

November



2017

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

## TO ENHANCE OUR COMMUNITIES THROUGH VOLUNTEER SERVICE

*- Mission of RSVP*



### **RSVP 2017 Presidential Service Award Winners**

*In Alphabetical order: Darlene Castello, Mabel Grogan (Her son: George DeRousse accepted on her behalf), Edward Kaufmann, Judie Loudon, Mary Mackin, Janice Walta and Betty Ziaja. Not pictured: Eileen Howard.*

On Friday, Sept. 8 RSVP celebrated the volunteer spirit, at its 44th annual award ceremony. The event was held at Panorama Banquet Center. Over 300 RSVP volunteers attended and were honored for their commitment to community service. Anniversary service pins delivered included 30, 25, 20, 15, 10 and five years as well as one year certificates.

In addition, eight RSVP members were honored with the Lifetime Achievement Award known as the

Presidential Service Award. A volunteer must accumulate a minimum of 4000 lifetime service hours to be eligible for this accolade. These volunteers were presented with a prestigious blue field eagle pin along with a certificate and letter from the President of the United States.

Congratulations to all of our RSVP volunteers! We sincerely thank you for all you do to make our community a better place to live.

## MEDICARE OPEN ENROLLMENT

**Oct. 15- Dec. 7, 2017**

This is the time of year when you are able to make changes to your Medicare Prescription Drug Plan (Medicare Part D) or your Medicare Advantage Plan. It is important to keep in mind what changes you have experienced throughout this year, including changes to prescriptions, different doctors or other reasons to make sure you are in the right plan for 2018. You may be able to save money! You can also look at what your prescription costs will be for 2018 to budget accordingly. If you were unhappy with your plan or its coverage, now is the time to change.

### **What You Need to Do:**

Make an appointment to see a Senior Health Insurance counselor to assist you in comparing plans and possibly find a plan that will save you money in 2018. If you decide to change plans, you must do so by Dec. 7, 2017. If you decide

to stay with the plan you have, you don't need to do anything.

**OR**

Go online to **medicare.gov**; click on "Find health and drug plans" and you will go to "Medicare Plan Finder."

Here you will enter information about yourself (including your medications and your preferred pharmacy). Following these steps will give you options about your Medicare Prescription Drug plan or your Medicare Advantage Plan, help you compare plans and select a plan that may save you money in 2018.

*The PSOP Resource Center is accepting appointments to assist you with finding the most cost-effective plan.*

*Call today at 618-234-4410, ext 7033*

## **GRIEF SUPPORT GROUP**

**Monday, Nov. 20 • 10-11:30 a.m.**

**PSOP • 201 N. Church St.**

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

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



## **SENIOR COMPANIONS**

**Make Independence a Reality**

*Serving Madison, Monroe, Randolph  
and St. Clair Counties*

### **SENIORS IN SERVICE**

Do you know of anyone who is homebound or considered a shut-in that could benefit from some support and friendly conversation? The Senior Companion Program service is free and provides socialization and supervision to older adults who need someone to spend time with them. Companions care for their adult clients in basic but essential ways:

- Offering companionship and friendship to isolated and frail adults;
- Assisting with simple chores;
- Providing respite to caregivers; and
- Adding richness to their clients' lives.

This is a wonderful program that assists the giver and receiver. Maybe you know of an older adult who has time to give and needs to earn a little extra money? Income eligible Senior Companions benefit from the program by:

- A stipend that is not taxed or reportable
- Paid personal leave and holidays
- Accident and liability insurance
- Mileage reimbursement
- Training opportunities
- Recognition events
- Friendships that last a lifetime!

The kindness of a Senior Companion can create life-changing possibilities.

Make independence a reality for homebound members you know and refer others to be a Senior Companion by calling 618-234-4410, ext. 7036.

Everyone benefits directly from these seniors in service.

## PSOP Resource Center Services

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 from 9 a.m. to noon.** Call 618-234-4410, ext. 7033 to make an appointment.

**Land of Lincoln Legal Services** will assist individuals of limited income age 60 and older with power 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.

### **SERVING VETERANS OF ST. CLAIR COUNTY**

**Mondays • 9 a.m. to noon • By appointment only**  
Call 618-234-4410, ext. 7033 to make an appointment.

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.

### **Nurse Available at PSOP!**

**Barbara Bell, RN** from Memorial Hospital will be available to check blood pressure, blood sugar and cholesterol; review medication; or discuss any other health topic you are concerned about.

**Tuesdays • 9 a.m. to noon • Resource Center**  
*No appointment is needed.*

### **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, LPC at ext. 7039

### **Alzheimer's Caregiver Support Group**

*Sponsored by Memorial Hospital and PSOP*

This group, linked with the Alzheimer's Association, is for family, friends and other caregivers of a loved one with Alzheimer's disease or a related dementia.

Meetings are held the second Tuesday of each month and alternate between locations.

**2:30 p.m. • PSOP (even months)**

201 N. Church St., Belleville

**6 p.m. • Memorial's Senior Care (odd months)**

4500 Memorial Drive, Belleville

For more information, call 618-257-5900 or 618-234-4410, ext. 7031.

### **Parkinson's Support Group**

An informational support group is held monthly for anyone affected by **Parkinson's disease**. Meetings are held at PSOP the **second Monday of the month at 1:30 p.m.**

Call Jodi at 618-234-4410, ext. 7031 for information.

### **SENIOR FOOD BOXES**

PSOP has decided to partner 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.

### **NEWSLETTER SUBSCRIPTIONS**

During the past few years there have been dramatic increases to the paper and production costs for our newsletter. As a result, it is necessary to raise the cost of our newsletter to **\$6 for 6 months or \$10 per year**. This increase will be effective for any new or renewed subscriptions effective **July 1, 2017** or later. You can continue to access our newsletter at no cost at [swic.edu/community/senior-programs/psop/](http://swic.edu/community/senior-programs/psop/).



# NOVEMBER 2017

## Monday

## Tuesday

### COUNTRY WESTERN BAND

9th - Granite City  
16th - O'Fallon  
23rd - Thanksgiving  
30th - Collinsville

### RSVP ORCHESTRA

1st - Swansea\*  
8 - Caseyville\*  
15 - Belleville  
22 - no band  
29 - Okawville

#### **Change of Metro Pass Location**

The location where Metro passes are issued has moved to 27 N. Illinois St. in Belleville (former LIHEAP building) on the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking and the entrance is behind the building.

- Renew your newsletter subscription at least one month before your expiration date (on your label)
- Change your address if you move

#### **DID YOU KNOW THAT YOU CAN ACCESS THIS NEWSLETTER ONLINE?**

**SWIC.EDU/COMMUNITY/  
SENIOR-PROGRAMS/PSOP/**

**PLEASE REMEMBER TO MENTION PSOP #62 WHENEVER YOU SHOP AT A FARMER'S MARKET STORE IN BELLEVILLE.**

#### **PSOP RECYCLES:**

**Aluminum cans  
(supports Advocacy Dept.)  
Cellphones  
(supports Cellphones for Soldiers)  
Old shoes  
(Waterman Project)**

**6** **Chess**, 10-11:30 a.m.  
**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  
**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.  
**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**, 11 a.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.  
**Life Line Screening**, 8:30 a.m.-4:30 p.m.  
**Breakfast Club, IHOP**, 9 a.m.  
**Yoga**, 10-11 a.m.  
**Ballroom Dancing**, 11 a.m.-noon  
**Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Tai Chi**, noon-1 p.m.  
**Exercise**, noon-1 p.m.  
**Pinochle**, 1:30-3:30 p.m.  
**Bridge**, 5:45-8:30 p.m.  
at the Nichols Center

**14** **Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Yoga**, 10-11 a.m.  
**Exercise**, noon-1 p.m.  
**Tai Chi**, noon-1 p.m.  
**Pinochle**, 1:30-3:30 p.m.  
**Bridge**, 5:45-8:30 p.m.  
at the Nichols Center

**21** **Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch Bunch**, McAlister's Deli at 11:30 a.m.  
**Lunch with a Doc**, 11:30 a.m.  
**Table Games**, noon  
**Tai Chi**, noon-1 p.m.  
**Exercise**, noon-1 p.m.  
**Pinochle**, 1:30 p.m.  
**Bridge**, 5:45-8:30 p.m.  
at the Nichols Center

**28** **Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Tai Chi**, noon-1 p.m.  
**Exercise**, noon-1 p.m.  
**Pinochle**, 1:30 p.m.  
**Bridge**, 5:45-8:30 p.m.  
at the Nichols Center

**Wednesday****Thursday****Friday**

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

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

**2 Pinochle**, 9 a.m.  
**Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Exercise**, noon-1 p.m.  
**Hand & Foot**, 1 p.m.

**SHILOH SENIOR CENTER**  
**"Proud to be an American"**  
**Dance with Country Western**  
**Band**, 10:30 a.m.-2 p.m.  
**Lunch**, 11:30 a.m.

**3 Art Workshop**, 9-11:30 a.m.  
**Men's Club**, 11 a.m.  
**Canasta**, 12:30-3:30 p.m.

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

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

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

**10**

**CLOSED**  
**for**  
**Veteran's Day**

**15 Crochet/Basic Knitting**, 9-11:30 a.m.  
**"Bountiful Harvest" Dance**, with the  
 RSVP Orchestra, 10:30 a.m.-2 p.m.  
**Lunch**, 11:30  
**Line Dancing**, 1:30-3 p.m.

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

**16 Pinochle**, 9-11:30 a.m.  
**Lunch**, 11:30 a.m.  
**Stamping**, noon  
**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**

**CLOSED**  
**for**  
**Thanksgiving Day**

**24**

**CLOSED**

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

**30 Pinochle**, 9-11:30 a.m.  
**Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Exercise**, noon-1 p.m.  
**Hand & Foot**, 1:30-3:30 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** is CLOSED during **Tai Chi and Yoga\***

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## BE THANKFUL & BE KIND

**November is a great time to reflect on all we are thankful for.**

To our many dedicated staff and volunteers –  
Thank You!

To our numerous partners, sponsors and  
supporters – Thank you!

To all our senior friends and families, we are  
especially thankful for each of you!

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**Nov. 13 is National Random Act of Kindness Day.** Please join us in showing kindness to one another on this day and EVERY DAY!

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## 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.

## RSVP

**Take a look at some of the assignments available this month.**

- Enjoy the magic of the holidays by assisting with the **Lebanon's Winter Wonderland!** You can be part of this enchanted community experience. Several opportunities available. Visit [www.hornerparklights.com](http://www.hornerparklights.com) to see prior year displays.
- **AARP Tax Reservationists** are needed to help with the 2018 Tax Aide Program. 2017 tax returns. This assignment entails taking reservations for the open tax appointments or helping with the tax preparation. The season starts the last week of January with dates through April 15, 2018. (PSOP/ Belleville)
- **Community Care Center in Granite City** is seeking volunteers to help with the Food Bank and Community Clothes Closet. This is a magnificent way to help those in the community who need a hand up. Days and times vary.
- **Collinsville Faith in Action** – A faith based transportation program needs drivers to help transporting seniors to the doctor and running errands. Days and hours vary. The newly formed Elder Connection needs volunteers to help with social outings and trips on weekends.
- Did you know that **Cahokia Mounds Historic Museum** (Collinsville) is a World Heritage Site? Visitors come from all over the world. You can be a part of this wonderful historic experience by volunteering four-hour shifts available (mornings or afternoons.) Open Tuesday – Sunday for the winter months. Several volunteers are needed.
- **Family Hospice** is looking for the support of mature adults to staff two hour shifts at St. Clair Square during their annual “Tree of Memories” campaign. Be an Angel, volunteer by yourself or with a friend!

**For information, contact  
Pat Etling at 618-234-4410, ext. 7012.**

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**HAPPY BIRTHDAY TO OUR  
VOLUNTEERS WHO ARE 90 OR  
OLDER IN NOVEMBER**  
Freda H. and Mary “Candy” K.

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# 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**

**Nov. 7 – Table Games**

**Nov. 14 – Table Games**

**Nov. 21- Lunch with a Doc**

**Nov. 28 - Table Games**

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

If you are an old pro or a new beginner, this is a friendly group to play with. Come join us and maybe have a hot lunch with us before or after you play!

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

This is a large, fun, full of laughs and energetic group! They always welcome a new dancer.

**Book Discussion Group • Nov. 9 • 10 a.m.**

This month's selection book is "**Born a Crime**" by **Trevor Noah**. The discussion leader is **Jan Lugge**.

**Thursday Lunch • 11:30 a.m., \$5**

For just \$5, you get a delicious homemade lunch and dessert made by our amazing volunteers right here in the PSOP kitchen. Come after card playing, stay for games or fitness.

**For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.**

**Thursday Activity • noon**

**Nov. 2 – Table Games**

**Nov. 9 – Table Games**

**Nov. 16 – NEW CRAFT – Stamping\***

**Nov. 30 – 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.**

*\*Join Guest Crafter, Mary Holshouser on Thursday, Nov. 16 at Noon as she teaches us the craft of Stamping! Make your own holiday cards; \$2 for 2 cards!*

## DANCES

**Proud to Be an American (Shiloh)**

**Thursday, Nov. 2, 10:30 a.m. to 2 p.m.**

You can wear any color you like, but those wearing red, white and blue to this dance will probably have the best time! Dance with your friends to the tunes of the Country Western Band! Lunch is \$5.00. Please call 618-234-4410, ext. 7015, then press 5 by Wednesday at Noon. Dance sponsored by Hospice of Southern Illinois.

**Bountiful Harvest**

**Wednesday, Nov. 15 • 10:30 a.m. - 2 p.m.**

Celebrate with the PSOP staff and we show our appreciation for each of you. Enjoy a traditional Thanksgiving feast along with extra treats. This dance will be held at PSOP. Make your reservations SOON as this event sells out quickly! Enjoy the music by the RSVP Orchestra. Lunch is \$5. Please call 618-234-4410, ext. 7015, then press 5 by Tuesday at noon.

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

**Men's Club**

**Friday, Nov. 3, 11 a.m.**

Guest Speaker is Roger Mueller, former Belleville Township High School West Maroons Boys Basketball Coach from 1973-1988; Illinois State Coaches Association Hall of Famer; longtime West Assistant Basketball and Baseball Coach. Come join this great group of guys. Make your reservation by noon on Thursday the day before. Lunch is \$6.

**Lunch Bunch • McAlister's Deli**

**Tuesday, Nov. 21, 11:30 a.m.**

Join us at McAlister's Deli, 3240 Green Mount Crossing Road, Shiloh, IL for lunch. Call ahead so we can have a seat for everyone!

**Breakfast Club • IHOP  
Tuesday, Nov. 7, 9 a.m.**

We hope you'll join us for breakfast at IHOP at 601 Carlyle Avenue in Belleville. Please call ahead so we can save a seat for you!

**Dine Around • Hop House  
Thursday, Nov. 9, 5 p.m.**

Join us at the Hop House Restaurant in O'Fallon at 1214 Central Park Drive for great conversation and a relaxing dinner. Call ahead so we can have a seat for everyone!

**THE FOLLOWING ACTIVITIES ARE HELD  
AT THE SHILOH SENIOR CENTER  
7 PARK DR, SHILOH**

**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. Come play pinochle with us!

**DAY TRIP RESERVATION LINE**

MAKE A RESERVATION: 618-234-4410, EXT. 7059

*NOTE: If a reservation deadline has passed  
and you are interested in attending, check with  
Travel & Activities;*

*occasionally someone cancels and there may be a seat  
available.*



**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).**

**It's a Christmas Mystery!  
Saturday, Dec. 16, 2017**

Spend a wonderful day with Linda as we tour some GREAT locations! East, West, North or South? Cost is \$97 per person and includes lunch at Golden Corral Steak House. **Deadline for reservations is Nov. 22.** Depart 7:50 a.m. from the Schnuck's on North Belt West, Belleville. Return about 6:30 p.m. to Belleville.

**Great Canadian Cities  
June 20-28, 2018**

Visit Montreal, Quebec City, Ottawa, Toronto and Niagara Falls. Highlights include Notre Dame Cathedral, a train ride, the 1000 Islands, and Niagara Falls. Your passport must be valid through Dec. 30, 2018. Cost is \$3,499 pp, double, and \$4,349 for a single. Includes air from STL, airport transfers and 11 meals. A \$300 (plus insurance) deposit is due at time of reservations. Full due on/before March 25, 2018. Make checks payable to *Premier World Discovery*. Call Nancy at 618-234-4410, ext. 7020 for a flyer.

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**Look for us on the Web by visiting  
[swic.edu/community/senior-programs/psop/](http://swic.edu/community/senior-programs/psop/)**

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**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 3 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

# 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.

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# 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 \$6 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

## PSOP salutes our Veterans at the New Mexico Veterans Memorial.



*Mailing prepared by RSVP Volunteers*

**Southwestern Illinois College Board of Trustees:** Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkaske, 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 Oscar Rodriguez, Collinsville

**College President:** Georgia Costello, Ph.D.