

March



2019

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

REAP HEALTH BENEFITS BY BEING A SENIOR COMPANION

The Corporation for National and Community Service launched two longitudinal studies in 2015 to assess the impact of service on Senior Companion volunteers and the caregivers of Senior Companion clients. Data from the first year of the study shows Senior Corps volunteers report improved health after just one year of service. Here are some of the findings:

- Nearly half of Senior Corps volunteers reported improved health and wellbeing, and more than one-third initially reporting they were in good health, reported improved health at the end of the one-year period.
- Almost two-thirds of Senior Corps volunteers reported a decrease in feelings of isolation, and 67 percent of those who first reported they “often” lack companionship, reported improved social connections.
- 70 percent of Senior Corps volunteers who initially reported five or more symptoms of depression reported fewer symptoms at the end of the first year, while 63 percent of volunteers initially reporting three or four symptoms of depression also report fewer symptoms.

The Senior Companion program not only helps the volunteers and direct recipients of the services, but it also gives respite to caregivers, who reported a positive impact on health and well-being.

- Approximately 40 percent of caregivers who rated their health as fair or poor before respite support now rate their health as good.
- Nearly 76 percent of caregivers in the critical-needs group reported Senior Companion respite services helped them with both personal time and household management.
- Approximately 60 percent said it allowed them to be more involved in social activities and enjoy time with their friends or relatives.



Senior Companions not only gain health benefits from the program, but also earn some non-reportable income if they are income eligible. Senior Companions are 55 and older and receive a stipend of \$2.65 per hour, paid time off, travel and meal reimbursement, and 11 paid holidays.

When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. For more information about becoming a Senior Companion or having a Companion come visit call 618-234-4410, ext. 7036.

SENIOR ART COMPETITION

LIFE EXPERIENCED: A Senior Art Competition

Exhibition: **March 1-4, 2019**

Schmidt Art Center: **SWIC Belleville Campus**

Opening Reception: **Thursday, Feb. 28, 2019 –
6-7:30 p.m.**

FREE AND OPEN TO THE PUBLIC
For more information and exhibition hours:
swic.edu/psop OR co.st.clair.il.us
618-234-4410, ext. 7044



GIVING BAG

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 six-digit code from each bag!

GRIEF SUPPORT GROUP

Monday, Mar. 18

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*

VOLUNTEERS WANTED

The St. Clair County Office
on Aging
is SEEKING VOLUNTEERS
to teach
**Conversational Spanish,
French, or German**
to older adults

For Information call
618-234-4410, ext. 7044

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

**April 10 • June 12
Aug. 14 • Oct. 9 • Dec. 11**

Services provided to seniors 55 and older include:
driver's license renewals (including vision test,
road test, and written exam, if required.)

Other services include: state ID cards and vehicle
registration renewals.

An identification card can be obtained for \$20;
however, if you are age 65 and older you may
obtain a free, non-expiring State of Illinois
photo ID card.

Drivers age 75 and older are required to take a
driving test to renew their driver's licenses.

All payments must be by checks or credit cards;
cash will NOT be accepted.

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 the Alzheimer's Association, PSOP hosts a monthly support and education meeting for those who are caregiving for someone with Alzheimer's disease or a related dementia. Meetings are held the second Tuesday of most months at 2:30 pm, at PSOP. This meeting is intended for caregivers-only to attend. For more information about the meeting, or for an individual counseling and resourcing appointment related to dementia caregiving, please call Jodi at 618-234-4410, ext. 7031.

Parkinson's Support Group

This support and educational meeting, sponsored by the American Parkinson Disease Association, is held at PSOP on the second Monday of most months at 1:30 p.m. 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.

Mindfulness Group

The Older Adult & Caregiver Counseling program now provides an anxiety education group for learning techniques to cope with stress and anxiety. Learn about "Mindfulness" techniques that increase focus and relaxation. The group will meet the second Wednesday of most months at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410 ext. 7039 for more information.

Brain Health

PSOP and the Alzheimer's Association would like to invite everyone to participate in a monthly educational class to promote Brain Health. Whether you are a person with memory loss, or someone interested in maintaining as healthy of a brain as possible, this monthly meeting will feature brain exercises, activities, socialization and education. Classes will be held the second Thursday of most months at 2:30 p.m. No reservation is necessary, but you may call Jodi Gardner, MSW, LCSW, at 618-234-4410, ext. 7031 for information.

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.

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 Aid will assist individuals of limited income, age 60 and above, with powers of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. - noon • By appointment only

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

Nurse Available at PSOP!

June Gagen, RN, from Memorial Hospital will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on Tuesday mornings from 9 a.m. to noon in the Resource Center. No appointment needed.

SERVING VETERANS OF ST. CLAIR COUNTY

Information and Assistance with claims to the Department of Veterans Affairs for benefits such as: pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

By appointment only • Mondays from 9 a.m. - noon

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

BRIDGE

If you know what dummy,
Singleton, turkey, and Trump mean,
WE HAVE THE GROUP FOR YOU!

The bridge group is always welcoming new
players. Join the fun
Tuesdays at 9 a.m.



MARCH 2019

Monday

Tuesday

COUNTRY WESTERN BAND

7th – Shiloh
14th – Collinsville
21st – Caseyville - SCCOOA
28th – O’Fallon

RSVP ORCHESTRA

6th – Caseyville - SCCOOA
13th – Okawville
20th – Belleville
27th – Collinsville

Metro Pass Location

PERMANENT LOCATION

Belleville Metro Station,
718 Scheel St., Belleville.
Tuesdays & Thursdays,
9 a.m. to noon.

Questions? Please call:
618-628-8090

• **RENEW YOUR NEWSLETTER
SUBSCRIPTION AT LEAST
ONE MONTH BEFORE YOUR
EXPIRATION DATE
(ON YOUR MAILING LABEL)**

• **CHANGE YOUR ADDRESS
IF YOU MOVE**

• **YOU CAN ACCESS THIS
NEWSLETTER BY GOING TO:
SWIC.EDU/PSOP**

PSOP RECYCLES:

**Aluminum cans
(supports Advocacy Dept.)**

**Cellphones
(supports Cellphones
for Soldiers)**

**Old shoes
(Waterman Project)**

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.
Breakfast Club, The Egg & I, 9 a.m.
Lunch & Learn,
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

11

**CLOSED
FOR
SPRING BREAK**

12

**CLOSED
FOR
SPRING BREAK**

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.
Lunch with the Doc,
10 a.m. - 1:30 p.m.
Lunch Bunch, Bootsie’s in Waterloo,
11:30 a.m.
Yoga, 10-11 a.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

25 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.**

26 Bridge, 8:30-11:30 a.m.
Lunch and 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 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

Wednesday**Thursday****Friday**

6 **Crochet/Basic Knitting**, 9-11:30 a.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.

SHILOH SENIOR CENTER
Dance, "March Madness"
10:30 a.m. - 2 p.m.

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

6 **Crochet/Basic Knitting**, 9-11:30 a.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.

SHILOH SENIOR CENTER
Dance, "March Madness"
10:30 a.m. - 2 p.m.

8 **Art**, 9-11:30 a.m.
Men's Club, 10 a.m. - 2 p.m.
Canasta, 12:30-3:30 p.m.

13

CLOSED
FOR
SPRING BREAK

14

CLOSED
FOR
SPRING BREAK

15

CLOSED
FOR
SPRING BREAK

20 **Crochet/Basic Knitting**, 9-11:30 a.m.
Dance, "Green Eyes"
10:30 a.m. - 2 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.
Book Discussion, 10-11:30 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.
Dine Around, Rio Grande MX
Cocina in
Fairview Heights, 5 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.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
CLOSED

28 **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.

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 to 1 p.m.** The cost is **\$5 per class**. Instructor Delores Gordon has been certified to lead Tai Chi for Arthritis, the Yang Ten Form, SHIBASHI, Tai Chi for wellness and other forms of this practice since 2002. Come and try out one session free to see if it fits your needs!

Fitness Room is CLOSED during Tai Chi and Yoga

*** No advance registration is required for either activity; payment is due at time of activity directly to the instructor.*

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 age 60 or older. You can inquire about the ATS program by calling 618-239-0749.

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

Betty Z., Clementine P., Kenneth H., Mary W. and Mildred C.

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 234-4410, ext. 7024 or 7012 or ext. 7040

RSVP

Please remember to send in your hours for holiday volunteering: The services you offered to neighbors and friends; shopping for groceries, shoveling a sidewalk, running to the post office, all count as RSVP hours.

- Interested in teaching seventh-grade students how to manage a budget? This fun one-day interactive workshop titled **"Welcome to the Real World"** will be held **Thursday, April 25 and Friday, April 26** at the SWIC Belleville Campus Intramural Gym.
- **Memorial Hospital** is hoping to recruit volunteers for both the Belleville and the new Memorial East Hospital locations. Opportunities vary from everything from the waiting room areas to the gift shop.
- **Family Hospice Grief Support for Children** is in seeking a clerical volunteer to help with their mission to help children and families through support services. Duties include organization of craft programs and staff support. One or two days per week (3-4 hours per day).
- Want to be a part of the **Number 1 Art Show** in the country and see artwork from the finest artists the nation has to offer? If so, **Art on the Square**, the premier art event is looking for special people to help the weekend of **May 17, 18, and 19**. Volunteers are needed in the Souvenir Booth, and the High School Student Art Show. Morning, afternoon and evening shifts available. This is an epic experience you won't want to miss.
- **Granite City Senior Social Club** is seeking volunteers to help call bingo and become board members to help plan and organize monthly dances and events.
- Interested in volunteering as a hospital aide, information desk attendant or help transport patients, if so the **Auxiliary to Anderson Hospital in Maryville and the Auxiliary of St. Elizabeth's Hospital in O'Fallon** are looking for you. The hospitals are open seven days a week could use support in a variety of tasks.

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) or ext. 7021 (Jean Ellen).

Chess • Mondays, 10–11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

Do you know what a Trump or a Dummy is? Have you played bridge but have not played for a while? Come join the Bridge Players on Tuesday mornings!

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

March 5 – Lunch & Learn

March 12 – CLOSED

March 19 – Lunch with a Doc

March 26 – Lunch & Tables Games

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

Whether you are a morning person or get out more in the afternoons, come join us for Pinochle!

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

Warm up with some line dancing. Great people and awesome instructors will have you doing a happy dance all over the dance floor. \$2 per session.

Beginning Line Dancing • Wednesdays March 20 – April 24, 12-1 p.m.

This six-week class is \$20 per person. If you've always wanted to learn line dancing, this slower paced class will teach you the basic steps and have you line dancing to your favorite tunes.

Book Discussion Group • Thursday, March 21, 10 a.m.

This month's book selection is "The Great Alone" by Kristin Hannah. The discussion leader is Jean Nolan.

Thursday Lunch • 11:30 a.m. \$5

For just \$5 you will get a homemade lunch made by our very own volunteers. They are always coming up with something new. Stay for fitness or table games or cards. **For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.**

Thursday Activity • Noon

March 7 – Lunch and Table Games

March 14 – CLOSED

March 21 – Lunch and Table Games

March 28 – Lunch and Table Games

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

"March Madness" Dance

Thursday, March 7, 10:30 a.m. - 2 p.m.

Basketball players aren't the only ones who are light on their feet. Come show off your fancy footwork with the Country Western Band at Klucker Hall in Shiloh! Lunch is \$5. Please make your reservation before March 6. Call 618-234-4410, ext. 7015 then press 5 for reservations. Dance sponsored by Memorial Hospital.

"Green Eyes" Dance

Wednesday, March 20, 10:30 a.m. - 2 p.m. PSOP

Come and catch the luck of the Irish as we celebrate St. Patrick's Day with the RSVP Orchestra at PSOP. Enjoy lunch for \$5. Please make your reservation by March 19. Call 618-234-4410, ext. 7015, then press 5 for reservations.

The following activities are held
at the Shiloh Senior Center

The Shiloh Senior Center will be closed on March 11, 13 and 27.

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. No cost to play. They always welcome new players.

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

Men's Club • Friday, March 8, 11 a.m.

The quest speaker is Jim Meyer, retired 26-year-veteran basketball official; Illinois High School Basketball Coaches Hall of Fame (1990); and retired Belleville Ellis Grade School principal. Please make reservations for lunch. Lunch is \$6.

Breakfast Club • Tuesday, March 5, 9 a.m.

Join us at The Egg and I, 455-D Regency Park in O'Fallon for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Tuesday, March 19, 11:30 a.m.

We're meeting at Bootsie's, 1365 IL-3 in Waterloo. Enjoy some warm flower-pot bread before ordering off of their menu filled with delicious homemade food. Stop by the bakery for a made-from-scratch piece of pie, cake, or pastry. Their general store features items made by local vendors. Please call for reservations so we can have a seat saved just for you!

Dine Around • Thursday, March 21, 5:00 p.m.

Meet us at the Rio Grande MX Cocina, 47 Ludwig Drive in Fairview Heights. Choose your favorite entrée from their menu for an authentic taste of Mexico! Please call Activities to let us know you are dining with us!

TRIPS

Monuments & Memorials

Wednesday, April 3, 2019

Highlights include the renovated Arch grounds and museum. Learn how the arch was built and tour the new museum (sorry, no rides to the top!); visit the Old Courthouse; and enjoy a self-tour of the newly restored Soldiers' Memorial. Cost is \$83 and includes services of Linda Koenig and a cafeteria-style lunch at St. Raymond's Catholic Church. Deadline for reservations is March 15. Pick-up at 8:20 a.m. at the Schnuck's on North Belt West; and return about 5 p.m.

A Bosnian Experience

Tuesday, May 21, 2019

Leave your passport at home! Joe DeGregorio takes us through the Bosnian area of St. Louis to learn customs, enjoy the food and insight into the history of these refugees coming to St. Louis. Experience a unique bazaar, a bakery, and the religion. Not recommended for people using walkers. Cost is \$85 and includes entertainment, services of Joe and lunch (please state if you want Stuffed Cabbage or Goulash or Chicken Schnitzel). Deadline for reservations is May 1. Pick-up at the Schnuck's on North Belt West at 8:30 a.m. and returning about 3:30 p.m.

Fireworks on the River!

Thursday, July 4, 2019 Limited to 150 people

Our best-selling cruise is back! Sail the Mississippi as we enjoy a dinner buffet and have the best seat in the house for the best firework display in the country! Cost is \$99 per person. Deadline for reservations is May 22. Depart 6 p.m. from the Schnuck's on North Belt West, Belleville, depart 5:15 p.m. from the Caseyville Township Center. Return about midnight. Note: components are weather dependent and may be a two-block walk. Please state with whom you wish to sit.

Canadian Rockies & Glacier National Park

July 31 to Aug. 6, 2019

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

Magnificent Michigan

Sept. 6-12, 2019

This motorcoach tour includes: Amish Acres, two nights in the Grand Hotel, the Dunes, two world-famous gardens, the Gerald R. Ford Presidential Museum, 12 meals, and so much more! Per person, costs are \$3,179 single, \$2,449 double or \$2,269 triple or quadruple occupancy. Lakeview rooms are available. Final payment due on or before May 28. Call Nancy for a flyer!

The Passion Play and a River Cruise!

A ONCE IN A LIFETIME TRIP!

Sept. 20-29, 2020

We start in Budapest and travel the Danube River. Along the way, we stop in Bratislava, Vienna, Durnstein, Passau, Oberammergau for the Passion Play (held every 10 years) and finish in Munich for the Oktoberfest! Prices begin at \$6,549 per person for Category E. This trip has strict deposit and cancellation dates. Please call Nancy for more pricing or for a brochure.

SAVE THE DATE:

June 5 – Jefferson Barracks

Look for us on the web by visiting swic.edu/psop.

SAVE THE DATE: This year's Senior Celebration is scheduled for May 10!

Raffle Tickets are available now! Prizes include:

- o 1st Prize: **\$500 Wal-Mart Gift Card** – donated by Belleville Wal-Mart
- o 2nd Prize: **I-Pad** – donated by Belleville Wal-Mart
- o 3rd Prize: **4 Redbird Club Seats** – donated by Steve Wolf
- o 4th Prize: **\$100 Andria's Gift Card** – donated by County Board Chairman Mark A. Kern
- o 5th Prize: **\$50 Schnucks Gift Card** – donated by Cheryl Biver Brunsmann

TICKETS: **\$1 each** or **6 for \$5**

Call or visit any staff member to purchase YOURS today. 100 percent of funds directly benefit PSOP programs!



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

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



PSOP recently enjoyed having Althoff Catholic High School Students on hand to help with activities and programs, from mailings to line dancing.

They brought much joy to our seniors. Pictured here are Christina Brown and Olivia Melichar along with some very appreciative PSOP staff and seniors.

Mailing prepared by RSVP Volunteers

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

College President: Nick J. Mance