

December



2018

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

HOLIDAY GREETINGS



Activities



ATS



Foster Grandparents



RSVP



Senior Companion



Senior Housing



Travel

As always, the staff at Programs and Services for Older Persons wants to wish you ALL a joyous holiday season and a new year filled with many blessings, good health and numerous opportunities to spend with us!

2018 was a fantastic year, and although, it too, brought its' share of challenges, we continued to focus on the positive! You all are counted among the positives in our lives, and we thank you for continuing to choose PSOP!

Please share all that is good about PSOP with your family and friends and help us to continue to make a difference in the lives to many other older adults and their caregivers living in our communities!



BE PREPARED AND CONFIDENT WITH A MEDICAL ALERT SERVICE.

With the holidays just around the corner, why not consider the gift that keeps on giving? Maintaining one's independence is very important to older adults, and Phillips Lifeline can provide the assurance that early intervention will arrive when needed. Lifeline provides quick access to help, 24 hours a day. This easy to use medical alert service is designed to reduce the risk of living alone. In the event of a fall or emergency, help is available at the push of a button.

Feeling safe shouldn't be confined to your home. Whether you are walking to your mailbox or going on vacation, feel confident with 24/7 access to help at home and outside on the go with the GoSafe line of medical alert systems.

GoSafe is the mobile personal emergency response system from Philips Lifeline. Designed for those that are looking for a service that can help provide a sense of confidence to continue to get out and live life to the fullest. What better way to show your loved ones that you care than by giving them increased peace of mind while they are at home or out and about?

Call the Senior Companion Program office at 618-234-4410, ext. 7036 and receive free activation valued at \$50 from Phillips Lifeline Medical Alert Services.

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 or 7040.

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!

SHARING STORIES ABOUT FAMILY HISTORY

Do you have stories you'd like to share about your life and family history: about growing up, your first car, special friends or pets and many more topics? Share your reminiscence with others at this guided story sharing program hosted by The Family Historian Journal, published by One Legacy. Your story might be selected for a future issue of the journal! Group size is about 10 people. The last session of the year is Dec. 10 from 1-2:30 p.m. at PSOP. **Share a short story from your family history for a chance to win a \$50 Amazon Gift Card! Contact Mike Stith at mstith@onelegadcy.com or 618-960-7252. Visit www.onelegacy.com or call 618-960-7252.**

The last 2018 IL Secretary of State Mobile Unit date will be:

Dec. 12, 2018

The 2019 IL Secretary of State Mobile unit dates have been set:

Feb. 13 • April 10 • 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.

Appointments required for all services.

Rules of the Road class: 9:30-11 a.m.

Mobile Unit Hours: 10 a.m. - 1:30 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 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. 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

The Older Adult & Caregiver Counseling program provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will utilize "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held 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!

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.

Nurse Available at PSOP!

June Gavin, 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.

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.

BAGS 4 MY Cause

A simple way to support PSOP: PSOP has once again been selected to be a part of the exciting Schnucks - Bags 4 My Cause!

For every reusable **Schnucks Hunger Bag** with the **"Every Bag Feeds a Neighbor in Need"** message purchased during the month of **December 2018** at the Schnucks store located at **625 Lincoln Trail, Fairview Heights, IL**, **\$1** will be donated to **PSOP!** The bag retails for just \$2.99 and is located on the reusable bag rack.

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

Monday

Tuesday

DECEMBER 2018

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

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](http://swic.edu/community/senior-programs/psop).

PSOP RECYCLES:

Aluminum cans
(supports Advocacy Dept.)

Cellphones
*(supports Cellphones for
Soldiers)*

Old shoes
(Waterman Project)

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.

4 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Learn, 10 a.m. - 1:30 p.m.
Lunch Bunch, Shrine Restaurant,
11:30 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

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.
Guided Story Sharing, 1-2:30 p.m.
Parkinson's Support Group, 1:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

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.
Alzheimer's Association Caregiver
Support, 2:30 p.m.
Bridge, 5-8 p.m.
at the Nichols Center

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.

18 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

24

**PSOP Closed for
Christmas Break**

25

**PSOP Closed for
Christmas Break**

Wednesday

Thursday

Friday

5 Crochet/Basic Knitting, 9-11:30 a.m.
Dance, "Jingle Ball,"
10:30 a.m. - 2 p.m.
Line Dancing, 1:30-3 p.m.

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

6 Pinochle, 9-11:30 a.m.
Lunch & Tables Games,
10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.
Dine Around, Bella Milano, 5 p.m.

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

12 Breakfast Club, Denny's Belleville,
9 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Mindfulness Group, 10 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.
Book Discussion, 10 a.m.-11:30 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Dance, Country Christmas Dance,
10:30 a.m. - 2 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.
Brain Health, 2:30 p.m.

14 Art, 9-11:30 a.m.
Men's Club, 11 a.m. - 1 p.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.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

21
**PSOP Closed for
Christmas Break**

26
**PSOP Closed for
Christmas Break**

27
**PSOP Closed for
Christmas Break**

28
**PSOP Closed for
Christmas Break**

COUNTRY WESTERN BAND

6th - Okawville
13th - Belleville
20th - Moose
22nd - No Dance
27th - No Dance

RSVP ORCHESTRA

5th - Belleville
12th - Moose
19th - Collinsville
26th - No Dance

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.** 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.

OPERATION COOKIE DROP:

Once again PSOP Activities will be baking cookies for our servicemen and women.

There are several ways to participate:

Donate new and used tins to put the cookies in (plastic, tin, anything. NO big popcorn tins please).

Donate baking ingredients such as brown sugar, baking soda, chocolate chips, oatmeal, butter, pecans...

Donate a monetary gift, and we will get what we need for the cookies.

Or best of all, come help us on baking day! We could use some volunteers to help us put the cookies in the tins. You might even be able to sample one warm from the oven.

Call Melissa at 618-234-4410, ext. 7042 for baking dates and times.

Senior Art Competition

Application are available

Jan. 3, 2019

For more information, contact the St. Clair County Office on Aging at 618-234-4410, ext. 7044

RSVP

Make a New Year's Resolution that will make a difference in your community - Volunteer!

- **SWIC Internet Radio Station** is in quest of mature volunteers to fill positions with the college's award winning radio station: Positions include but are not limited to Program Director Community Affairs, Script/Copy writers, Board Operators, Announcers/Voice talent, Produces and Social Media. This could be your chance to be a radio personality. Days, times, shifts vary.
- If you enjoy local history, **Collinsville History Museum** is a great place to explore and service the community at the same time. Gallery guides and docents needed. Days and shifts vary.
- **The Veterans' Assistance Commission of Madison County** is seeking support with a new project called the Volunteer Veterans' Graves Restoration Program. The project is in the planning stage, so this is a great time to get involved.
- Several Hospitals in the area: **St. Elizabeth's Hospital & Memorial Hospital in Belleville** and **Anderson Hospital, in Maryville and Gateway Regional Hospital in Granite City** are hoping for volunteers to help with a variety of opportunities at these hospitals. The information desk, gift shop, waiting rooms, and volunteer office events are just a few examples of these popular volunteer stations.
- **Fairmont City Library Center in Fairmont City** is seeking mature volunteers to help with general library organization and filing. A volunteer to assist as a computer aide and a reader for story time would also be most appreciated.
- **Collinsville Food Pantry** is hoping for volunteers to help with their area food pantry. Days and hours vary. Most shifts are two hours.
- **Heartland Conservancy in Mascoutah** is looking for volunteers to help with several different environmental occupations. Clerical, out in the field, etc. Call for a list of opportunities available.
- **Tapestry of Community Offerings (TOCO)** a thrift shop in Belleville is seeking the aid of a volunteer handyman as well as other volunteers to help as sales clerks at the shop. Days and Time vary.

Call Pat Etling 618-234-4410, ext. 7012 for information on any of these opportunities.

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

Edith H., Rose H., Walter L., Sr. Leona L., Opal R., Mary Ellen S., and Ed J.

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

Dec. 4 – Lunch & Learn

Dec.11 – Table Games

Dec.18 – Lunch with the Doc

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

Come join this lively group who enjoy a good game of cards.

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

Is getting out of the recliner hard on your body? Are you having a little trouble with memory? Well, line dancing is proven to improve your physical and mental health. Plus, its fun! Lessons are \$2 and well worth it.

Book Discussion Group • Thursday, Dec. 13, 10 a.m.

This month's selection is **"It happened at the Fair"** by **Deanne Gist**. Discussion leader is Karen Roseberry.

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

Dec. 6 - Table Games with Santa

**Dec. 13 - Country Christmas Dance
with the Country Western Band**

Dec 20 - Table Games

with Christmas cookies and hot chocolate

Men's Club • Friday, Dec. 14 • 11 a.m.

Our speaker this month is Lorri Rippelmeyer, partner and financial consultant for athletes; daughter of former Major League pitcher and MLB pitching coach, Ray Rippelmeyer; and sister of former Atlanta Braves minor leaguer, Brad Rippelmeyer. Please call Activities for reservations 618-234-4410, ext. 7016.

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.

"Jingle Ball"

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

Bells will be ringing as we dance along with the RSVP Orchestra. This is a nice holiday dance, especially with a prize for the person wearing the most Jingle Bells! Lunch is \$5. Call 618-234-4410, ext. 7015 then press 5 for reservation.

"Country Christmas"

Thursday, Dec. 13, 10:30 a.m. - 2 p.m.

Get those Christmas Boots on and two step on over to our Country Christmas. We might even have Santa out on the dance floor. Y'all will have a great time! Lunch is \$5. Call 618-234-4410, ext. 7015 then press 5 for reservation.

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.

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

**Breakfast Club • Denny's in Belleville,
1130 S. Illinois St. by the Fairgrounds
Wednesday, Dec. 12, 9 a.m.**

We love their fresh omelets and Grand Slams! Try one of their new custom pancakes such as cinnamon apple strudel. Very good! Please call Activities so we can have your coffee ready at the table for you. .

**Lunch Bunch • Tuesday, Dec. 4 • 11:30 a.m.
Shrine Restaurant with Way of Lights**

Stroll along the path of beautiful wreaths and decorated Christmas trees at the Shrine. You are welcome to order off the menu or enjoy their wonderful homemade soups and salad bar for \$9.99. Please bring a fun, inexpensive wrapped (white elephant) gift to play a Christmas game at the table. This lunch bunch is very popular; please make a reservation for proper seating! Call 618-234-4410 ext 7042.

**Dine Around • Bella Milano, 455 Regency Park,
O'Fallon • Thursday, Dec. 6, 5 p.m.**

Sit around a large table full of your PSOP friends while enjoying a nice holiday meal. Choose from items such as cranberry-encrusted chicken, pastas baked in a blend of house-made meat and cheese sauces, beef Milano, and of course, their famous Milano salads. Top it off Italian style with Cannolis or Tiramisu. Please call Activities for a seat at the table. Call 618-234-4410, ext. 7042.

TRIPS

**Scotland & Northern Ireland
June 18-28, 2019**

Trip requires your passport to be good through Dec. 29, 2019. Visit castles, the Royal Yacht Britannia, search for Nelly in the Loch Ness, view a weaving demonstrations, see china made in Belleek, see the Giant's Causeway, and much more! Price includes air from St. Louis, 17 meals, sightseeing, nine nights lodging, travel insurance, all gratuities and fees. Final payment is due on/before March 5, 2019. Cost is \$4,595 per person, double occupancy. Call for a flyer!

**Canadian Rockies & Glacier National Park
July 31 to Aug. 6, 2019**

Trip requires a valid passport good through Feb. 7, 2020. See wildlife, spectacular scenery, glaciers, waterfalls, and three national parks. Ride the Going-to-the-Sun Highway and stand on a 1,000-foot-thick glacier. Cost is \$3,879 per person, double occupancy, and \$4,823 single. Price includes round trip airfare, six nights lodging, nine meals, sightseeing, and travel insurance. Final payment is due on/before May 10, 2019. Call for a flyer.

**The Passion Play and a River cruise!
Sept. 20-29, 2020**

We start 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.

**SAVE THE DATE:
April 3 – the Arch, Old Courthouse and World
War II Memorial
May 21 - Bosnian Tour**

LOOK FOR US 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).**



**Cheryl Brunsman with Sister Leona,
one of our many blessings.**

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

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

#PickKindness



SWIC Trustee, Gene Verdu was recently inducted into the Illinois Department on Aging's Senior Illinoisan Hall of Fame for Community Service.



Foster Grandparent, Sheila Rich enjoys an apple provided by Eckert's Orchards as part of their Pick Kindness campaign.

Mailing prepared by RSVP Volunteers

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