

June



2019

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

LOOKING FOR A HOME



As an older and/or disabled adult, you might be looking for a place to live which is comfortable and safe with pleasant surroundings. You might be looking for a place where stores and doctors' offices are in close proximity to your dwelling. You might be looking for a place with multiple tenants for companionship, or a single apartment for solitude and privacy.

As a collaborative effort of the St. Clair County Housing Authority and Southwestern Illinois College's Programs and Services for Older Persons, the "Service Coordination Program" provides support service to seniors and disabled residents of public housing to help them maintain their independent living status.

Mary Miller, the Senior Service coordinator and her staff, assists residents of public housing with: Individualized Needs Assessments – Arrange calls and visits with residents to assess their needs for comfortable and satisfactory independent living and keeps them abreast of information they should know. Intervention – Investigate and intervene in housing matters which adversely affect residents, i.e. problem-solving and maintaining the well-being of residents. Advocacy and Complaint Resolution – Support as to resident's rights, grievances, counseling, and suitability of services. Referrals and Linkage with Service Providers – Assists with finding housekeepers, nursing aides, and companionship in the home; also helps with lease renewals, heating/cooling, medical forms and other benefits.

Anyone interested in senior housing should contact Service Coordinator Mary Miller at 618-257-0011, or visit 115 N. 47th St., Suite 106, in Belleville.

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

GIVING BAG

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 six-digit code from each bag!

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

June 12 • Aug. 14

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. - 1:40 p.m.

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



Foster Grandparent Program

“Why I Volunteer”

It's not for the money, nor for the fame,

It's not for any personal gain.

It's just for the love of fellow man,

It's just to lend a helping hand.

It's just to give a tithe of self,

That's something you can't buy with wealth.

It's not for the medals worn with pride,

It's just for the feeling deep inside.

It's that reward deep in your heart,

It's the feeling that you've been a part

Of helping others far and near

That makes you a VOLUNTEER.

ANONYMOUS

If you are interested in lending a helping hand as a mentor to children who have exceptional needs, the Foster Grandparent Program could be a great fit for you! To find out more information, please contact our program staff at 618-234-4410, ext. 7062 or 7024.

AARP Driver Safety Class

Thurs. & Fri., June 13 & 14

Mon. & Tues., Aug. 19 & 20

Tues. & Wed., Oct. 22 & 23

8:30 a.m. - 12:30 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.

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 is partnering 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.

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.

GRIEF SUPPORT GROUP

Monday, June 17, 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*



JUNE 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

COUNTRY WESTERN BAND

6 – Moose – SCCOOA

13 – Collinsville

20- Belleville

27 - Okawville

3 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.

10 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.
Dine-Around, 4204 Main Street
Brewing Co., 5 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

17 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.

24 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

RSVP ORCHESTRA

5th – Shiloh Picnic

12 – Okawville

19 – Moose

26 - Collinsville

4 Bridge, 8:30-11:30 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

11 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, 1:30-3:30 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

18 Bridge, 8:30-11:30 a.m.
Lunch with a 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 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

25 Bridge, 8:30-11:30 a.m.
Lunch and Table Games,
10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Lunch Bunch, Fletcher's, 11:30 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**

5 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.
“Shiloh: The Best Place on Earth,”
 Senior Picnic, 10:30 a.m. - 2 p.m.

6 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.

7 Breakfast Club, “Eckert’s Country Restaurant,” 9 a.m.
Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

12 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

13 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.

14 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

19 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

20 Pinochle, 9-11:30 a.m.
Dance, “Aloha From Hawaii”
 10:30 a.m. - 2 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

21 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

26 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

27 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.

28 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

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

RSVP

What is RSVP?

The Retired and Senior Volunteer Program is a national program that recruits individuals 55 and older to help others through not-for-profit agencies, hospitals, libraries, hospices, schools, etc. The mission of the program is to match the talents of these individuals with one or more volunteer assignments that best suit them. Limited benefits are available. Started in 1973, RSVP has been committed to community service for 46 years.

Look at some of the volunteer opportunities available!

- The **American Red Cross** is seeking support in the manner of Blood Donor ambassadors, Disaster Action Team trainees, Disaster Workforce Engagement Team members, Recovery Team members and Pillowcase Project Team members (A Youth Preparedness Program). Training provided.
- **Tri-Cities Faith in Action** in Madison County desires the support of drivers to take mature adults to doctor's appointments in St. Louis, Maryville or Belleville. Remember gas and mileage for volunteering may be deducted from income taxes.
- The **St. Clair County Medical Reserve Corps** is seeking support in the way of medical and nonmedical assistance to local emergency response agencies in the event of a disaster as well as educating the community on public health initiatives. Opportunities include helping at community event such as first-aid and rest station. Other opportunities include translators, Ham radio operators, triage, shelter care/comfort, assisting in organizing drills, etc.
- **Court Appointed Special Advocates (CASA)** is looking for volunteers to train to learn how to be the advocate for a child as that child goes through an often complicated and scary court system. Training and background checks provided.
- **Madison County and St. Clair County Veteran's Assistance Commissions'** need volunteers to drive Veterans to and from appointments at the VA Medical Centers: John Cochran VA and Jefferson Barracks VA. You can be part of the support team to meet the critical needs of the veteran population in Madison County.
- **Mothers Against Drunk Drivers (MADD)** is looking for volunteers to help with the Court Monitor Program. Volunteers will be trained to observe the court system and collect information in drunken driving cases. Time commitment –weekly/bi-weekly or monthly.
- **Collinsville Historical Museum** is seeking mature adults to help with displaying artifacts and be guides at the museum. This museum holds a lot of local lore and important history regarding the surrounding area.
- **Lebanon Visitors Center** in the heart of downtown historic Lebanon is hoping to find several volunteers to support the information desk as greeters and inform visitors of the shopping and eating opportunities available in this lovely burg.
- The **Greater St. Louis Air & Space Museum** in the historic Curtis Wright-Hangar Two at the St. Louis Downtown Airport (Cahokia) is in need of several volunteers to be docents at the museum. Duties include but are not limited to greeting visitors and changing displays. Take pleasure in this aviation history environment, which is sure to be a fulfilling experience.

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!

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

Grace M. and Don M.

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

June 4 – Lunch & Learn

June 11 – Lunch & Table Games

June 18 – Lunch with the Doc

June 25 – Lunch & 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, June 13, 10 a.m.

This month the group will meet at **Papa Vito's**, 318 E.

Washington St. in Belleville at 11 a.m. The group will make book selections for 2019-2020.

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

June 6 - Lunch and Table Games

June 13 - Lunch and Table Games

June 20 – Aloha Prom Dance

June 27 - Lunch and 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

“Aloha from Hawaii” Dance

Thursday, June 20, 10:30 a.m. - 2 p.m. PSOP

Put on your muumuu, Hawaiian shirt, and leis; grab your friends; and come and hula with the Country Western Band at PSOP.

Enjoy lunch for \$5. Please make your reservation by June 19. Call 618-234-4410, ext. 7015, then press 5 for reservations. *Dance sponsored by Caseyville Nursing & Rehab Center.*

**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.

“Shiloh: The Best Place on Earth!” Senior Picnic

Wednesday, June 5, 10:30 a.m. - 2 p.m.

Join us for our annual Shiloh Senior Picnic for good food, fun and friends! We'll have table games with fun prizes, and dancing with the RSVP Orchestra. We will have prizes and giveaways from area Senior Living Communities. We will have table games outside under the pavilion with fun prizes and dancing with the RSVP Orchestra in Klucker Hall. We hope to see you there!

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

Breakfast Club • Friday, June 7, 9 a.m.

Enjoy a delicious breakfast and great conversation at Eckert's Country Restaurant, 951 S. Green Mount Road in Belleville. Please call Activities for reservations.

Lunch Bunch • Tuesday, June 25, 11:30 a.m.

We're meeting at Fletcher's, 3700 Old Collinsville Road in Swansea. This is the old Clinton Hills Country Club location. Please call for reservations so we can have a seat saved just for you!

Dine Around • Monday, June 10, 5 p.m.

Meet us at Main Street Brewing Co., 4204 Main St. in Belleville for their \$10 steak night. Please call Activities to let us know you are dining with us!

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

We're meeting at the Red Bird Express at St. Clair Square in Fairview Heights. We have great seats in Section 235! You'll also receive a Stan Musial and Red Schoendienst Double Bobblehead when you enter the gate. We hope you'll 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).

TRIPS

**And the Beat Goes On
Tuesday, Sept. 24, 2019**

St. Louis has played a strong role in the history of music. Learn from Joan Huisinga as you visit the National Blues Museum, the Scott Joplin home, SaxQuest, and more! Lunch is at McGurk's. The trip is limited to 40 people. Cost is \$103 per person. Deadline for reservations is Aug. 20. Depart 9 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5:15 p.m.

Kosher Konnection

Monday, Oct. 7, 2019

Learn about the Jewish faith, customs, and foods. Linda Koenig will take you to a temple, the Holocaust Museum, and the smallest Jewish Cemetery in the U.S. Eat a kosher lunch at a local deli. 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.

Memorials

For: **Bill Cummins**

From: Carla & Robert Boswell, Cheryl & Mark Brunsmann, Bob Burrack, Jerri Casson, William Causer, Robert & Veronica Clark, Little Friends Preschool, Gilbert & Sharon McMath, Delores Mueller, Lou Rose, Gerald & Joan Seiler, and Donald Semmler

For: **Bill Dew**

From: Kim Kirn

For: **Velma Glock**

From: Carol Glock Corruccini & Sandra Glock Ritchie

**The Passion Play and a River Cruise!
A ONCE IN A LIFETIME TRIP!**

Sept. 20-29, 2020

Start your journey in Budapest and travel the Danube River. Along the way we stop in Bratislava, Vienna, Durnstein, Passau, Oberammergau for the Passion Play (held every 10 years) and finish in Munich for the Oktoberfest! Prices begin at \$6,549 per person for Category E. This trip has strict deposit and cancellation dates. Please call Nancy for more pricing or for a brochure. Looking for a roommate? There may be others who need one too. Call or visit any staff member to purchase YOURS today. 100 percent of funds directly benefit PSOP programs!

**MARK THIS DATE ON YOUR CALENDAR:
DECEMBER 13 – CHRISTMAS AT THE ST LOUIS SYMPHONY**

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 – Nov. 8, 2019
10 a.m. - noon

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

The Metro East Herb Club

The Metro East Herb Club will be holding their first annual fundraiser on Aug. 7 at 6:30 p.m. The proceeds will help to fund our horticultural scholarship that is awarded to a SWIC student. Chris Benda "The Illinois Botanizer" will be the special guest speaker. Three baskets and a wheelbarrow will be raffled; a 50/50 drawing will also be held.

Meeting are held February through November on the first Wednesday of the month at 6:30 p.m. at PSOP. Public welcome.

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



**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
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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

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to:

Your expiration date is on your mailing label.

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

PSOP Newsletter
201 N. Church St., Belleville, IL 62220

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ New Subscriber: Yes _____ No _____

PSOP programs you currently participate in: _____

Programs and Services for Older Persons



Pictured are several, but not all, of the RSVP Volunteers, who help the community through the AARP Tax-Aide Program. At the PSOP location, 900+ clients were served during the 2019 Tax Season.

Mailing prepared by RSVP Volunteers

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