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May



2017

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

# MAINTAINING A HEALTHY BRAIN

According to the Alzheimer's Association, "There are lifestyle habits you can adopt to help maintain or potentially improve your brain health as you age. These habits, spanning four categories — physical health and exercise, diet and nutrition, cognitive activity and social engagement — can help keep your body and brain healthy, and potentially reduce your risk of cognitive decline."

Jodi Gardner, MSW, LCSW and Tanya Koelker, MA, LPC of the Older Adult and Caregiver Counseling Program work with the Alzheimer's Association to offer educational programs and support groups for caregivers of those with dementia and older adults who are working to keep their brains in optimum health.

Brain games, such as word search puzzles, mazes, Sudoku, crosswords or memory games, are gaining popularity as trendy ways to exercise your brain. For even more brain benefit, shake up your thinking routine! Write or brush your teeth with your nondominant hand. Take a different driving route to your



destination. Watch documentaries that focus on visually stimulating nature scenes or historic events.

Research shows we benefit more from doing a new and different challenge every day, rather than the same type of puzzle. So keep up with your daily word search, but add a new challenge each day for some brain exercise variety.

If you would like more information about brain health, activities to be offered at PSOP or counseling for dementia symptoms or caregiving, call Jodi at 618-234-4410, ext. 7031.

## SENIOR CELEBRATION

### BACK TO THE 70s

**FRIDAY, MAY 12 • 10 A.M. TO 2 P.M.**

**PSOP • 201 N. CHURCH ST.**

\$5 lunch served 11 a.m.-12:30 p.m.

RSVP Country Western Band

Table Games • Lunch (\$5) • Raffle • Attendance Prizes

No reservation required

For more information: 618-234-4410

Additional parking at B Street and Jackson Street

*Sponsored by PSOP, the city of Belleville and Belleville Township*

## MILD COGNITIVE IMPAIRMENT

In collaboration with the Alzheimer's Association, PSOP will hold a four-part series of classes for people diagnosed with **mild memory loss** or **early stage Alzheimer's disease**.

Family members or friends may attend as well; topics will include education about these diagnoses, treatment options and maintaining independence and wellness.

**Call Jodi Gardner at 618-234-4410, ext. 7031 for information, reservations and resources.**

## ITAC Program

### FREE AMPLIFIED PHONES

The Illinois Telecommunication Access Corporation is a program that provides a FREE amplified telephone to people who are hard of hearing, late deafened, deaf, deaf-blind or speech disabled.

Eligibility requirements for an ITAC amplified phone:

- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or audiologist

**GREAT NEWS! RECENT NEW CHANGES NOW ALLOW FOR A NEW AMPLIFIED PHONE:**

- once every three years
- those with cellphones are now eligible for a free amplifier

PSOP is a selection/testing center the Illinois Telecommunication Access Corporation program.

**For information to receive a free amplified phone, call 618-234-4410, ext. 7024, 7012 or 7032.**

## ATS

### Alternative Transportation System

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

## Philips Lifeline

Medication errors are estimated to harm at least 1.5 million patients per year. In fact, 1 out of 10 hospital admissions can be linked to incorrect medication use. A senior's ability to properly manage medications can be a deciding factor in whether they stay home or go to a nursing home.

The Philips Medication Dispensing Service is one way to avoid this type of mistake. The system is easy to set up and even easier for seniors to use. Typically it's a caregiver who loads the machine with the single-dose pill cups and contacts the company to program the dispensing schedule. Then, when it's time for a dose, the machine will sound a reminder. All seniors have to do is simply press the release button to dispense the dose and take their pills. If they haven't pressed the button after 90 minutes, a caregiver will get a phone call to step in and advise them directly.

### Philips Medication Dispensing Service provides:

**Visual and audible reminders** - Dose reminders sound once a minute until the dose is taken. If a dose is missed, it's automatically transferred to a secure reserve bin to prevent two doses in a row. It's also possible to set reminders for non-pill medications.

**Caregiver alerts** - Caregivers get alerts for missed doses, required refills, dispenser errors and power outages.

**Large capacity** - The container holds up to 60-dose cups and can accommodate up to six doses a day and scheduling up to 40 days.

**Rechargeable battery** - The medication regimen is maintained even through power outages.

**Professional referrals** - Philips Lifeline has been recommended by hundreds of thousands of health care professionals and more seniors choose Philips Lifeline over any other medical alert service provider.

**Affordable rates** - With its month-to-month payments and no long-term contracts, it offers a great value. Over 40 years in business - The original personal monitoring system, Lifeline has been leading the industry since 1974.

Philips Medication Dispensing Service makes independent living possible by automating the pill-taking process. With its 98.6% dispensing adherence level among monitored subscribers, it enables seniors to take medications at pre-scheduled times so you can be sure they are following a directed treatment plan.

**Call the Senior Companion Program at 618-234-4410, ext. 7036 for more information.**

## 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, or Maureen Bilski, 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.

### **AARP DRIVER SAFETY CLASSES**

June 15 & 16 • Aug. 21 & 22

Oct. 24 & 25

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 Susan at 618-234-4410, ext. 7032 to register.

### **Driver Services Mobile Unit 2017**

**June 14 • Aug. 9**

**Oct. 11 • Dec. 13**

Services provided to seniors 55 and older:

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

**Mobile Unit hours:** 10 a.m. to 1:40 p.m.

**Services available:** driver's license renewals (including vision test, road test and written exam if required)

**Road tests by appointment only**

**Other walk-in services available:**  
state ID cards and vehicle registration renewals

**Call Susan at 618-234-4410, ext. 7032.**

# MAY 2017

\*Meal sponsored by the  
St. Clair County Office on Aging

\*\*Meal co-sponsored by  
St. Elizabeth's Hospital and the  
St. Clair County Office on Aging

- Renew your newsletter subscription at least one month before your expiration date (on your label)
- Change your address if you move
- You can access this newsletter online: [www.swic.edu/psop](http://www.swic.edu/psop)

**DID YOU KNOW THAT  
YOU CAN ACCESS THIS  
NEWSLETTER ONLINE?  
[WWW.SWIC.EDU/PSOP](http://WWW.SWIC.EDU/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)  
**Clean plastic containers**  
(Activities Dept.)

## Monday

**1 Zumba/Gold, 9:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**  
**Wii League, 2 p.m.**

**SHILOH SENIOR CENTER**  
Games, 10 a.m.

**8 Zumba/Gold, 9:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**  
**Parkinson's Support, 1:30 p.m.**  
**Wii League, 2 p.m.**

**SHILOH SENIOR CENTER**  
Games, 10 a.m.

**15 Zumba/Gold, 9:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**  
**Wii League, 2 p.m.**

**SHILOH SENIOR CENTER**  
Games, 10 a.m.

**22 Zumba/Gold, 9:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**  
**Wii League, 2 p.m.**

**SHILOH SENIOR CENTER**  
Games, 10 a.m.

**29**

**CLOSED**

## Tuesday

**2 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 a.m.**  
**Table Games, noon**  
**Group Exercise, noon-1 p.m.**  
**Tai Chi, noon-1 p.m.**  
**Pinochle, 1:30 p.m.**  
**Strong for Life, 1:30 p.m.**  
**Bridge, 5:30-8:30 p.m.**

**9 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 a.m.**  
**Table Games, noon**  
**Group Exercise, noon-1 p.m.**  
**Tai Chi, noon-1 p.m.**  
**Pinochle, 1:30 p.m.**  
**Strong for Life, 1:30 p.m.**  
**Bridge, 5:30-8:30 p.m.**

**16 Breakfast Club, 9 a.m., Round Table**  
**Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch with a Doc, 11:30 a.m.**  
**Group Exercise, noon-1 p.m.**  
**Tai Chi, noon-1 p.m.**  
**Pinochle, 1:30 p.m.**  
**Strong for Life, 1:30 p.m.**  
**Bridge, 5:30-8:30 p.m.**

**23 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 a.m.**  
**Table Games, noon**  
**Group Exercise, noon-1 p.m.**  
**Tai Chi, noon-1 p.m.**  
**Pinochle, 1:30 p.m.**  
**Strong for Life, 1:30 p.m.**  
**Bridge, 5:30-8:30 p.m.**

**30 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 a.m.**  
**Table Games, noon**  
**Group Exercise, noon-1 p.m.**  
**Tai Chi, noon-1 p.m.**  
**Pinochle, 1:30 p.m.**  
**Strong for Life, 1:30 p.m.**  
**Bridge, 5:30-8:30 p.m.**



## Wellness Activities for May

- **Work out with friends.** Not only will you have company, but you can give each other social support and encouragement. Also, it's more difficult to skip a workout when someone else is counting on you being there.
- **Choose an activity you like.** If you know you do not like jogging, chances are you won't stick with it.
- **Begin easy and slowly increase your effort.** Trying too much too soon can result in sore muscles or injury. Pain is not fun – and it is not necessary. Be realistic with what you expect to accomplish and aim for small but regular improvements.
- **Cross-train.** Rather than do the same thing every day, do different activities. For example, take a Zumba class once a week and a strength class another day. The different types of exercise will work different parts of your body and hopefully keep you from becoming bored with exercise.
- **Keep it convenient.** Choose an activity you can fit into your current schedule. For example, select a health club or exercise group close to home or work. Find a time of day where you are most likely to avoid conflicts with other activities (e.g., early in the morning, lunch or evening). The more convenient the exercise, the more likely you'll stick with it.
- **Establish a routine.** Once you pick a place and time to exercise, keep doing it. Make it a part of your regular schedule. For example, block out the time in your planner for exercise. As you stick to your routine, exercise will become a habit.
- **Make exercise a priority.** Schedule exercise before scheduling other meetings or activities. Make a commitment to your exercise program.

### *Check out our programs to keep you active and healthy!*

**GENTLE YOGA** is held Tuesdays from **10-11 a.m.** Instructor Liana Abel has extensive experience in guiding you in this practice. The cost is \$5 per class.

**STRONG FOR LIFE** is held Tuesdays from 1:30-2 p.m. and is designed for those who have been inactive for an extended time. Chair exercises using a resistance band will increase your strength and overall health. You will receive exercise instructions and a resistance band to use at home. **This is a FREE class, and you MUST call to register at 618-234-4410, ext. 7030.**

**ZUMBA GOLD/TONE!** Designed for the active older adult and individuals of all physical abilities, this program is a fun way to get moving. Latin-style dance and music is used at a lower intensity than Zumba Basic classes. Sessions are held **Mondays from 9:30-10:30 a.m., or Wednesdays and Fridays from 10:30-11:30 a.m.** Sheri O'Donnell is the instructor. The cost is **\$5 per class or \$20 for a five-class punch card.**

**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!

The cost to join the EXERCISE PROGRAM is **\$75 per year.** Included in your membership are the **Arthritis Foundation Exercise classes** at PSOP **Tuesdays** and **Thursdays at noon** and use of the **Roosevans Fitness Room** equipped with a treadmill, elliptical trainer, recumbent bike, dumbbells, exercise tapes and television.

*Call Tracie, ext. 7030, to learn more about Wellness Programs.*

## RSVP

***These are just a few examples of the volunteer assignments available. For information, contact Pat Etling at 618-234-4410, ext. 7012.***

- The **St. Clair County Medical Reserve Corps** is seeking medical and non-medical 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 events such as first-aid and rest stations, translating, serving as ham radio operators, triage, shelter care/comfort, assisting in organizing drills, etc.
- Enjoy gardening? If so, the **Henry White Farms** near Millstadt is the assignment for you. Master gardeners are needed to help with a variety of responsibilities.
- **Court Appointed Special Advocates (CASA)** is looking for volunteers to be the advocate for a child as that child goes through an often complicated and scary court system. Training and a background check are provided.
- **Collinsville Faith in Action** is in need of volunteers for transporting clients to and from the doctor in Madison and St. Clair counties. Trips to St. Louis doctors are also needed. This is a great way to fulfill a mission of serving others. Can you spare a minimum of three hours per month? A valid driver's license and insurance are required.
- **Project Compassion** – a program in Belleville that shows acts of kindness to those in need – is seeking volunteers as receptionists. Morning or afternoons shifts on any weekday are available.
- Enjoy the outdoors? **Willoughby Heritage Farm** in Collinsville is seeking farmhand support to assist in a variety of duties including the three-mile trails of the conservation reserve. Shifts are Wednesdays from 9 a.m. to 1 p.m. with lunch provided. Many opportunities are available.
- **Heartlinks**, a grief support program for children and a division of Family Hospice, is looking for volunteers. The project includes support groups, get-togethers and activities. Training will be provided.
- **Collinsville Historical Museum** is seeking mature adults to help as docents at the museum. Enjoy lots of local lore and important history regarding the surrounding area.
- Interested in the earth and the environment? If so, **Heartland Conservancy** in Mascoutah has several opportunities – all offering a “green” experience.
- The **Lebanon Visitors Center** in the heart of downtown historic Lebanon is hoping to find several volunteers to support the information desk as greeters.
- **Habitat for Humanity Resale store** in Collinsville has openings for volunteers to help as cashiers, merchandisers and assistants for donations and sales. Shop hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Shifts are 3-4 hours once or twice a week.

# 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).

## **Golf League • Mondays & Wednesdays, 8:30 a.m.**

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m., tee time-9 a.m.; cost is \$7 to golf 9 holes

Monday league: Lovey Veath at 618-416-5825

Wednesday league: Pat Hrasky at 618-781-0551

## **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**

**May 2 - Table Games • May 9 - Table Games**

**May 16 - Lunch with a Doc**

**May 23 - Table Games • May 30 - Table Games**

## **Pinochle • Tuesdays, 1:30 p.m., and 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!

## **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 • May 11, 9 • 10 a.m.**

This month's book will be "**The Forgotten Garden**" by **Kate Morton**. This discussion leader will be Lu Welch.

## **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**

**May 4 - Green Craft • May 11 - Table Games**

**May 18 - Table Games • May 25 - Coloring & Conversation**

## **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**

## **Can Can Dance • Wed., May 24, 10:30 a.m. - 2 p.m.**

You're sure-sure to have-have a great time-time at the Can-Can Dance! Lunch is \$5. Call 618-234-4410, ext. 7015, then 5 by Tuesday at noon.

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

## **Green Craft • Thursday, May 4, noon**

Come help us make centerpieces for Senior Celebration!

## **Dine Around**

## **Chevys Tex Mex, Thursday, May 4, 5 p.m.**

Come celebrate Cinco de Mayo a little early at Chevys Tex Mex, 1305 Central Park Drive, in O'Fallon. Call ahead so we can have a seat for everyone!

## **Breakfast Club**

## **Round Table, Tuesday, May 16, 9 a.m.**

We hope you'll join us for breakfast at the Round Table in Belleville! Call ahead so we can save a seat for you!

## **Men's Club • Friday, May 5, 11 a.m.**

Guest speaker is Mike Dunnigan, championship senior men's baseball pitcher, vice president of the Mon-Clair League and member of numerous halls of fame. Make your reservation by noon on Thursday the day before. Lunch is \$6.

## **THE FOLLOWING ACTIVITIES ARE HELD AT THE SHILOH SENIOR CENTER, 7 PARK DRIVE.**

## **Games • Mondays, 10-11:30 a.m.**

We are either playing Bunko or Dominoes. 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.*

## **Public Art around St Louis • Wednesday, May 3**

Search for sculptures, gardens and monuments that could be in plain sight or hidden from view. Linda Koenig takes us to see what public art can be found in St. Louis! Lunch is at St. Raymond's Maronite Catholic Church. Cost is \$85 per person. Deadline for reservations is April 3. Depart at 8:15 a.m. from the Schnucks on North Belt West in Belleville with a return at about 5:15 p.m.

## **Route 66 through St. Louis Wednesday, May 24**

How many Route 66 spots do you know of in St. Louis? Historian Doug Schneider takes us back in time as you visit the Route 66 Exhibit, check out "Motel Row," walk the most famous bridge on the route, stop for the sweetest snacks and more! Cost is \$107 per person includes lunch at Bixby's. Deadline for reservations is April 14. Depart 9 a.m. from the Collinsville Walmart and return around 4:30 p.m.

## **Among the Amish in Arthur Tuesday, May 23**

Enjoy a traditional Amish-style meal in an Amish farmhouse. The meal is served family style and you won't go away hungry! An Amish host will step aboard our motor coach and take us on a tour of the community, pointing out areas of interest. After lunch we'll stop at Beachy's, a local Amish grocery store, as well as some of the local downtown shops. Cost is \$72 per person and includes lunch and motor coach transportation. Deadline for reservations is May 19. Depart from the Shiloh Senior Center at 7 a.m. and return around 5:30 p.m.

## **Churches of Soulard Wednesday, June 7**

Author, historian and church expert Joan Huisinga takes us to some wonderful churches in the Soulard neighborhood. Several we will go in and others we will pass and talk about them. Learn about the Polish, Czech, Maronite and Catholic faith churches, among others. Churches are subject to change. Cost is \$89 per person and includes lunch at St. Raymond's. Deadline for reservations is May 16. Depart 8:15 a.m. from the Belleville Schnucks on North Belt West with a return at about 5:15 p.m.

## **Two Historic Homes (and shopping!) Saturday, June 17**

Tour the 30-room Magic Chef Mansion built in 1908 (doesn't every home have a bowling alley and central vacuum?), the Chatillon-DeMenil House built in 1848, and shop the best farmers' market in the region in downtown Kirkwood. Cost is \$77 per person and includes the services of Linda Koenig. Lunch is on your own. Deadline for reservations is May 25. Depart at 8:20 a.m. from the Belleville Schnucks on North Belt West with a return at about 5:15 p.m.

## **Joseph and the Amazing Technicolor Dreamcoat Sunday, July 2**

Meet at Green Mount Crossing for dinner on your own, then we hop the bus for Stages St. Louis for this favorite musical written by Andrew Lloyd Webber. This is closing night of the show and the season! Cost is \$75 per person. Deadline for reservations is May 22. Depart at 6:30 p.m. from Green Mount Crossing Shopping Center in Shiloh with a return around 11 p.m.

## **Memorials**

For: **Pauline Danner**

From: Cheryl Brunsmann, Jaylene Murphy, Jodi Gardner, Jennifer Friederich, Carla Boswell, Kathy Anderson, Susan Pflug, Gene Verdu, Steve & Mary Miller, Pat Etling, Ruth Juenger, Delores Mueller, St. Clair County Office on Aging, Ronald & Sharon Black, Wayne & Donna Holcomb, Gary & Marty Naumann, Tom & Carol Naumann, Al & Sue Patrick, Sharon Sanders, Donna Senechal, Trudy Vogt, Sid & Carol Harden, Dixie Boyer, Dianne Jany, Karen Unverfehrt, Linda & Don Call, Herb & Sharon Nolden, Sandy Wood, Bobbie Anderson, Judy Smith, Betty Malan, Gail Stevenson, Bob & Carol Schwartz, Martha Wood

For: **Frank Verdu**

From: Gene Verdu, Cheryl & Mark Brunsmann,  
St. Clair County Housing Authority

## **EXTENDED TRAVEL**

*Unless otherwise noted contact Nancy Bauer at ext. 7020 for more information about any of these exciting trips.*

## **Cardinals vs. Royals in Kansas City • Aug. 6-9**

It's "all aboard!" in downtown St. Louis for our Amtrak ride to Kansas City! We stay three nights and enjoy delicious food and The Million Dollar Quartet at New Theatre Restaurant, tours, shopping and two Royals games against the Cardinals. Cost is being finalized. Call Nancy for a flier!

## **Pacific Coast Adventures • Sept. 14-22**

Fly from St. Louis to Seattle and motor coach down the coast through Portland to Crater Lake, the Redwood Forests and end in San Francisco. There is LOTS to see and do! Cost is \$3,349 per person per double occupancy and includes flights, 11 meals, airport transfers and travel insurance. Call Nancy for a flier!

## **Branson • Nov. 8-10**

This trips includes two nights lodging, motor coach transportation, four meals (two breakfasts & two dinners) and admission to five fabulous Branson shows: Dublin's Irish Tenors/Celtic Ladies, Million Dollar Quartet, Brett Family Show, Liverpool Legends and Showboat Branson Belle. Cost is \$389 per person, double occupancy. Contact Melissa at ext. 7042.

## **Magical Christmas Markets • Nov. 25-Dec. 1**

The German Christmas markets are iconic for their crafts and glass ornaments. Unpack once as we discover Germany and Austria from our base in Innsbruck. We tour the towns of Innsbruck, Seefeld, Munich, Salzburg and Oberammergau. Visit a filming location for The Sound of Music and have plenty of time to shop in the wonderful small shops in all the towns. Cost is \$3,299 a person (double occupancy) or \$3,649 (single) if deposit is made by May 16. Full payment is due on/before Sept. 15. Price includes all air, hotel, travel insurance, all gratuities, six meals and airport transfers to/from Lambert International Airport. Call for a flier!

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**Visit us online! [swic.edu/psop](http://swic.edu/psop)**

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**SAVE THE DATE!**

## **Shiloh Senior Picnic**

**Wednesday, June 7 • 10 a.m.-2 p.m.**

Dancing • lunch • table games



## **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 \$267-\$435). **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

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

## **One-Year Subscription: \$6**

Your expiration date is on your mailing label.

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

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with \$6 to:

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: \_\_\_\_\_

## May Birthdays

Birthday greetings to the  
following RSVP volunteers  
who will be **90 or older in May!**

**MARY C., FRED A H., CANDY K.**  
**AND MARJORIE P.**



## SPRING TRAINING!



**The PSOP Travel department recently took a trip to Spring Training where they enjoyed warm weather, baseball and fellowship.**

*Mailing prepared by RSVP Volunteers*