

MARCH 2024

PSOP March, 2024 Newsletter

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

PSOP WILL BE CLOSED MARCH 11-15 FOR SPRING BREAK, AS WELL AS
MARCH 29TH FOR GOOD FRIDAY.



IMPORTANT ANNOUNCEMENTS

Tax time is here. PSOP is partnering once again with the AARP Tax Aide Program. The AARP Tax Aide Program will prepare your taxes for free.

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.



Newsletter Highlights



UPCOMING ACTIVITIES



ROAD TRIP
OPPORTUNITIES



CELEBRATIONS



PROGRAMS &
RESOURCES

MARCH 2024



PSOP ACTIVITIES WITH MELISSA AND THERESA

We are ready with Spring with lots of Activities to choose from. Whether it's the Flower Class, Line Dancing or meeting us out for a meal, please make your reservation. We look forward to seeing you! 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa).

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.

March 5- Lucky Bingo- Celebrating our love for all things green with Cedar Ridge.

March 12- We are closed. Enjoy your Spring Break

March 19- Sponsored by Cedar Creek

March 26- Sponsored by United Healthcare

DANCES 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 pm. 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.

With a Little Luck- Wednesday, March 6 You don't have to be a leprechaun to enjoy the fabulous music of the RSVP Orchestra. Whether you dance every dance or just sit and enjoy the music, its sure to be your lucky day with lunch and entertainment.

Bunnies and Banjos-Thursday, March 28 Hop on over to Klucker Hall in Shiloh for lunch and the talents of the Country Western Band. Klucker Hall has a wooden dance floor that's perfect for boot scootin and toe tapping. Sponsored by Brightly Senior Living.

JOIN US FOR

Men's Club Friday, March 8, 11:00 a.m. This month our speaker is Dr. Malcom Hill, principal of Belleville West high School. You will hear a lot about his experience of what schools are like in 2024, and of course the Athletics! This group is led by Art Voellinger. Please register so there will be plenty of lunch. 618-234-4410 ext. 7042.

MARCH 2024

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, March 20 at 10 a.m. This month Jeff and his staff from Grimm & Gorly are doing an Alice in Wonderland type theme with flowers in a teacup. Cost is \$30 which includes teacup or \$25 if you bring your own. Please let us know when you register if you are bringing your own teacup or if you are getting one from Jeff.

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.

MARCH 2024

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: Wednesday, March 27, 9 a.m. Long Story Coffee- 732 South Illinois St, Belleville IL. Clara B's and Long story is together at one location (by the railroad tracks near Tribout's) Get the best of both worlds with Clara's delicious homemade melt in your mouth biscuits and breakfast items, along with Long Story coffee.

Lunch Bunch: Thursday, March 7, 11:30 a.m. We have been hearing about No Jacks in Smithton for a long time and now we finally get to go. You can choose from a huge menu ranging from chili to pizza, steaks, and great unique appetizers. Located in Smithton. 4001 IL-159, right before you get to Dollar General. Make sure you give us your reservation!

Dine Around: Monday, March 18, 5 p.m. Red Lobster at 110 Ludwig Dr. Fairview Heights. Shrimp, crab legs, steak, cheddar biscuits, what else do we need to say? See you there! And we will know you will be there because you made a reservation! Hint hint.

ROAD TRIPPIN WITH ACTIVITIES



Play Ball: Two games this year with two different ways to go!

Opening week for the Cardinals, tickets for Cards vs Phillies, April 10, 12:15 game. We are doing the ball game in style this time. Cheer on the Cardinals with us from our own private party suite. Enjoy watching your favorite players while feasting on a full buffet including: Beef Brisket, brats, hotdogs, pasta dish, Caesar salad, cookies and brownies for dessert. And we can't have a party suite without Budweiser products with beer, wine and a full bar with our own bartender. Price is \$168 which includes charter bus, all you can eat and drink buffet and party suite with heat or AC (St. Louis so you never know) to root root root for the Cardinals in style!

Save the date - 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.

Eclipse trip: April 8, Monday Let's see the moon and the sun together in Cape Girardeau! We will go to Century Casino, try our luck inside and have a great lunch, then go outside in the parking lot to watch the amazing eclipse. Trip is \$48 which includes motor coach transportation, \$5 in play money and \$5 back towards your lunch at the casino.

Fox Theater 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.

MARCH 2024



THANKFUL, GRATEFUL, BLESSED



St. Clement Community Foundation (SCCF) recently presented a special grant award to the AmeriCorps Senior Companion Program and Foster Grandparent Program in Randolph County. The grants were awarded to each program at a special luncheon hosted by SCCF board at the Red Bud Area Hospital on November 8th, 2023. In attendance to accept the grant award for SCP was Kate Bilyeu SCP, Director and for FGP, Jennifer Friederich, FGP Director.



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.

MARCH 2024

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
Community Interfaith Food Pantry - collect, assemble, distribute food to the needy
Family Hospice - assistance sewing fidget blankets or crocheting/knitting 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
Programs & Services for Older Persons (PSOP) - Front desk assistance
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 - veteran assistance, scanning documents
St Elizabeth's Hospital Auxiliary - front desk assistance, patience assistance
St Paul United Church of Christ - making mats for homeless
Tapestry of Community Offerings - pricer/sorter or cashier
VFW Post 1739 - veteran assistance, community events, 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, database work, tutor

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
Granite City Township - 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!

Barbara Todoroff
Mary Heberer

Janette Zinkan
Carol Bauer

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

MARCH 2024



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

MARCH 2024



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. There will be **NO MEETING** in March as our meeting time falls when PSOP is closed. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, for future meeting details!

MARCH 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. The next meeting will be Monday, March 18, 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.

Mar. 21 West with Giraffes by Lynda Rutledge Discussion leader – Ann Krivi

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

MARCH 2024

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.

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 _____

MARCH 2024

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.

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.

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.

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!)