

August



2018

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

THANK YOU



FOSTER GRANDPARENTS



SENIOR COMPANIONS

Make Independence a Reality

A COMMUNITY COMMITMENT OF SENIORS SERVING SENIORS

Senior Companions are healthy older adults who help other adults live independently. Senior Companions provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independence. Without the help of senior companions, many older adults would not be able to continue living at home and would need more expensive, less personal care. Senior companions become part of a team of caregivers. They alert case managers to potential health problems. Senior companions also provide short periods of relief to primary caregivers such as family members. Senior companions serve 15 to 40 hours per week helping an average of two to four adult clients live independently in their own homes. Volunteers receive pre-service orientation, training from the organization where they serve, supplemental insurance while on duty, and may qualify to earn a tax-free hourly stipend. And remember: When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

Here's how your local SWIC Senior Companion Program serving Madison, Monroe, Randolph and St. Clair counties, has impacted your community this past year:

- In 2017, 113 SCP volunteers served a total of 106,775 volunteer hours.
- 153 clients received independent living services such as socialization, meal preparation, medication reminders and transportation.
- 83 caregivers benefitted from respite provided by the Senior Companions.
- If the SCP volunteers' hours were valued on the current independent sector rate of \$24.14 per hour (Points of Light Foundation) in 2017, the SWIC/SCP volunteer effort is valued at \$2,577,548.50.
- Senior Companions assist in keeping elderly individuals from Illinois nursing homes at an average cost savings of \$78,228/person/year (private room).

Get involved by calling 618-234-4410, ext. 7036.

Join Senior Companions today!

Lunch with the Doc Tuesday Aug. 21, 11:30 a.m.

Sponsored by St. Elizabeth Hospital
RSVP call 618-234-4410, ext. 7015 press 2

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 amplified phone program. For information, call 618-234-4410, ext. 7024, 7012, 7032 or 7040.

The 2018 Illinois Secretary of State Mobile Unit dates have been set for
Wednesdays:

Aug. 8 • Oct. 10 • Dec. 12

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.

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.

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 2nd 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. Any one 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 • Aug. 8, 2018 • 10 a.m.

The Older Adult & Caregiver Counseling program provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will use "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held the second Wednesday of each month at 10 a.m.; this month's session will be held on Aug. 8. Contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

PSOP in cooperation with Senior Services Plus 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 9 a.m. - 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 Services 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. - noon

By appointment only

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

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.

Mondays from 9 a.m. - noon

By appointment only

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

Nurse Available at PSOP!

Barbara Bell, 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. - noon in the Resource Center. No appointment needed.

Living with Memory Loss

The Older Adult Counseling Program and the Alzheimer's Association provide education and support programs for those diagnosed with memory loss or a dementia. Brain health, independence, safety, and life satisfaction are our topics of discussion. For information about upcoming programs, or for an individual counseling and resourcing appointment, please call Jodi at 618-234-4410, ext. 7031.

AARP Driver Safety Class

Mon. & Tues., Aug. 20 & 21

Tues. & Wed., Oct. 23 & 24

9 a.m. - 1 p.m.

\$15 - AARP member

\$20 - non-AARP member

(Completion of this class may entitle you to a reduction in your car insurance rate)

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



AUGUST 2018

Monday

Tuesday

COUNTRY WESTERN BAND

2nd – Belleville
9th – Okawville
16th – Collinsville
23rd – Caseyville-SCCOOA
30th – Moose

RSVP ORCHESTRA

1st – Moose
8th – Collinsville
15th – Shiloh
22nd – no dance
29th – Okawville

Change of Metro Pass Location

The location where the Metro passes are issued has temporarily changed to 19 Public Square while renovation is being done at 27 N. Illinois St. in Belleville. Passes are issued the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking is available behind the building.

Renew your newsletter
at least one month before
the expiration date listed on
your label.

Change your address
if you move.

Access this newsletter
at swic.edu/community/senior-programs/psop.

PSOP RECYCLES:
Aluminum cans
(supports Advocacy Dept.)
Cellphones
(supports Cellphones for Soldiers)
Old shoes
(Waterman Project)

6 **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.

13 **Chess**, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Lunch Bunch, Pizza Hut, 11:30 a.m.
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

20 **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.

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

SHILOH SENIOR CENTER
Games, 10 a.m.

7 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Learn,
10 a.m. - 1:30 p.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

14 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
9 a.m. - 2 p.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

21 **Bridge**, 8:30-11:30 a.m.
Lunch with a Doc,
9 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

28 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.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

Wednesday**Thursday****Friday**

1 Crochet/Basic Knitting, 9-11:30 a.m.
Breakfast Club, Cracker Barrel in Shiloh, 9 a.m.
Line Dancing, 1:30-3 p.m.

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

2 Pinochle, 9-11:30 a.m.
Dance, Land of Oz, 9 a.m. - 2 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

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

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

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

9 Pinochle, 9-11:30 a.m.
Book Discussion, 10 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.
Dine Around, Copper Fire, 5 p.m.

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

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

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.
Dance, When You're Smiling,
10 a.m. - 2 p.m.

16 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.

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

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

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

23 Pinochle, 9-11:30 a.m.
NO LUNCH OR TABLE GAMES
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

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

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

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

30 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.

31 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 - 1 p.m.** The cost is **\$5 per class.** 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. Come and try out one session free to see if it fits your needs!

***Fitness Room CLOSED during Tai Chi and Yoga.**

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

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 60 and older.

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

SUPPORT PSOP –

SAVE OUR ENVIRONMENT!

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

GRIEF SUPPORT GROUP

Monday, Aug. 20, 10-11:30 a.m.
201 N. Church St.

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

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

What is RSVP?

Look at some of the volunteer opportunities available!

- **The SSP Home Delivered Meal Program** in Belleville is in support of drivers to deliver the meals on routes in the Belleville area. If you can spare an hour or so once or twice a month, you will be doing a great service to the homebound elderly. Days and routes vary.
- **The Community Inter-Faith Food Pantry** in Belleville is in need of volunteers for weekdays and Saturdays – shifts are only two hours. Once or twice a month would be great! In addition, Food Pantries in both Madison and St. Clair counties are seeking support. Two or three hours a week will help those in need. During tough economic times, you can make a difference to families and veterans trying to make ends meet.
- **Area schools** will once again need your help because children are this country’s greatest natural resource. Tutors and mentors are needed for the new school year, several schools have some in-class and after school study sessions. You can make an impact by offering a couple of hours a week. YOU can make a difference in a child's life. Background checks required.
- **Cahokia Mounds in Collinsville** needs friendly, history-loving volunteers to help with several areas: docents, tour/gallery guides and the information desk. If you enjoy meeting people from around the world. This is the assignment for you.
- **Lebanon Visitors Center** is seeking volunteers to welcome guests as greeters and support the information desk. Days and times vary – call for details.
- **The Community Inter-Faith Food Pantry** in Belleville is in need of volunteers for two-hour shifts. Once or twice a month would be great!
- **TOCO and Shelter Shop of Belleville** are both in need of sales cashiers. This a great way to help a thrift store and find wonderful bargains at the same time. Days and hours vary.

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 AUGUST

Laverne K.!

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).

Chess • Mondays, 10-11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

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

Aug 7 – Lunch and Learn, 11:30 a.m.

Aug 14 – Lunch and Table Games

Aug 21 – Lunch with the Doc, 11:30 a.m.

Aug 28 – Lunch and Table Games

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

Get out of the heat and play cards in the cool air. Whether you haven't played in years or you play every day, we welcome you! No charge to play.

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

The line dancers will have you laughing and enjoying yourself while you are actually learning to dance. Lessons are \$2 and well worth it. Carol and Bob Schwartz are fantastic instructors!

Book Discussion Group • Thursday, Aug. 9 • 10 a.m.

This month our book selection is "**Clara and Mr. Tiffany**" by Susan Vreeland. The discussion will be led by Karen Roseberry.

Thursday Lunch • 11:30 a.m., \$5

For just \$5 you get a delicious lunch and dessert. Whether you come early for fitness, stayed for card playing or interested in just lunch, it's a great hot meal. **For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.**

Thursday Activity • noon

Aug. 2- "Land of Oz" Dance with the Country Western Band

Aug. 9 - Lunch and table games

Aug. 16 - Lunch and table games

Aug. 23 - NO LUNCH or TABLE GAMES

Art • Fridays, 9 a.m.

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

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Whether a dance is in Shiloh or at PSOP please call and make a reservation. It helps us keep an accurate count and keep our lunch price at \$5. Call 618-234-4410, ext. 7015 then press 5 and leave your name and number.

"Land of Oz" Dance

Thursday, Aug. 2, 10:30 a.m. - 2 p.m.

Follow the Yellow Brick Road for a fun time! The Western Band is fantastic, and you will have a great meal too. Prizes awarded if you dress up as a character from the movie. No flying monkeys, you don't want to scare anyone. Because this dance is so popular, RSVP at 618-234-4401, ext. 7015.

"When You're Smiling"

Wednesday, Aug. 15, 10 a.m. - 2 p.m.

Klucker Hall, Shiloh

Come dance to the signature song of our very talented RSVP Orchestra. It is sure to put a smile on your face. RSVP so there will be plenty of lunch by calling 618-234-4410, ext. 7015.

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! 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.

Dance

Wednesday, Aug. 15, 10:30 a.m. - 1:30 p.m.

"When You're Smiling" with the RSVP Orchestra

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

Breakfast Club - Cracker Barrel in Shiloh

Wednesday, Aug. 1, 9 a.m.

Join us for some good home cooking. We love to sit together at the big round table and then shop in their store afterwards. Located 3160 Green Mount Crossing in Shiloh.

**Dine Around - Copper Fire
Thursday, Aug. 9, 5 p.m.**

Copper Fire, 200 E. Main St., is the newest restaurant in downtown Belleville. Where else can you get deviled eggs for an appetizer, candied bacon on your burger or homemade Beef Wellington? Call PSOP Activities at 618-234-4410, ext. 7042 to save your spot.

**Lunch Bunch - Pizza Hut
Monday, Aug. 13, 11:30 a.m.**

Did you know that Pizza Hut at 652 Carlyle Ave. has a great lunch buffet? All you can eat salad, pizza and your drink for \$7.75. Get out of the heat and enjoy some pizza.

**Niagara Falls Trip Party
Tuesday, Aug. 14, 10 a.m.**

If you are one of the travelers for the Aug. 19-23 trip to Niagara Falls, please try to attend this informational meeting (well, party) at PSOP in the Auditorium.

TRIPS

**This Used to Be St Louis
Tuesday, Sept. 18, 2018**

Author/Historian NiNi Harris introduces us to her newest book which is a fun trip through layers of Rivermen, French/German/Irish/Italian/Greek immigrants who settled in St. Louis. We will follow the stories of individual streets, buildings and parks. Examples are: a church, now a house; a WWII manufacturing plant, now lofts; and a cemetery, now a park. I don't know what surprises we will see, but it will be very interesting! Cost is \$77 per person and includes lunch at Stacked Burger Bar. There is limited walking. Deadline for reservations is Aug. 29. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return to Belleville about 5 p.m.

**What's in Our Backyard?
Monday, Sept. 24, 2018**

We travel the Old National Road stopping at unique places. Try the cheese at Marcot Jersey Creamery and meet the cows. Then to Greenup, the town of porches and antiques. Lunch will be in Casey at the Whittling Whimsy next to the world's largest wind chime. Main Street in Casey is lined with Guinness Book of Record's world's largest items. On the way home we stop for Mile High Pie! Cost is \$79 per person and includes lunch, pie and services of Joan Huisinga. There is limited walking. Deadline for reservations is Sept. 5. Depart 8 a.m. from the Schnuck's on North Belt West, Belleville. Return to Belleville about 5:30 p.m.

Memorials

For: Robert (Bobby) Webb
From: Cheryl & Mark Brunsmann
and Carla & Bob Boswell

For: Ralph Luechtefeld
From: Cheryl & Mark Brunsmann

**Isle Casino Cape Girardeau
Wednesday, Oct. 3, 2018**

We head to one of our favorite casinos where we had 3 \$200+ winners on our last trip! Price includes \$5 cash from the casino and a meal voucher for the buffet. Must be 21 years of age and must present a valid driver's license, passport, or state issued non-drivers ID at casino check-in. Please put your Fan Club players number on the reservation form, if you have one, and birthdate. Cost is \$45 per person. Deadline for reservations is Sept. 11. Depart 7:45 a.m. from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return to Belleville about 6 p.m.

**Christmas at the Symphony
Friday, Dec. 21, 2018**

Same box seats and same restaurant you raved about last year, Lucas Park Grille! Seating is limited to 100, and this sells quickly. Cost is \$107 per person and includes a performance ticket and lunch. Please state if you want chicken pasta or grilled salmon or grilled steak. Deadline for reservations is Nov. 2. Depart at 10:30 a.m. from the Schnuck's on North Belt West in Belleville and at 10 a.m. from the Caseyville Township Center in Fairview Heights. Return about 6 p.m. Please state with whom you wish to sit.

HOLD THE DATE!

**Oct. 23 – Haunted St. Charles
Dec. 10 – Lights & House Tour**

LOOK FOR US ON THE WEB BY VISITING

swic.edu/community/senior-programs/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).**

LUNCH AND LEARN

Tuesday, Aug. 7, 11:30 a.m.

Memorial Network

RSVP call 618-234-4410, ext. 7015 press 2

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

SENIOR CELEBRATION

PSOP recently celebrated Older Americans Month with the annual Senior Celebration; this year's theme was "PSOP: Where Seniors are the Heroes!" More than 400 seniors and other friends celebrated with dancing, table games, a car show and lunch. This event was cosponsored by the city of Belleville and PSOP.



*Delores Mueller with PSOP's own 'incredible'
Melissa Winkeler, event co-chair.*



Wonder Woman, Janine Lehman

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Vice Chair Richard E. Roehrkas, Red Bud; Harry A. Briggs, Ph.D., Granite City; John S. Blomenkamp, Freeburg; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Sonny Wilson, Sparta