

October



2017

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

# HEALTH & WELLNESS



**“The only difference between try and triumph is just a little umph.”**

*-Marvin Philips*

Join us at PSOP as we put a little ‘umph’ into taking care of ourselves!  
We are pleased to host two levels of Tai Chi and Gentle Yoga at PSOP. Details inside!  
Both are pay as you go (\$5 per class) and require no advanced registrations!

## SENIOR FRAUD PROTECTION

Studies have shown that con artists are more likely to target older adults than other group because they believe they are more susceptible to scams. Knowledge is power and PSOP, in partnership with the Belleville Chamber of Commerce, the Elder Justice Council and AgeSmart Community Resources, want to assist in informing seniors about how to avoid becoming a victim.

A few of the topics that will be covered are:

- Dumpster Diving • Skimming Devices • Phishing
- Imposter Scam • What To Do Once You've Been Scammed

**An event will be presented to the public at PSOP on Oct. 25 from 9-11 a.m.**

A light breakfast will be available. We encourage all seniors, caregivers and family members to attend.

*For more details and to RSVP, please contact Carla at 618-234-4410, ext. 7036.*

## MEDICARE OPEN ENROLLMENT

**Oct 15- Dec 7, 2017**

This is the time of year when you are able to make changes to your Medicare Prescription Drug Plan (Medicare Part D) or your Medicare Advantage Plan. It is important to keep in mind what changes you have experienced throughout this year, including changes to prescriptions, different doctors or other reasons to make sure you are in the right plan for 2018.

You may be able to save money! You can also look at what your prescription costs will be for 2018 to budget accordingly.

If you were unhappy with your plan or its coverage, now is the time to change.

### What You Need to Do:

Make an appointment to see a Senior Health Insurance counselor to assist you in comparing plans and possibly find a plan that will save you money in 2018. If you decide to change plans, you must do so by Dec 7, 2017. If you decide to stay with the plan you have, you don't need to do anything.

**OR**

Go online to **medicare.gov**; click on "Find health and drug plans" and you will go to "Medicare Plan Finder." <https://www.medicare.gov/>. Here you will enter information about yourself (including your medications and your preferred pharmacy). Following these steps will give you options about your Medicare Prescription Drug plan or your Medicare Advantage Plan, help you compare plans and select a plan that may save you money in 2018.

*The PSOP Resource Center is accepting appointments to assist you with finding the most cost-effective plan.*

*Call today at 618-234-4410, ext 7033*

## Ten Toes Trips

### TRIPS WILL BE HELD FRIDAYS

Call Mary to register or for information at 618-234-4410, ext. 7034.

*Sponsored by the St. Clair County Office on Aging and the St. Clair County Transit District*



## Foster Grandparent Program

PSOP offers an excellent Foster Grandparent Program that has been around for quite a while. Over the past 50-plus years, children and seniors have enriched each other's lives just by being there for one another. Here are a few quotes from seniors who are proud to volunteer their time and are grateful for this successful program.

**"The children I serve are just like family to me. I love them and they love me."**

**"The Foster Grandparent Program has brought me joy. I love children and it is a pleasure to be able to assist in their learning experience."**

**"This program has been the best thing I could have done for myself. It is the most gratifying experience. The children are so wonderful, and this has been the best decision I have ever made."**

**"The FGP is an excellent opportunity for seniors to keep their minds alert and knowing you are helping someone who appreciates you."**

If you would like more information, call 618-234-4410, ext. 7062. You can enrich your life, too!

## WRITE & FLIGHT!

**Oct.10, 2017**

**9:30 a.m. -1 p.m.**

### Author, Lunch then Honor Flight LINES OF FIRE - One Man's Search for the Greatest War Letters Ever Written

Andrew Carroll, best-selling author and director of the Center for American War Letters at Chapman University, is traveling the country to seek out one million war-related correspondences from every war in U.S. history, including handwritten missives from the Revolution all the way to emails from Iraq and Afghanistan. Along with showing extraordinary, original letters from his collection, Carroll will discuss his latest book, "MY FELLOW SOLDIERS: General John Pershing and the Americans Who Helped Win the Great War." Anyone with war-related letters they're willing to share with Carroll (originals or photocopies) is encouraged to bring them to the event. A Q&A session and book signing will follow the presentation.

The day continues after Carroll's presentation.

Please stay to hear all about the amazing Honor Flight Network and watch a short movie. Then hear from our own veterans as they tell you about their personal experiences with Honor Flight.

**Lunch will be provided. Reservations required.**

Call 618-234-4410, ext. 7042.

## PSOP Resource Center Services

PSOP in cooperation with Senior Services Plus has staff available to assist individuals with various benefit programs including:

- Benefits Access Applications
- St. Clair County Tax Freeze Applications
- Medicare and Medicare Part D Enrollment
- Energy Assistance Applications
- Information and Assistance
- License Plate Discount *and more!*

**Office hours are Mondays, Tuesdays and Wednesdays from 9 a.m. to noon.** Call 618-234-4410, ext. 7033 to make an appointment.

**Land of Lincoln Legal Services** will assist individuals of limited income age 60 and older with power of attorney for property and health care and simple last wills.

**Wednesdays, 9 a.m. to noon • By appointment only**  
Call 618-234-4410, ext. 7033 to make an appointment.

### **SERVING VETERANS OF ST. CLAIR COUNTY**

**Mondays • 9 a.m. to noon • By appointment only**  
Call 618-234-4410, ext. 7033 to make an appointment.

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

### **Nurse Available at PSOP!**

**Barbara Bell, RN** from Memorial Hospital will be available to check blood pressure, blood sugar and cholesterol; review medication; or discuss any other health topic you are concerned about.

**Tuesdays • 9 a.m. to noon • Resource Center**  
*No appointment is needed.*

### **Older Adult and Caregiver Counseling**

PSOP, in partnership with the St. Clair County Mental Health Board and Age Smart Community Resources, offers the **Older Adult Counseling Program and Caregiver Counseling Program**. Counseling assists with practical and emotional adjustments related to healthy aging, illness, life events or caregiving.

To schedule an appointment, call 618-234-4410:

- Jodi Gardner, MSW, LCSW at ext. 7031
- Tanya Koelker, MA, LPC at ext. 7039

### **Alzheimer's Caregiver Support Group**

*Sponsored by Memorial Hospital and PSOP*

This group, linked with the Alzheimer's Association, is for family, friends and other caregivers of a loved one with Alzheimer's disease or a related dementia.

Meetings are held the second Tuesday of each month and alternate between locations.

**2:30 p.m. • PSOP (even months)**

201 N. Church St., Belleville

**6 p.m. • Memorial's Senior Care (odd months)**

4500 Memorial Drive, Belleville

For more information, call 618-257-5900 or 618-234-4410, ext. 7031.

### **Parkinson's Support Group**

An informational support group is held monthly for anyone affected by **Parkinson's disease**. Meetings are held at PSOP the **second Monday of the month at 1:30 p.m.**

Call Jodi at 618-234-4410, ext. 7031 for information.

## **SENIOR TRANSIT EXPRESS PROGRAM II**

Join us on an adventure and visit restaurants on the Metro-Link Route

Group meets at the Belleville Metro-Link Station on 2nd Wednesday of each month at 11 a.m.

Contact Mary at 618-234-4410, ext. 7034 for reservations

*Sponsored by the St. Clair County Office on Aging and the St. Clair County Transit District*

### **NEWSLETTER SUBSCRIPTIONS**

During the past few years there have been dramatic increases to the paper and production costs for our newsletter. As a result, it is necessary to raise the yearly cost of our newsletter to **\$6 for 6 months or \$10 per year**. This increase will be effective for any new or renewed subscriptions effective **July 1, 2017** or later. You can continue to access our newsletter at no cost at [swic.edu/community/senior-programs/psop/](http://swic.edu/community/senior-programs/psop/).



# OCTOBER 2017

## Monday

## Tuesday

**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.

- Renew your newsletter subscription at least one month before your expiration date (on your label)
- Change your address if you move

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

**2 Golf at Yorktown, 8:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**

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

**3 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 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

**9 Golf at Yorktown, 8:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**

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

**10 Write & Flight, 9:30 a.m.-1 p.m.**  
**Bridge, 8:30-11:30 a.m.**  
**Yoga, 10 - 11 a.m.**  
**Lunch, 11:30 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

**16 Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**

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

**17 Breakfast Club, 9 a.m., Bob Evans, Fairview Heights**  
**Bridge, 9 -11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch with a Doc, 9 a.m.-1:30 p.m.**  
**Exercise, noon-1 p.m.**  
**Tai Chi, noon-1 p.m.**  
**Pinochle, 1:30- 3:30 p.m.**  
**Bridge, 5:45-8:30 p.m.**  
at the Nichols Center

**23 Golf at Yorktown, 8:30 a.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Red Hats, noon-3 p.m.**  
**Euchre, 12:30-3 p.m.**

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

**24 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 a.m.**  
**Table Games, noon**  
**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 Golf Banquet, 9 a.m.-2 p.m.**  
**Chess, 10-11:30 a.m.**  
**Tai chi (beginner), noon-1 p.m.**  
**Euchre, 12:30-3 p.m.**

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

**31 Bridge, 8:30-11:30 a.m.**  
**Yoga, 10-11 a.m.**  
**Lunch, 11:30 a.m.**  
**Table Games, noon**  
**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

**4** **Golf at Yorktown**, 8:30 a.m.  
**Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**5** **Pinochle**, 9 a.m.  
**"Pirate" Dance**, 10:30 a.m.-2 p.m.  
**Lunch**, 11:30 a.m.  
**Exercise**, noon-1 p.m.  
**Hand & Foot**, 1 p.m.

**6** **Art Workshop**, 9 a.m.  
**Canasta**, 12:30-3:30 p.m.

**11** **Golf at Yorktown**, 8:30 a.m.  
**Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**12** **Pinochle**, 9-11:30 a.m.  
**Book Discussion**, 10 a.m.  
**Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Exercise**, noon-1 p.m.  
**Hand & Foot**, 1 p.m.

**13** **Art Workshop**, 9 a.m.  
**Men's Club**, 11 a.m.  
**Canasta**, 12:30-3:30 p.m.

**18** **Golf at Yorktown**, 8:30 a.m.  
**Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.  
**"Everything Pink Dance" with the**  
**RSVP Orchestra**, 10:30 a.m.-2 p.m.  
Lunch, 11:30 a.m.

**19** **Pinochle**, 9-11:30 a.m.  
**Lunch**, 11:30 a.m.  
**Table Games**, noon  
**Exercise**, noon-1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Dine Around**, 5 p.m., Reifschneider's,  
Freeburg

**20** **Art Workshop**, 9 a.m.  
**Canasta**, 12:30-3:30 p.m.

**25** **Golf at Yorktown**, 8:30 a.m.  
**Senior Fraud Protection**, 9-11 a.m.  
**Crochet/Basic Knitting**, 9 a.m.-noon  
**Lunch Bunch**, 11:30 a.m.,  
The Abbey, Belleville  
**Line Dancing**, 1:30-3p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**26** **Pinochle**, 9 a.m.  
**Lunch**, 11:30 a.m.  
**Board Games, Bunko & Coloring &**  
**Conversation**, noon  
**Hand & Foot**, 1 p.m.  
**Exercise**, noon-1 p.m.

**27** **Housing Fair**, 10 a.m.-1 p.m.  
**Art Workshop**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

### COUNTRY WESTERN BAND

**5th**- Belleville  
**12th**- Okawville  
**19th**- Caseyville  
**26th**- Collinsville

### RSVP ORCHESTRA

**4th** - Swansea \*  
**11th** - Swansea  
**18th** - Shiloh  
**25th** - Okawville

## 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**\*

## GRIEF SUPPORT GROUP

**MONDAY, OCT. 16 • 10 -11:30 A.M.**  
**201 N. CHURCH STREET**

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*

## 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.

## 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.

## AARP Driver Safety Class

**Oct. 24 & 25 • 8:30 a.m. -12:30 p.m.**

\$15 - AARP member

\$20 - non-AARP member

(Completion of this class may entitle you to a reduction in your car insurance rate)

Call 618-234-4410 to register.

**HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO  
ARE 90 OR OLDER IN OCTOBER**

Shirley M.

## RSVP

*A friendly reminder for all of our OUTSTANDING RSVP volunteers:  
Please sign your timesheets and have your supervisor sign when possible!  
These are just a few examples of the volunteer  
assignments available.*

- **Ellis School** is seeking mentor/tutor for second and third grade students for the 2017-18 school year. The group will meet on Tuesdays and Thursdays from 8-8:45 am. Training, background check and fingerprinting provided.
- **The Shrine of Our Lady of the Snows – Way of Lights** hopes to find friendly folks to help in the Christmas tree room as docents and at the Children's Christmas Cove to assist with crafts Nov. 17 – Dec. 31. Several shifts are available.
- **Anderson Hospital in Maryville** is seeking outstanding volunteers to help in a variety of roles: Hospital Assistants, Information Desk and the Gift Shop are a few of the opportunities available. Training will be provided.
- **Family Hospice - Heartlinks Grief Program** is looking for ladies and gentlemen to volunteer just four hours per month to help children, teens and families who are dealing with grief and loss. Training and background checks provided. Several opportunities available.
- **The Greater St. Louis Air & Space Museum in the historic Curtis Wright-Hangar Two at the St. Louis Downtown Airport (in Cahokia, IL)** is in need of several volunteers serve as docents. Duties include but are not limited to greeting visitors and changing displays. Come take pleasure in this aviation history environment, which is sure to be a fulfilling experience.
- **The Illinois Center for Autism** is hoping to find volunteer support to help at the center. Volunteers are needed as clerical support, mailers, library aides and skills trainers. Volunteers are also needed to help in the flower shop.
- **The Madison County Veteran's Assistance Commission** is seeking veterans to help with the Veteran's Grave Marker Program. This is a wonderful opportunity to help those men and women who have assisted us all with their service to our country. Training, background checks provided.
- **Family Hospice of Belleville** is asking for volunteers to serve two (2) hour shifts at the annual Tree of Memories ornament booth at St. Clair Square beginning the end of November through the middle of December.

*For information, contact  
Pat Etling at 618-234-4410, ext. 7012.*

**A big "THANKS" to all of you who  
faithfully report your hours and give  
your time so generously. You make a  
huge impact in our community.**

# ACTIVITIES & TRAVEL

Unless otherwise noted, the following activities are held at PSOP, 201 N. Church St., Belleville.

For information about any activity, call 618-234-4410, ext. 7042 (Melissa).

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

Yorktown Golf Course in Belleville

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

Monday league: Lovey Veath at 618-416-5825

Wednesday league: Pat Hrasky at 618-781-0551

## Chess • Mondays, 10-11:30 a.m.

## Bridge • Tuesdays, 8:30-11:30 a.m.

## Tuesday Lunch • 11:30 a.m. • \$5

For lunch reservations, call 618-234-4410, ext. 7015, then press 2 by Monday at noon.

## Tuesday Activity • noon

### Oct. 3 – Table Games

### Oct. 10 – Special Event, Write & Flight. See below.

### Oct. 17 – Lunch with a Doc

### Oct. 24 – Table games

### Oct. 31- Special Halloween 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. 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.

## Book Discussion Group • Oct. 12 • 10 a.m.

This month's book will be "Out of the Easy" by Ruth Sepetys. This discussion leader will be Eileen Cartwright.

## 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

### Oct. 5 – Pirate Dance with Country Western Band

### Oct. 12-Table Games

### Oct. 19- Table games

### Oct. 26 – Bunko / 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.

## DANCES

### Pirate Dance (Belleville)

**Thursday, Oct. 5, 10:30 a.m. to 2 p.m.**

Aye, Mateys!! Dress like a pirate for a treat out of the treasure Chest! Make a reservation or walk the plank!! AAARRRRGGGHHH! Dance with your friends to the tunes of the Country Western Band! Lunch is \$5. Please call 618-234-4410, ext. 7015, then press 5 by Wednesday at Noon.

### Everything Pink Dance (Shiloh)

**Wednesday, Oct. 18, 10:30 a.m. - 2 p.m.**

We are decorating in pink for support of breast cancer awareness. We will have a special dance and acknowledgement of cancer survivors. Come dance with the RSVP Orchestra. Lunch is \$5. Please call 618-234-4410, ext. 7015, then press 5 by Tuesday at Noon.

### 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, Oct. 13, 11 a.m.**

Dave Luechtefeld, retired Illinois Senator, Hall of Fame High School Basketball coach and player, is our guest speaker. Come join this great group of guys. Make your reservation by noon on Thursday the day before. Lunch is \$6.

### Breakfast Club- Tuesday, Oct. 17, 9 a.m.

We hope you'll join us for breakfast at Bob Evans in Fairview Heights. Please call ahead so we can save a seat for you!

### Dine Around • Reifschneider's

**Thursday, Oct. 19, 5 p.m.**

This great place is located at 608 North Main in Freeburg. Have a glass of wine with wood fired pizza, fried portabellas or yummy Reuben bites. Our favorite is the Goopy Louie, a burger between two grilled cheese sandwiches! Call 234-4410, ext. 7015 to reserve a seat at the table. We might even sit on the patio!

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**Look for us on the Web by visiting  
[swic.edu/community/senior-programs/psop/](http://swic.edu/community/senior-programs/psop/)**

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### Lunch Bunch • Wednesday, Oct. 25, 11:30 a.m.

Join us at The Abbey, 5801 West Main in Belleville. A locally owned restaurant that makes all their own creations and wonderful desserts right in their kitchen. Our favorite is their homemade soup with a bacon, fig and brie sandwich. Try one of their originals! If it's a nice fall day, they have a beautiful patio for us to gather together. Call us to reserve a spot for you.

### Housing Fair- Friday, Oct. 27, 10 a.m.- 1 p.m.

Have you ever thought about getting some help at home? Did you ever wonder what it would cost to move into an assisted living community or senior housing? What are the requirements? What if I run out of money? Will they help me move? Or you think, "I am interested, but I don't want to be pushed or have marketers call me." Then this is a great event for you! Representatives from local home health agencies, assisted living and independent living communities will be on hand to answer your questions in a safe, no hassles environment. Come and taste the food from their place, get some answers and maybe even walk away with one of the great door prizes! No reservations needed.

#### DAY TRIP RESERVATION LINE

MAKE A RESERVATION: 618-234-4410, EXT. 7059

NOTE: If a reservation deadline has passed and you are interested in attending, check with Travel & Activities; occasionally someone cancels and there may be a seat available.

### Christmas at the Symphony Friday, Dec. 15, 2017

One of the best symphonies in the world has a seat with your name on it! We start with lunch at Lucas Park Grill followed by the BEST seats in Powell Hall! Cost is \$115 per person and includes a performance ticket and lunch. Please state if you want Chicken Pasta or Grilled Salmon or Grilled Steak). Deadline for reservations is Nov. 1. Depart 10:20 a.m. from the Schnuck's on North Belt West, Belleville and at 9:45 a.m. from the Caseyville Township Center in Fairview Heights. Return about 5:30 p.m. Please state with whom you wish to sit.

### It's a Christmas Mystery! Saturday, Dec. 16, 2017

Spend a wonderful day with Linda as we tour some GREAT locations! East, West, North or South? Cost is \$97 per person and includes lunch at Golden Corral Steak House. Deadline for reservations is Nov. 22. Depart 7:50 a.m. from the Schnuck's on North Belt West, Belleville. Return about 6:30 p.m. to Belleville.

### Puerto Vallarta • Jan. 15-22, 2018

Get away from the snow and cold for 8 glorious days! You can sit on the beach and do nothing, enjoy the spa, go sightseeing, play tennis or billiards or racquetball or even Bocce Ball! How about 18 holes at the famous El Tigre Golf Course and Country Club? This 5-star, All-Inclusive resort will keep you busy or let you chill. You decide! Passport must be valid through July 24, 2018. Cost is \$2,425 pp, double, and \$2,925 for a single. Includes air from STL and airport transfers. A \$500 (plus insurance) deposit is due at time of reservation. Full due on/before Oct. 27, 2017. Make checks payable to Premier World Discovery. Call Nancy at 618-234-4410, ext. 7020 for a flyer.

### Great Canadian Cities

#### June 20-28, 2018

Visit Montreal, Quebec City, Ottawa, Toronto and Niagara Falls. Highlights include Notre Dame Cathedral, a train ride, the 1000 Islands, and Niagara Falls. Your passport must be valid through Dec. 30, 2018. Cost is \$3,499 pp, double, and \$4,349 for a single. Includes air from STL, airport transfers and 11 meals. A \$300 (plus insurance) deposit is due at time of reservations. Full due on/before March 25, 2018. Make checks payable to Premier World Discovery. Call Nancy at 618-234-4410, ext. 7020 for a flyer.

## Driver Services Mobile Unit 2017

Oct. 11 (limited wait-list spaces available)

Dec. 13

Services provided to seniors 55 and older:

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

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

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

**Road tests by appointment only**

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

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

## 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 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
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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.

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# 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 \$6 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

# THANK YOU!



RSVP Orchestra



Supporters at the event



RSVP Country Western Band

**Thanks to all who helped make the RSVP Battle of the Bands a huge success!  
The funds raised from this event will assist in keeping the music playing  
throughout the community.**

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

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