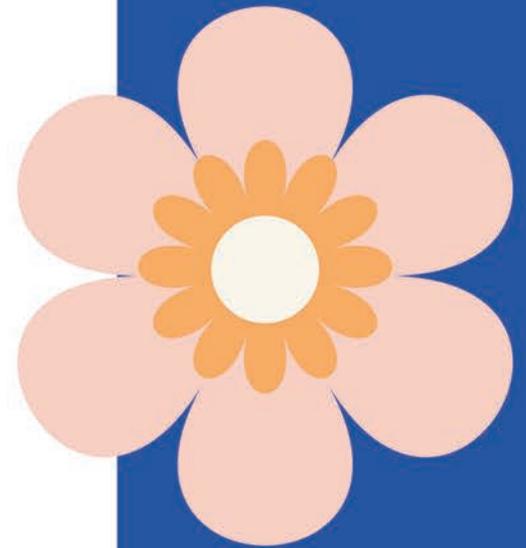


APRIL 2024

PSOP April, 2024 Newsletter

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



SPOTLIGHT ON FOSTER GRANDPARENT SUPERSTAR!

Our Foster Grandparents bring love, social emotional support, and increased academic engagement into the lives of children at schools, Head Starts, and not-for-profit community centers. But don't take our word for it- let's hear from Ms. Rendleman, teacher at Vivian Adams Early Childhood Center:

"Granny Vickie is so sweet and kind! She loves all of the children and is very helpful in the classroom. She has helped the children with social and emotional skills as well as academic/Kindergarten readiness skills. I have a little girl who has been withdrawn and didn't participate much. Granny Vickie got her to come out of her shell and now my little girl knows all of her alphabet letters, counting, etc. She participates in class now, has friends, and uses great social skills. Granny Vickie has such a loving heart. She shows intuition as to which children need some extra love and attention. Nobody feels left out ever. The children's faces just light up when Granny Vickie comes. The teachers even call her Granny Vickie and I told her she's my grandma, too."

We are so grateful you are in our Foster Grandparent Family Granny Vickie! Thank you for making such a positive difference to the children in your community.

Interested in learning more? Our AmeriCorps Seniors program offers a modest stipend and transportation reimbursement in addition to making a difference to our youth. Restrictions apply. If you would like more information on our program, please reach out to Jennifer at ext. 7062.

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PSOP ACTIVITIES WITH MELISSA AND THERESA

We are so glad you want to join us for eating out, dances, learning experiences... but what really helps us out is knowing to expect you. Please make a reservation for everything you would like to attend. So if there are any changes we can call and let you know. Activities 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 10:00 a.m.

April 2 - **Space Bingo**- celebrate the Eclipse with a fun far out Bingo with Cedar Ridge

April 9 - Sponsored by St. Paul Apartment Community

April 16 - Sponsored by Oak Street Health

April 23 - Sponsored by St. Clair County Office on Aging

April 30 - Sponsored by United Healthcare

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) for reservations.

Night and Day Dance Wednesday, April 3, Klucker Hall in Shiloh. We are celebrating the Eclipse with the RSVP Orchestra. The sun, moon and shadows are our theme. So bring your sunglasses and dance to some talented musicians. But come to this dance early! At 10 a.m. we will have Badges and Bagels. Meet with Mayor Weilmuenster, police officers from Shiloh, and a representative from the Attorney General office. This is an open forum to bring any questions and hear what's going on in their world. Bagels and coffee will be served. Then, plenty of entertainment afterwards. Please make your reservation for lunch so we have an accurate count.

Peace Train Dance Thursday, April 18, PSOP in Belleville. Put on your Bell Bottoms and your fringe and be cool at the Peace Train dance. Lots of chillin' with the Country Western Band. Be a cool dude and make a reservation for lunch. Later.

Tech with Teens Friday, 10 a.m. April 5th. This class has been hugely successful!! Come see what all the fuss is about. We have had lots of wonderful comments from the seniors. We have had almost 75 seniors receive help and instruction with their cellphones! No need to be frustrated with your phone when you have the student Council from Belleville West teaching you everything you need to know. This is a one on one instruction with the most tech savvy people we know, teenagers! When you register, tell us what phone you have so we can match you up with a professional (teenager).

Chattanooga Trip Meeting If you are on the trip going to Chattanooga Tennessee April 23-26, please come to the trip meeting. We will give you all the information to keep you right ON TRACK. And lots of helpful hints so you won't be the caboose of the train! Thursday, April 4, 1 p.m. Toot Toot!!

JOIN US FOR

Men's Club Friday, April 12, 11 a.m. This is Art Voellinger's group of coaches, athletes and sports fans. April's speaker is our own Mike Wittlich. Mike is a retired teacher-coach, Mon-Clair Baseball League Hall of Famer and a Marathon Runner. Please make a reservation for lunch.

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Bunko and Dominoes Every Monday in Shiloh. They alternate Bunko and Dominoes, playing begins at 10 a.m. but they start coming in around 9:30 a.m. to have coffee and chat. Held at Shiloh Community Center # 7 Park Drive.

Tai Chi Tuesday and Wednesday at noon, led by Tai Chi instructor Dolores Gordon. Tai Chi enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai Chi is said to boost mood, strengthen the immune system, improve health and it's cool too. Call Activities to reserve a space, class is limited. Regular Tai Chi is Tuesday, beginner is Wednesday. Each class is an hour long and is \$5. Call 618-244-4410, ext. 7042.

Knitting and Crochet Wednesdays at 9:30 a.m. Bring what you are working on and sit with other knitters and crocheters. They talk and laugh more than they knit!

Flowers 101 Wednesday, April 17, 10 a.m. Let a smile be your umbrella, let's make a smiley face mum with Jeff and his gang from Grimm and Gorly. Cost is \$15.00 please reserve your spot so there is plenty of flowers for you!

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.

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! 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, 12:30 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.



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OUT AND ABOUT IN THE COMMUNITY WITH MELISSA AND THERESA



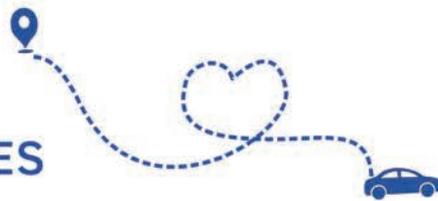
If weather permits and there is a patio, we like to sit outside. Call us with your reservation and we will happily save a seat for you at the table! Activities: 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club: Monday, April 29th, 9 a.m. We are having stuffed cinnamon French toast, biscuits and gravy, 20 different kinds of pancakes and so much more. Meet us at **Belleville Pancake House. 3605 North Belt West.**

Lunch Bunch: Monday, April 15th, 11:30 a.m. Millstadt is our destination this month as we head to **Spike's Public House.** Spike's has been a Tavern since 1910 and got revamped in 2014. They are known for their friendly atmosphere, good home cooking with daily specials and unique foods like Crawfish nibblers, blue storm chili and house roasted Rubeen. **4 E Washington, Millstadt**

Dine Around: Wednesday, April 17, 5 p.m. We haven't been to **Lotawata Creek** in a long time so we are ready to return. We love their homemade bread, southern smothered porkchops and creamed spinach. And who doesn't love their slab of baby back ribs with homemade mac and cheese? Whatever you have a hankering for, make sure you let us know you are joining us! **311 Salem Place, Fairview Heights.**

ROAD TRIPPIN WITH ACTIVITIES



Cardinals Game: September 7, Saturday, 6:15 game. Cardinals vs Mariners with give-away of a unique canvas print, featuring an iconic photo of some of the most beloved Cardinals Hall of Famers. Seats are right field box seats sec 133/134, close to where we usually sit so very easy access. Bus, ticket and goodies: \$98.

Fox Theater Moulin Rouge – Saturday, May 11. Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. A wonderfully entertaining musical with a fantastic dinner afterwards at the Fabulous Fox Theater! Tickets are on Orchestra Floor. \$144 is motor coach, ticket and dinner.



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IMPORTANT ANNOUNCEMENTS

Tax time is just about over.

PSOP is partnering once again with the AARP Tax Aide Program. The AARP Tax Aide Program will prepare your taxes for free. There is no age limit.

Location: PSOP 201 N. Church St. Belleville, IL 62220

You must schedule an appointment.

To schedule an appointment, call 618-277-5511 during the following days and times:

Mondays and Wednesdays from 8:15 to noon unless PSOP is closed.

You may not leave a message on this phone.

The phone will be answered only during the above days and times unless PSOP is closed. The demand for appointments is great, so please be patient as it may take multiple attempts to connect with the scheduler.

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.



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.



APRIL 2024

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 volunteer with 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) 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!

In a random drawing of RSVP volunteers, Congratulations to
the April 2024 Volunteers of the Week!

Dan Buentgen, Sandra Hesse, Judie Loudon, Dan McKenzie, Carol Osick

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

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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 \$1,580 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.

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.

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, April 10th, 2024. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, for future meeting details!

APRIL 2024

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 1:30 p.m., in PSOP's Feurer Hall. Our next meeting will be Monday, April 15th, 2024. 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! Please contact Tanya Koelker, ext. 7039 for support if needed in between meetings.

The Parkinson's Caregiver Meeting is currently **NOT** meeting at this time and will be 'paused' for the foreseeable future. You may contact Tanya at 618-234-4410, ext. 7039, 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.

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:

Apr. 10, 2024

May 15, 2024

Location:

201 N. Church St., Belleville, IL

7 Park Dr. Shiloh, 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)

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.

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.

Apr. 11 Rough Sleepers by Tracy Kinder Discussion leader – Judy Higgins

May 9 Big Lies in a Small Town by Diane Chamberlain Discussion Leader – Peter Will

June 13 Book Selection for 2025

APRIL 2024

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.

Windows 10 Basics: This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 10 during this class. Applications installed after the purchase of the computer won't be covered.

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.

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.

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.

PSOP TRAVEL PROGRAM

Canadian Rockies and Glacier National Park

August 5-11, 2024

In conjunction with the SWIC Foundation Department. See 3 national parks, beautiful blue lakes, travel the Icefields Parkway, Going-to-the-Sun Highway, walk on a glacier, ride the Banff Gondola, and more! Cost is \$4567 per person, double, \$5743 single, and includes 7 days hotel, air from St Louis, 9 meals, and much more! Deadline for reservations is May 6, 2024. Contact Nancy for a brochure.

New York City

August 29 through September 2, 2024

In conjunction with the SWIC Foundation Department. Tour the City that Never Sleeps and learn about many of the buildings and landmarks. Tour Ellis Island, the 9/11 Memorial, 2 Broadway shows, And free time for shopping! Cost is \$4079 for single, \$3579 per person, double, \$3549 per person, triple, and includes sightseeing, 2 shows, air from ST Louis, 4 nights hotels, tours as indicated, and 5 meals. Full payment is due on/before June 12, 2024. Call or e-mail Nancy for a brochure.

APRIL 2024

A Culinary Journey Through Tuscany

September 24 - October 2, 2024

In conjunction with the SWIC Foundation Department. Taste your way through Tuscany! Wine tours, walking tours, museums, a boat tour across Lake Trasimeno, and food, food, food! Included is 7 nights in one hotel, 16 meals, air from St Louis, and more! Cost is \$5199 per person double, and \$5899 for a single. Contact Nancy for a brochure.

Irish Splendor

November 7-14, 2024

In conjunction with the SWIC Foundation Department. Enjoy one of the most beautiful countries in the world. Tour Trinity College and Christ Church during our city tour; visit the Blarney Stone. Drive the stunning Dingle Peninsula to the Cliffs of Moher. And enjoy a glass of Whiskey with your overnight stay in a Castle! Price includes 9 meals, air from St Louis, and sightseeing as shown. Cost is \$4963 for a single, \$4463 per person for a double, and \$4433 per person, triple. Deadline for reservations is August 20, 2024. Contact Nancy for a brochure.

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



201 N. Church St
Belleville, IL 62221

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!)