

June



2018

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

SENIORS WANTED

Looking for affordable housing with maintenance and security? Need help with business papers? Senior public housing might be right for you! If you are 62 years or older and/or if you are disabled, apartments are available in locations throughout St. Clair County.

The Senior Service Coordination Program provides support services for seniors and disabled persons living in public housing and helps them maintain their independent living status. These services include counseling, placement of chore keepers, assistance with heating and cooling, Benefit Access applications, lease renewals, and intervention when necessary. Resident Councils of the various public housing sites are currently meeting with the Senior Housing staff to implement a new program titled: Hi, Neighbor. This effort is designed for residents to keep track of each other on a daily basis to make certain they are well, and to offer assistance from their fellow tenants as appropriate, up to and including reporting to the appropriate agency in the event of a crisis.

When housing concerns arise, the Senior Service coordinator is available to assist the residents with a variety of services. Anyone interested in senior housing is invited to contact the Service Coordinator Mary Miller at 618-257-0011, located at 115 N. 47th St., Suite 106, Belleville, IL 62226.





The Foster Grandparent Program is looking to add new members to the Advisory Council. The FGP Advisory Council meets quarterly and plays a vital role in the success of the program. The council assists with community support, recognition events, and fundraising to ensure sustainability of this wonderful program. If you feel motivated to assist in helping area children and seniors connect and improve, please call the office at 618-234-4410, ext. 7062.

Find out if you are a good fit for this incredible team. As Mother Theresa once said, "I alone cannot change the world, but I can cast a stone across the water to create many ripples." Are you ready to cast that stone for the betterment of our communities?

SUMMER PROGRAMS ABOUT MEMORY LOSS.

Several programs are to be offered soon over the summer months. We are seeking participants in educational classes about early or moderate stages of memory loss.

If you have memory loss, or are a loved one, family member, or caregiver of someone with memory loss, a dementia, or Alzheimer's Disease, please call for further information about the upcoming programs and resources in the area.

Contact Jodi Gardner, MSW, LCSW, of the Older Adult and Caregiver Counseling Program, at 618-234-4410, ext. 7031.



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 June 5, 11:30 a.m.

Sponsored by Memorial Network
RSVP call 618-234-4410, ext. 7015 press 2

AARP Driver Safety Class

**Thurs. & Fri., June 14 & 15
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.

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

June 13 • 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 Memorial Hospital and PSOP

This support and educational meeting is to be attended by 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

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 • June 13, 2018 at 10 a.m.

The Older Adult & Caregiver Counseling program is introducing a new 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 each month 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.

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.

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.

Lunch with the Doc

Tuesday June 19, 11:30 a.m.

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



JUNE 2018

Monday

Tuesday

COUNTRY WESTERN BAND

6th – Shiloh Picnic (Orch) (WED)
7th – No Dance
14th – Belleville
21st – Collinsville
28th – Moose – SCCOOA

RSVP ORCHESTRA

6th – Shiloh Picnic (WED)
13th – Collinsville
20th – Moose
27th – 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.

4

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.

5

Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Tables Games, 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

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.

11

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.

12

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

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

18

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.

19

Bridge, 8:30-11:30 a.m.
Breakfast Club, The Egg & I,
9 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc, 9 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

PSOP RECYCLES:

Aluminum cans
(supports Advocacy Dept.)

Cellphones
(supports Cellphones for
Soldiers)

Old shoes
(Waterman Project)

25

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

SHILOH SENIOR CENTER
Games, 10 a.m.

26

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 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
6 Crochet/Basic Knitting , 9-11:30 a.m. Computer Fun with the Internet , 9-10:30 a.m. Shiloh Senior Picnic , 10:30 a.m. to 1:30 p.m. Beginning Line Dancing , noon - 1 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	7 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.	8 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
13 Crochet/Basic Knitting , 9-11:30 a.m. Beginning Line Dancing , noon - 1 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	14 Pinochle , 9-11:30 a.m. Dance, Dog Days of Summer , 9 a.m. - 2 p.m. Book Discussion , 10 a.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	15 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
20 Crochet/Basic Knitting , 9-11:30 a.m. Computer, Basic Smart Phone , 9-10:30 a.m. Beginning Line Dancing , noon - 1 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	21 Pinochle , 9-11:30 a.m. Lunch & Table Games 10 a.m.- 1:30 p.m. Lunch & Table Games 10 a.m. - 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	22 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
27 Crochet/Basic Knitting , 9-11:30 a.m. Beginning Line Dancing , noon - 1 p.m. Line Dancing , 1:30-3 p.m. Dine Around, Fletcher's , 5 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	28 Pinochle , 9-11:30 a.m. Lunch & Table Games 10 a.m.- 1:30 p.m. Lunch & Coloring & Conversation 10 a.m. - 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	29 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 is CLOSED during Tai Chi and Yoga

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!

LUNCH AND LEARN

Tuesday, June 5, 11:30 a.m.

Sponsored by Memorial Network

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

GRIEF SUPPORT GROUP

Monday, June 18, 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

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

Grace M.

What is RSVP?

Look at some of the volunteer opportunities available!

- **Tri-Cities Faith in Action in Madison County** desires the support of drivers to take mature adults to doctor's appointments in St. Louis, Maryville or Belleville. Remember gas and mileage for volunteering may be deducted from income taxes.
- The **St. Clair County Medical Reserve Corps** is seeking support in the way of medical and 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 a community event such as first-aid and rest station. Other opportunities include translators, ham radio operators, triage, shelter care/comfort, assisting in organizing drills, etc.
- **Court Appointed Special Advocates** is looking for volunteers to train to learn how to be the advocate for a child as that child goes through an often complicated and scary court system. Necessary training and background check provided by CASA.
- **Madison and St. Clair counties' Veterans Assistance Commissions** need volunteers to drive veterans to and from appointments at the VA Medical Centers: John Cochran and Jefferson Barracks. You can be part of the support team to meet the critical needs of the veteran population in these counties.
- **Mothers Against Drunk Drivers (MADD)** is looking for volunteers to help with the Court Monitor Program. Volunteers will be trained to observe the court system and collect information in drunken driving cases. Time commitment: weekly, bi-weekly or monthly.
- **Collinsville Historical Museum** is seeking mature adults to help as docents at the museum. There is a lot of local lore and important history regarding the surrounding area.
- **Lebanon Visitors Center** in the heart of downtown historic Lebanon is hoping to find several volunteers to support the information desk as greeters.
- **The Greater St. Louis Air & Space Museum** in the historic Curtis Wright Hangar 2 at the St. Louis Downtown Airport in Cahokia is in need of several volunteers to be docents at the museum. Duties include but are not limited to greeting visitors and changing displays. Take pleasure in this aviation history environment, which is sure to be a fulfilling experience.

For information on any of the above-mentioned assignments, please contact Pat Etling, 618-234-4410, ext. 7012. Your dream volunteer situation is waiting for you!

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

June 5 – Lunch & Learn

June 12 – Lunch & Table Games

June 19 – Lunch with a Doc

June 26 – Lunch & Table Games

Pinochle • 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. Join the fun and maybe have a hot lunch before 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 • Thursday, June 14 • 10 a.m.

This month, we will be choosing our book selections for the rest of 2018 and 2019 to be held at Papa Vito's.

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

June 7 - Table Games

June 14 - Dog Days of Summer Dance

June 21 - Table Games

June 28 - Table Games plus Coloring & Conversation

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.

NEW GROUP STARTING!

Guided Story Sharing – Do you have stories about growing up, your first car, how you met your spouse, your career? Share your life stories with guided story telling. Share your memories and reminisce with others in a small group. Mike Stith, from One Legacy and owner of the Family Historian Journal, will guide us through our stories. You might even get a memory published in the Family Historian Journal! Group is limited to 10 people. June 13, 20 and 27 from 10-11:30 a.m. Folks can attend just one or all three. RSVP's are required. Please call 618-234-4410, ext. 7042.

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.

June Picnic

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

Klucker Hall, Shiloh

This year our theme is Heroes and Villains. So whether you dress up as a good guy or bad guy, you will have a great time. Attendance prizes all day long, bingo outside under the pavilion and the Country Western Band playing in Klucker Hall. Lunch is \$5, and is your choice of BBQ Burger, hot dog or Chick-fil-A sandwich, chips and a drink. No reservations required.

Dog Days of Summer

Thursday, June 14, 10:30 a.m. - 1:30 p.m.

Belleville

Have a doggone good time dancing to the tunes of the Country Western Band. If you had a tail, it would be wagging for the quarter-pound hot dogs served for lunch! A fan favorite! Please call for a reservation.

The following activities are held at the Shiloh Senior Center

Games • Mondays, 10-11:30 a.m.

Play 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. Come play pinochle with us!

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

Breakfast Club - Egg and I
Tuesday, June 19, 9 a.m.

How does a bacon avocado scramble sound? Or how about the Hikers Benedict with fresh asparagus on top, or pancakes with coconut and pineapple? The Egg and I is located at 455 D Regency Park in O'Fallon. Last time, we were here with ice on the road, this time maybe we can have a nice breakfast outside? Call Activities to make your reservation.

Lunch Bunch - Olive Garden
Friday, June 22, 11:30 a.m.

Enjoy one of Olive Garden's duo lunches with two types of pasta with all you can eat salad and bread sticks for \$6.99. Located in Fairview Heights, 25 Ludwig Dr. Call for a reservation so there is plenty of room for everyone.

Dine Around - Fletcher's Kitchen & Tap
Wednesday, June 27, 5 p.m.

Come be one of our back porch friends and have dinner with us at Fletcher's Kitchen & Tap. Located at 6101 W. Main St. in Belleville, Fletcher's is a family-owned business with deep roots in the Belleville community. They grill and cut their own beef, chicken and seafood in-house. The thin cracklin' crust pizza dough is rolled to order and baked in a brick oven. All of the soups, dressings and sauces are made to order. They will have a special for us, so let Activities know you are coming!

Fashion Show
Friday, July 27, 11 a.m. to 2 p.m.

Hurray for Hollywood! See our beautiful models work the runway in their Hollywood-themed fashions. Arrive early for a good seat, shopping and entertainment. Doors open at 10 a.m. This show sells out fast, so get those tickets early! Tickets are \$10 for a wonderful luncheon with the show, complete with linens and servers. We do it up right. Tickets are sold at PSOP in Activities office.

TRIPS

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

Author/Historian NiNi Harris introduce her newest book which is a fun trip through layers of rivermen and French/German/Irish/Italian/Greek immigrants who settled in St. Louis. Follow the stories of individual streets, buildings and parks. Examples are a church now a house; a WW II manufacturing plant now lofts; a cemetery now a park. Who knows what surprises will be in store, 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 about 5 p.m. to Belleville.

An American Legacy
Oct. 9-15, 2018

Highlights of this trip include Colonial Williamsburg; the presidential homes of Monroe, Jefferson and Washington; and the U.S. Naval Academy. Also you will have free time to tour Washington, D.C. Cost is \$3,139 per person, double occupancy; \$3,839 for single occupancy, and \$2,879 per person, triple occupancy. Cost includes airfare, insurance, gratuities, 13 meals and airport transfers. Final payment due on/before June 29, 2018. Pay total amount with a check and deduct \$75 from the cost! Call Nancy at 618-234-4410, ext. 7020 for a flyer or if you need a roommate.

HOLD THE DATE!

- Sept. 24** – What's in Our Backyard?
- Oct. 3** – Isle Casino in Cape Girardeau
- Oct. 23** – Haunted St. Charles
- Dec. 14** – St. Louis Symphony

LOOK FOR US ON THE WEB BY VISITING

swic.edu/community/senior-programs/psop/

Memorials

For: Marie Becker
From: Mark Becker, Bob & Carla Boswell, Cheryl & Mark Brunsmann, David & Christy Buesch, Patty Edwards, Jeanne Shelton, Gwen Stauder, Gene Verdu

For: Rita Pajares
From: Cheryl & Mark Brunsmann

For: Gerry Hogan
From: Evelyn Hammel

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

RSVP Volunteers at the 2018 Senior Art Competition



Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkasse, 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.