

January



2018

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

ALTERNATIVE TRANSPORTATION SYSTEM



First of all we'd like to wish all a Happy New Year!

Here is a quick overview of WHO is eligible to ride with ATS:

- 1. ADA** - For individuals who qualify under the Federal guidelines of the American with Disabilities Act criteria, there is no age limitation. Service is provided within three-fourths of a mile of any Metro fixed bus route or MetroLink during times of operation. ADA clients are the primary customers for ATS and take precedence.
- 2. Senior Transportation** - Seniors may qualify for ATS ridership under the Senior Transportation program if they are residents of the following area: the city of Belleville, Stookey Township and St. Clair Township may qualify for ATS service on limited bases if space is availability. You must meet the following criteria:
 - a. minimum age of 60 years and,
 - b. be ambulatory - using no more than a cane or foldable walker, note: ATS clients may not use the ramp or the lift.
 - c. The hours of operation are Monday through Friday, 6 a.m. to 6 p.m. for seniors.

Utilization of the Coupon Sales Home Delivery Program continues to grow. The program works as follows:

- Coupon books are \$28 for a book of 10 coupons, for a discounted cost of \$2.80 per ride versus a single ride cash fare rate of \$4.
- ATS will deliver coupons directly to the customer on Mondays, Wednesdays and Fridays.
- Customers may pay with cash (exact change ONLY) and/or a check at the time of delivery or they may prepay by credit or debit card by calling the SWIC Business Office (618-235-2700, ext. 5367) to complete the transaction.
- Contact ATS at 618-239-0749, if have any questions

**ATS looks forward to
serving you in 2018!**

SPANISH CLASSES

BEGINNING TUESDAY, JAN. 16

Spanish III: 9-10 a.m.
Spanish II: 10:15-11:15 a.m.
Spanish I: 11:30 a.m. -12:30 p.m.

Please call 618-234-4410, ext. 7044
for information

LUNCH WITH THE DOC

TUESDAY, JAN. 16 • 11:30 A.M.

ST. ELIZABETH HOSPITAL

RSVP call 618-641-5995, ext. 4436 or 9898

Senior Art Competition

Applications are available Jan. 3, 2018

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

AARP Driver Safety Class

Tues. & Wed., April 24 & 25

Thurs. & Fri., June 14 & 15

Mon. & Tues., Aug. 20 & 21

Tues. & Wed., Oct. 23 & 24

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

GRIEF SUPPORT GROUP

**Monday, Jan. 22 • 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



**Dr. Martin Luther King Jr. once said,
"Life's most persistent and urgent
question is:
'What are you doing for others?'"**

*Start the year off right by making an
impact in your community.*

MLK Day of Service – Jan. 15, 2018

Americans across the country, from all walks of life, come together to serve neighbors and communities to mark the MLK Day of Service. The president's national call to service is to make this a "day on, not a day off." Help us move closer to Dr. King's vision of a "Beloved Community" by supporting the Senior Corps program's Warm Clothing and Food Drive. Join the RSVP, Foster Grandparent and Senior Companion Programs in the fight against hunger and cold temperatures. Participate in the MLK Day of Remembrance and Service by donating non-perishable food and gently used or new hats, gloves, scarves, coats and shoes for needy families right here in our community. You are welcomed to drop off your donations at PSOP during the month of January.

*Call 618-234-4410, ext. 7036 with any
questions you may have.*



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

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 • 9 a.m. to 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 and cholesterol; review medication; or discuss any other health topic you are concerned about.

Tuesday mornings • 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 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. Anyone 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.

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.

MEMOIRS

Starting Jan. 16

1-3 p.m. every Tuesday

JANUARY 2018

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.

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)**

Monday

1

CLOSED
New Year's Day

8

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.

15

CLOSED
Martin Luther King Jr. Day

22

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.
Red Hats, 1-4 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

29

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.

Tuesday

2

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.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

9

Bridge, 8:30-11:30 a.m.
Breakfast Club, Bob Evans, 9 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.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

16

Bridge, 8:30-11:30 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.
Dine Around, Tim & Joe's, 5 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

23

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 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

30

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 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

Wednesday		Thursday	Friday
3 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		4 Pinochle , 9-11:30 a.m. Lunch & Table Games , 10-11:30 a.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	5 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
10 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		11 Pinochle , 9-11:30 a.m. Book Discussion , 10 a.m. Lunch & Table Games , 10 a.m. - 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	12 Art , 9-11:30 a.m. Men's Club , 10 a.m. - 2 p.m. Canasta , 12:30-3:30 p.m.
17 Crochet/Basic Knitting , 9-11:30 a.m. Toss the Fruitcake Dance , 9 a.m. - 2 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		18 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.	19 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
24 Crochet/Basic Knitting , 9-11:30 a.m. Lunch Bunch, Easy Buffet , 11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		25 Pinochle , 9-11:30 a.m. Lunch & Bunco & Coloring 10 a.m.- 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	26 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
31 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		<u>COUNTRY WESTERN BAND</u> 4th – O'Fallon 11th – Granite City 18th – Moose, Swansea 25th – Caseyville	<u>RSVP ORCHESTRA</u> 3rd - Caseyville 10th – Moose, Swansea 17th -- Belleville 24th -- Okawville 31st – Collinsville

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.

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

Henry H., Milly K., Vi S., and Rose M.

DRIVER SERVICES MOBILE UNIT

2018 Dates: Feb. 14, April 11, June 13,
Aug. 8, Oct. 10, Dec. 12

Services provided to seniors age 55 and older:

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

Mobile Unit hours: 10 a.m. – 1:40 p.m.

Services available: 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.

**Call Melissa or Theresa at
618-234-4410, ext. 7042 or 7043**

RSVP

***Start the New Year with the gift
that keeps on giving – yourself.***

- **Cahokia Mounds** in Collinsville is seeking volunteer support. Several opportunities: Greeters, Gallery Guides and Information Desk. This is a World Heritage site. If you like history – you will love this museum? We are lucky to have this gem right here in Southern Illinois! Days and shifts vary.
- **The Illinois Department of Human Services** is pursuing volunteer support in the form of a filing clerk. This agency supports persons with disabilities. If you have a few hours a week, consider helping this organization as they help others work toward independence.
- **St. Clair County Medical Reserve Corps** is in need of both medical and non-medical volunteers to support their mission. In the event of a disaster volunteers will be utilized for crowd control, clerical aides, registration and communications as well as a number of other tasks that may be needed during an emergency. Background check required but provided by SCCMRC.
- Volunteer opportunities abound at **BEACON of Belleville** – Office volunteers are needed for both telephone intake and for occasional clerical tasks: mailings, copies, and data entry. Furniture volunteers are needed to help pickup and deliver furniture and sort furniture at the warehouse.
- Enjoy local history? If so, **Collinsville Historical Museum** is the dream assignment for you. Volunteers are needed to act as docents. This museum is located next to the Collinsville Library in a brand new facility! Step back in time while enjoying the pleasure in this lovely environment. There are openings for Thursdays, 11 a.m. to 3 p.m., and Saturdays, noon to 4 p.m.

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

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

Jan. 2 - Lunch & Games

Jan. 9 - Lunch & Games

Jan. 16 - Lunch with a Doc

Jan. 23 - Lunch & Games

Jan. 30 - Lunch & 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. 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. Come join us and find out for yourself!

Book Discussion Group • Dec. 14 • 10 a.m.

The Chaperone by Laura Moriarty is the title of our book this month. The discussion will be led by **Denese Sechrest**.

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

Jan. 4 - Table Games

Jan. 11 - Table Games

Jan. 18 - Table games

Jan. 25 - Bunko and Coloring

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

Toss the Fruitcake Dance

Wednesday, Jan. 17, 10:30 a.m. - 2 p.m.

Bring your unwanted fruitcake for the fruitcake toss game! Then, dance the cold day away with the RSVP Orchestra. Have a great hot lunch and tell your friends what Santa brought you!

**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! 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!

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

Men's Club

Friday, Jan. 12, 11 a.m.

Join this great group of guys as they welcome their guest speaker, Jeff Creek. Jeff is the boy's varsity basketball coach at Belleville East High School. Is coaching the same as when you played? How are the players different? Hear an interesting talk with a great group of guys. Make your reservation for lunch by noon on Thursday the day before. Lunch is \$6.

Breakfast Club-Bob Evans

Tuesday, Jan. 9, 9 a.m.

We hope you can join us for breakfast at Bob Evans at 10 Ludwig Drive in Fairview Heights.

Dine Around • Tim and Joes

Tuesday, Jan. 16, 5 p.m.

Please join us for a casual evening with friends. Enjoy Tim and Joe's Tuesday night special of \$10 prime rib at 6500 W. Main St. in Belleville.

Lunch Bunch • Easy Buffet

Wednesday, Jan. 24, 11:30 a.m.

Enjoy American and Chinese food at 2524 Green Mount Commons Drive in Belleville.

DAY TRIP

Chicago: Join us for Lunch and a Show at the Fabulous Fox!

The longest running American Musical in Broadway history comes to the Fox! Chicago: a tale of fame, fortune and all that jazz, one show stopping song and dance routine after another. The Cost is \$120 per person and includes a delicious meal proved by the Fox Theatre and floor seating on the orchestra level. The show is Sunday March 4, 1 p.m. Lunch is provided prior to the show. Depart Schnuck's on North Belt West at 10:45 am. Return about 4 p.m. For more information call Melissa at 618-234-4410, ext. 7042.

Isle Casino Cape Girardeau

Tuesday, Feb. 20, 2018

We head to one of our favorite casinos where we had a winner of over \$1,000 on our last trip! Price includes \$5 cash from the casino and a meal voucher for the buffet. Must be 21 years of age and must present a valid driver's license, passport, or state issued non-driver's ID at casino check-in. Please put your birthdate and Fan Club player's number (if you have one) on the reservation form. Cost is \$45 per person. Deadline for reservations is Feb. 1. Depart 7:40 a.m. from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return about 6 p.m. to Belleville.

Great Canadian Cities MIGHT STILL HAVE SPACE

June 20-28, 2018

Visit Montreal, Quebec City, Ottawa, Toronto and Niagara Falls. Highlights include Notre Dame Cathedral, a train ride, the 1,000 Islands and Niagara Falls. Your passport must be valid through Dec. 30, 2018. Cost is \$3,499 per person, double, and \$4,349 for a single. The price includes air from St. Louis, airport transfers and 11 meals. A \$300 (plus insurance, if desired) deposit is due at time of reservations. **Full payment due** on/ before March 25, 2018. Make checks payable to *Premier World Discovery*. Call Nancy at 618-234-4410, ext. 7020 for a flier.

LOOK FOR US ON THE WEB BY VISITING

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

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 or 7012.



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).**

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

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: _____



201 N. Church St.
Belleville, IL 62220

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SOUTHWESTERN
ILLINOIS COLLEGE

Programs and Services for Older Persons



**Residents at the Senior Housing, Bel-I,
receive Fire Safety Training**



**SCP Volunteer, Sharon Greten, shares the spirit of
Christmas year round with her client, Larry Schwaegel.**

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. Blumenkamp, Freeburg; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Oscar Rodriguez, Collinsville

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