

JANUARY 2024

PSOP January, 2024 Newsletter

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

PSOP WILL BE CLOSED UNTIL JAN. 3RD FOR NEW YEAR'S AND ON JAN. 15TH FOR MARTIN LUTHER KING, JR. DAY



PSOP ACTIVITIES WITH MELISSA AND THERESA

Winter weather is upon us! To avoid coming to an activity that might have been cancelled due to weather conditions (sometimes you can make it but the instructor or sponsor cannot) please always leave your name as well as your phone number when you RSVP. We hope we can do everything that we have planned, but if we can't, we want to be able to reach you and keep you informed. Thanks so much.

BINGO - Can you believe over 100 people come to Bingo every Tuesday? 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.

Jan.9-Snowflake Bingo Sponsored by Keystone of Richland Creek

Jan.16 Sponsored by Cambridge House

Jan.23 Sponsor TBD

Jan.30 Sponsor TBD



Newsletter Highlights

PSOP Activities

Road Trip Opportunities

Available Classes

Great memories!





JOIN US FOR

Tech with Teens NEW WORKSHOP!! Friday, Feb. 2, 10 a.m. or Friday, Feb. 16, 10 a.m. Have you been frustrated with your phone and a teenager will take it and two minutes do what you have been struggling to do for hours? Want to get on Instagram, edit photos, text your friends, look up someone on Facebook? This is a great opportunity with one on one instruction. Teen will sit across from you and help you with anything on your phone. Thank you to Belleville West Student Council for this great class!

Men's Club Friday, January 12, 2024 at 11 a.m. Come and meet - Kevin Lisch Highly Recognized Australian National Pro Basketball League Player/Coach. An All-State player at Althoff Catholic High School, Kevin starred at St. Louis University (2005-09) and became the Billikens' second leading career three-point shooter (259) and sixth highest scorer (1,687). A two-time league MVP (2012, 2016), he was a member of the Australian National Team in the 2016 Summer Olympics in Rio de Janeiro, Brazil. This sports group is hosted by Art Voellinger. Make your reservation for lunch. \$5.

Flowers 101 Wednesday, Jan. 10 at 10 a.m. Have you seen those beautiful bows on wreaths, packages and swags? Come join Jeff and his crew from Grimm & Gorly as they show you how to do fabulous bows. This class is free!

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!

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.

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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).

Fashion Show 2024 Looking for Models! Do you have a partner, best friend or spouse that you could be a famous couple together for our fashion show?? Think Lucy and Ethel, Thelma and Louise, Fred and Wilma, Fred Astaire or Ginger Rogers. If you would like to be part of our 2024 Fashion show on March 22, and can commit to some rehearsals, please give Melissa or Theresa a call.

CARDS!

Here at PSOP we love playing cards. We have different groups playing almost every day. Please remember when you come in, there is a binder on the table to sign-in. Please always leave your name and phone number so if there are ever any changes we can contact you.

Bridge – Tuesdays at 9 a.m. and Thursdays, 12:30 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle – Tuesdays, 1:30 p.m. and Thursdays, 10 a.m. This group is for pinochle players who already know how to play and new players are always welcome. Although, we do have a few people who are willing to teach if you are interested in learning to play.

Hand and Foot – Thursdays, 12:30 p.m. This little group is willing to teach new people interested in how to play hand and foot. Already know how? What are you waiting for? Join the fun.

Canasta – Fridays 12:30 p.m. Know how to play? Join the game! Don't know how? They will teach you!

Euchre - We have had some interest in starting Euchre again. If you would like to play, please call Activities. Once we have a few of you we will begin again.



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OUT AND ABOUT IN THE COMMUNITY WITH MELISSA AND THERESA



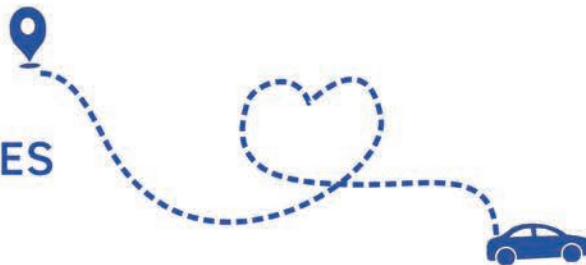
Please be careful with this weather! Make sure you make a reservation, so if it's icy out or too cold, we will call to let you know if we cancel. We wouldn't want you just showing up and sitting at a table for one! Call us with your reservation and we will happily save a seat for you at the table! **Activities: 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa).**

Breakfast Club: Thursday, Jan 4, 9 a.m.- Join us for the Grand Slam Breakfast at Dennys. 1130 South Illinois St. by the Fairgrounds in Belleville.

Lunch Bunch: Wednesday, January 24, 11:30 a.m. Meet us for a local favorite, Tavern On Main. We love their homemade soup and Lobster pizza. Its right up the road at 301 East Main in Belleville. Maybe after lunch you can come here for line dance lessons!

Dine Around: Thursday, Jan 18, 5 p.m. Hoikado! We love trying all of their fantastic dishes like Mongolian BBQ, Crab Rangoon, coconut shrimp and a chocolate fountain! We will have a room to ourselves. 4580 North Illinois St., Swansea.

ROAD TRIPPIN WITH ACTIVITIES



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

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

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

Niagara Falls and Canada September 15-21, 2024. Come with Melissa and Theresa as we stay in Canada, have dinner at the Skylon Tower, tour Niagara and Toronto, ride the famous Hornblower and tour the falls, visit Welland Canal, go on a Harbor Cruise in Toronto, visit a local winery and surprise along the way! If you missed ziplining over the falls the last time we were here we are ready to do it again! Are you? 7 days, 6 nights is \$1349.00 per person double occupancy. Trip is already half filled up so don't wait!



MLK DAY INSPIRES FOSTER GRANDPARENTS DEDICATION TO SERVICE

For several years the Foster Grandparent Program volunteers have participated in SWIC's MLK Day of Remembrance program held at the Belleville campus theatre. These inspirational and gifted speakers spark conversations needed to continue to make positive change and create constructive action. Martin Luther King Jr. once stated, "Life's most persistent and urgent question is, 'What are you doing for others?'"

AmeriCorps Seniors realize that service has the power to bring communities together, help others stand together against hate, build bridges, and heal divides. Foster Grandparents answer the call to service, addressing pressing needs in the community by tutoring and mentoring children in local schools, head starts, and not-for-profit community centers. Together, we can strengthen ties to our communities while addressing our nation's most pressing challenges.

What are you doing for others? Answer that question by joining in service with one of our 3 AmeriCorps Seniors volunteer programs: Foster Grandparents (ext. 7062), Senior Companions (ext. 7023) and RSVP (ext. 7027).

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.



RSVP - RETIRED AND SENIOR VOLUNTEER PROGRAM (55+)

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

Belleville

Beacon Ministries - assistance with intake calls, driving folks to appointments

Community Interfaith Food Pantry - collect, assemble, distribute food to the needy

Family Hospice - assistance sewing fidget blankets or sewing lap blankets

Friends of Belleville Public Library - fundraising to support the library

Hospice of Southern IL - patient care visitor (within 10 miles of your home)

Labor & Industry Museum - Saturday visitor assistance, accession and computer work

Lions Club - cashier for monthly vendor booth

Memorial Hospital Auxiliary - visitor assistance, fundraising, gift shop

Salvation Army - collect, assemble, distribute food to the needy

Senior Services Plus - Meals on Wheels drivers

Shelter Shop - pricer/sorter or cashier

St Clair County Court House - scanning documents

St Elizabeth's Hospital Auxiliary - front desk assistance

St Paul United Church of Christ - making mats for homeless, September 28th & 30th rummage sale

Tapestry of Community Offerings - pricer/sorter or cashier

VFW Post 1739 - veteran assistance, post meetings, one-time clear out of storage area

Collinsville

Cahokia Mounds - interpretive guide

Collinsville Faith in Action - senior transportation

Collinsville Food Pantry - collect, assemble, distribute food to the needy

East St Louis

Catholic Urban Programs - front desk assistance

Fairview Heights

Fairview Heights Food Pantry - collect, assemble, distribute food to the needy

Illinois Center for Autism - front desk assistance

Freeburg

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

Granite City

Granite City Senior Social Club - assistance with senior events

Highland

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

Lebanon

Lebanon Visitors Center - visitor assistance

Maryville

Anderson Hospital Auxiliary - front desk assistance, gift shop

Millstadt

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

O'Fallon

AgeSmart - front desk assistance

O'Fallon Food Pantry - collect, assemble, distribute food to the needy

O'Fallon Township - quilters

2023 RSVP Volunteer of the Week!

Theresa Whitmore

Diane Gibson

Jim Page

Mary Anderson

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



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 \$1,580 for individuals or \$2,137 a for couple.

Please call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for further information or details or to see if you qualify for these programs.

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

LAND OF LINCOLN LEGAL ASSISTANCE – Ages 60 and older Call 618-398-0958 for an appointment.

SUPPORTIVE SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Tanya Koelker, LCPC, offers counseling services in person, by phone, and virtually. This solution-focused counseling is available for St. Clair County residents over the age of 60, or for caregivers of someone over the age of 60, and is free of charge. Topics include emotional adjustments to life events and changes, aging, caregiving, and community resources. Please contact Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

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, January 10th, 2024. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, for future meeting details and to make a required reservation!

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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. There will be NO MEETING in January as PSOP will be closed that day in honor of Martin Luther King Jr. Day. 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:

Jan. 17, 2024

Feb. 14, 2024

Mar. 20, 2024

Location:

7 Park Dr. Shiloh, IL

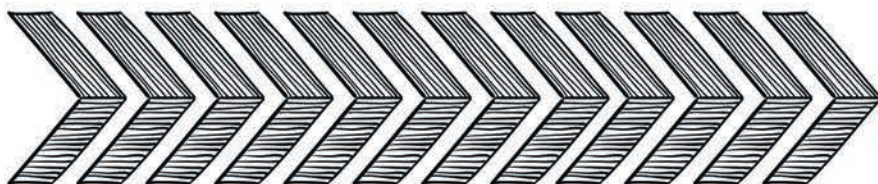
201 N. Church St., Belleville, IL

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.



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[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 Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple Techniques. NOTE: Applications installed after the purchase of the iPhone 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 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.

Jan. 11 Carolina Moonset by Matt Goldmann Discussion leader – Marilyn Merwin
Feb.8 The Island of Sea Women by Lisa See Discussion leader – Jerrie Eggerding
Mar. 21 West with Giraffes by Lynda Rutledge Discussion leader – Ann Krivi



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PSOP TRAVEL PROGRAM

Prohibition! (On the Hill)

Wednesday, May 22, 2024

Joe DeGregorio takes us to his favorite "Hot" spots where "Activity" took place. Joe is not divulging his "Friends" in order to not get anyone in trouble, but the Church was involved, along with other prominent families. Not a lot of walking is involved. We will stop at a local bakery (cash only) for purchases. Lunch at Zia's. Cost is \$109. Deadline for reservations is April 16, 2024.

Alpine Swiss Villages & Rails (lady looking for roommate)

July 2-10, 2024

In conjunction with the SWIC Foundation Department. Considered to be one of the most beautiful countries in the world! Highlights include: 6 nights at one hotel, small cities and parks, glaciers and waterfalls, several train rides, a cruise, a cable car ride, a walking tour of Lucerne, and much more. Price begins at \$5369 per person. Full due 3/3/2024. Air from STL and 12 meals are included. Call or e-mail Nancy for a brochure.

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! Contact Nancy for a brochure.

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.

Save the DATE!

NYC – August 29 to September 2, 2024

Ireland – November 7 to 14, 2024

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

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
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Trip #2	Trip	Date	Price	Pick Up Point
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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 _____



201 N. Church St
Belleville, IL 62221

Programs and Services
for Older Persons

**NON-PROFIT
ORGANIZATION
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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!)