel Office along with your payment. Any payment not received within 7 days will result in your reservation being cancelled.

If a cancellation is received before the reservation deadline, then a full refund will be given. If the cancellation is received after the reservation deadline and a replacement is found, then the 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 nonrefundable tickets.**

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months

Your expiration date is on your mailing label.

If you have any questions about your subscription,
please call 618-234-4410, ext. 7032.

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 _____

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City _____ State _____ ZIP _____

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Programs and Services for Older Persons



**THE MEN'S CLUB MEETS AT PSOP EACH SEPTEMBER THROUGH MAY!
MEET OLD AND NEW FRIENDS, ENJOY A GREAT LUNCH, AND LISTEN TO GREAT SPEAKERS!**

This month's information:

Friday, Sept. 13, 11:30 a.m.

GUEST SPEAKER: **Mike Harrison**, first-year Belleville East High School varsity football coach; former assistant coach, McKendree University, Lindenwood University - Belleville. All-American NAIA defensive back 2006 at McKendree and Bearcats baseball player; All-State football player for Bloomington, Illinois, High School Class 6A state finalist team in 2002.

Please make reservations for lunch by noon the day before. Lunch is \$6.

Mailing prepared by RSVP Volunteers

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