
May



2019

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

Counseling – What's On Your Mind?



What's next in life after the loss of a dear loved one? Are you feeling anxious or sad more often than you used to? Is it hard to keep patience with a loved one who is ill or has dementia?

These are only a few of the very meaningful topics that are discussed confidentially with counselors Jodi Gardner, MSW, LCSW, and Tanya Koelker, MA, LCPC. These counselors are available to St. Clair County senior citizens and caregivers free of charge through grants from the St. Clair County Mental Health Board and AgeSmart Community Resources.

"When someone talks to a counselor for the first time, they are often surprised by how comfortable

of a conversation we have. It's a great relief to be listened to and validated," says Jodi. "We also offer specific mindfulness techniques and as well as community resources to solve practical problems," adds Tanya. The counselors specialize in addressing issues related to aging, illness, bereavement, difficult life events, and caregiving. Various support groups and information for regional resources are also offered.

These counselors are available by appointment, with sessions taking place in the Resource Center, or in the home of homebound clients. For a counseling appointment, please call Jodi at 618-234-4410, ext. 7031, or Tanya at 618-234-4410, ext. 7039.

PSOP WHERE OUR SENIORS ARE
Out of this World



SENIOR CELEBRATION
Friday, May 10
10 a.m. - 2 p.m.

Lunch · 11 a.m. - 12:30 p.m.

PSOP, 201 N. Church St., Belleville
For more information, call PSOP at 618-234-4410.
No reservation required.

AARP Driver Safety Class

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.

THE SWIC-PSOP FAMILY HISTORIAN CLUB

Would you like to be part of a club that collects and shares historical stories from around the community?

Join SWIC-PSOP Family Historian Club, along with One Legacy, for good times and good deeds.

The club meets every month.

Invite your friends and spread the word.

Learn more by visiting **www.onelegacy.com**
or call 618-960-7252.

The **SWIC-PSOP**
FAMILY HISTORIAN Club



SENIOR COMPANIONS

Make Independence a Reality

***"Let us be grateful to people who make us happy:
They are the charming gardeners who make
our souls blossom," Marcel Proust.***

In May, we celebrate **Older Americans Month** by recognizing our Senior Companion volunteers for their time of service to their clients, families and community. The Senior Companions quiet the worries and fears of their clients who cannot live by themselves without help. These well deserving volunteers will be recognized for their service, receive a gift and a heart full of gratitude for all that they do.

Senior Companions:

- Answer a need
- Care for others
- Build lasting relationships
- Inspire others with their dedication
- Touch lives forever
- Spread smiles as they go
- Lift spirits

Take the opportunity to see how much you'll receive by reaching out and helping someone else by becoming a Senior Companion. For more information about the Senior Companion Program, please call 618-234-4410, ext. 7036.

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

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

GRIEF SUPPORT GROUP

Monday, May 21, 2019
10-11:30 a.m.

201 N. Church St. Belleville at PSOP

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

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

MAY 2019

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)**

Monday

COUNTRY WESTERN BAND

2nd - Collinsville

9th - No Dance

10th - Belleville – Senior Celebration

16th - Caseyville-SCCOOA

23rd - O'Fallon

30th - Granite City

6 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.

13 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.
Parkinson's Support Group, 1:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

20 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.

27

**Closed
for
Memorial Day**

Tuesday

RSVP ORCHESTRA

1st - Caseyville - SCCOOA

8th - Okawville

15th - Belleville

22nd - Moose

29th - Collinsville

7 Bridge, 8:30-11:30 a.m.
Breakfast Club, Moore's Café, 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, 5-8 p.m. at the
Nichols Center

14 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.
**Alzheimer's Caregiver
Support Group**, 2:30 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

21 Bridge, 8:30-11:30 a.m.
Lunch with a Doc,
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, 5-8 p.m. at the
Nichols Center

28 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, 5-8 p.m. at the
Nichols Center

Wednesday		Thursday		Friday	
1 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		2 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.		3 Art , 9-11:30 a.m. Men's Club , 10 a.m. - 2 p.m. Canasta , 12:30-3:30 p.m.	
8 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. Mindfulness Strategies , 10 a.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		9 Pinochle , 9-11:30 a.m. Lunch & Table Games , 10 a.m. - 1:30 p.m. Book Discussion 10-11:30 a.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.		10 Senior Celebration , 10 a.m. - 2 p.m.	
15 Crochet/Basic Knitting , 9-11:30 a.m. Dance, "Senior Prom," 10:30 a.m. - 2 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		16 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. Dine Around, Valentine's Restaurant , 5 p.m.		17 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.	
22 Crochet/Basic Knitting , 9-11:30 a.m. Lunch Bunch, Cutter's , 11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		23 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.		24 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.	
29 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		30 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.		31 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.

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 (ITAC) amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012 or ext. 7040

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

Margaret R.

RSVP

What is RSVP?

The Retired and Senior Volunteer Program is a national program that recruits individuals 55 and older to help others through not-for-profit agencies, hospitals, libraries, hospices, schools, etc. The mission of the program is to match the talents of these individuals with one or more volunteer assignments that best suit them. Limited benefits are available. Started in 1973, RSVP has been committed to community service for 46 years.

Look at some of the volunteer opportunities available!

- **Habitat for Humanity Restore** in Collinsville has openings for volunteers to help as cashiers, donations and sales assistants, and merchandisers. Shop hours: Tuesday through Saturday, 10 a.m. to 4 p.m. (3-4 hour shifts once or twice per week). Call for job descriptions.
- **The Esquiline** in Belleville is seeking volunteers to help as library aides – shelving books, organizing and helping residents with questions (twice per week for two hours each shift). An additional opportunity is available to help run small group activities such as cards, dice and dominoes in the Independent Living, Assisted Living and/or Skilled Care Center (1-2 hours per month).
- **Cahokia Mounds** peak tourist season has arrived and the Interpretive Center desires mature volunteers to serve as docents to guide guests around the museum. Other volunteer opportunities available include greeters, information desk and leading short walking tours of the grounds.
- Court Appointed Special Advocates (**CASA**) is looking for volunteers to train to be the advocate for a child as that child goes through an often complicated and scary court system. Training and background check provided.
- **Collinsville Faith in Action** needs community support for transporting clients to and from the doctor in Madison and St. Clair counties. Additionally, trips to St. Louis doctors are highly requested. This is a great way to fulfill the mission of serving others. Can you spare a minimum of three hours per month? Valid driver's license and insurance required.
- **Project Compassion**, a program in Belleville that shows acts of kindness to those in need, is seeking volunteers as receptionists. Any weekday, morning or afternoons shifts are available.
- Enjoy the outdoors? **Willoughby Heritage Farm** in Collinsville is seeking farm hand support to assist in a variety of duties including the three-mile trails of the conservation reserve. Many opportunities available: Wednesdays, 9 a.m. to 1 p.m. Bonus: Lunch is provided.
- **Collinsville Historical Museum** is seeking mature adults to help as docents at the museum. A lot of local lore and important history regarding the surrounding area.
- Interested in the earth and the environment? If so, **Heartland Conservancy** in Belleville has several opportunities offering a "green" experience.
- **Lebanon Visitors Center** in the heart of downtown historic Lebanon is hoping to find several volunteers to support the information desk as greeters.

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.

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

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m. with tee time at 9 a.m.

Cost is \$8 to golf nine holes.

Carts are available – first come, first served.

Monday league – Carol Dunn at 618-210-7265

Wednesday league – Pat Hrasky at 618-781-0551

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

May 7 – Lunch & Learn

May 14 – Lunch & Table Games

May 21 – Lunch with a Doc

May 28 – Lunch & Table 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.

Book Discussion Group • Thursday, May 9, 10 a.m.

This month's book selection is "The Whistling Season" by Ivan Doig. The discussion leader is Rose Range.

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

May 2 - Lunch and Table Games

May 9 - Lunch and Table Games

May 16 - Lunch and Table Games

May 23 - Lunch and Table Games

May 30 - 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

"Senior Prom" Dance

Wednesday, May 15, 10:30 a.m. - 2 p.m. PSOP

It's time for boutonnieres, corsages, prom dresses and tuxedos! We're ready to dance to the tunes of the RSVP Orchestra at PSOP. Enjoy lunch for \$5. Please make your reservation by May 14. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Memorial Hospital.

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

"Shiloh: The Best Place on Earth!" Senior Picnic

Wednesday, June 5, 10:30 a.m. - 2 p.m.

Join us for our annual Shiloh Senior Picnic for good food, fun and friends! We'll have table games with fun prizes, and dancing with the RSVP Orchestra. We hope to see you there!

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

Men's Club • Friday, May 3, 11 a.m.

Guest speakers are: Lyle Reuss and John Duncan. Lyle Reuss is a former Cahokia High School and Saint Louis University baseball coach. Duncan is a former Saint Louis University baseball player and minor league catcher and first baseman with the Seattle Mariners. Please make reservations for lunch. Lunch is \$6.

Breakfast Club • Tuesday, May 7, 9 a.m.

Join us at the Moore's Café, 7309 Old St. Louis Road, Belleville for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Wednesday, May 22, 11:30 a.m.

We're meeting at Cutters, 239 Carlyle Ave. in Belleville. Please call for reservations so we can have a seat saved just for you!

Dine Around • Thursday, May 16, 5 p.m.

Meet us at Valentine's Restaurant, 205 S. State St. in Freeburg. Please call Activities to let us know you are dining with us!

Cards vs. Phillies Game • Tuesday, May 7, 6:45 p.m.

We're meeting at the Red Bird Express at St. Clair Square in Fairview Heights. We have great seats in Section 237! You'll also receive a Cardinal's t-shirt when you enter the gate. We hope you'll join us for a fun evening. Cost of event: \$32 per person which includes your baseball ticket, hot dog, chips and drink. Cost of Red Bird Express is \$5 per person cash (not included in price of event).

Cards vs. Brewers Game • Saturday, Sept. 14, 6:15 p.m.

Meet at the Red Bird Express at St. Clair Square in Fairview Heights. Enjoy great seats in Section 235! You'll receive a Stan Musial and Red Schoendienst Double Bobblehead when you enter the gate. Have a fun evening at Busch Stadium. Cost of event: \$44 per person which includes your baseball ticket, hot dog, chips and drink. Cost of Red Bird Express is \$5 per person cash (not included in price of event).

TRIPS**Historic Jefferson Barracks
Wednesday, June 5, 2019**

Once the largest military base in the U.S., spend the day with Linda Koenig learning about its role in D-Day and other wars by visiting the park and museums (Ordnance Depot and Powder Magazine, Telephone Museum, and the Missouri Civil War Museum) and cemetery. Cost is \$93 and includes all entrance fees, services of Linda, and lunch at Café Telegraph. Deadline for reservations is May 16. Pick-up at the Schnuck's on North Belt West at 8:20 a.m. and return about 5 p.m.

Fireworks on the River!**Thursday, July 4, 2019 • Limited to 150 people**

Our best-selling cruise is back! Sail the Mississippi and enjoy a dinner buffet with 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 are sitting!

**The Passion Play and a River Cruise!
A ONCE IN A LIFETIME TRIP!
Sept. 20-29, 2020**

Start in Budapest and travel the Danube River. Along the way, 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. Looking for a roommate? I may have one!

SAVE THE DATE: Sept. 24 And the Beat Goes On

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

Raffle Tickets are available now! Prizes include:

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

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!

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 your payment 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: _____



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Programs and Services for Older Persons

In 2019, PSOP and the city of Belleville join forces for the annual
SENIOR CELEBRATION on Friday, May 10 to recognize that
“Our Seniors Are Out of this World!”



The 2018 Senior Celebration celebrated “Our Seniors are Super Heroes!”

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Robert G. Morton, O'Fallon; Vice Chair Richard E. Roehrkaske, 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

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