



Programs and Services for Older Persons
201 N. Church Street
Belleville, IL 62220
618-234-4410



December 2022

The staff at Programs and Services for Older Persons wants to wish you ALL a joyous holiday season and a new year filled with many blessings, good health and numerous opportunities to spend with us! Please share all that is good about PSOP with your family and friends and help us to continue to make a difference in the lives to many other older adults and their caregivers living in our communities!

PSOP ACTIVITIES WITH MELISSA AND THERESA:

Join, sign up, participate! We have so much going on, something for everyone. No matter what you are participating in, whether you are joining us for breakfast or out on the golf course, please register!

618-234-4410, ext.7042 (Melissa) or 7043 (Theresa). See you soon!



BINGO: - this month will be our last month playing Bingo on a THURSDAY. Next month beginning Jan. 3 we will have bingo on **TUESDAYS**. So, when we have a dance or an outing on a Thursday, we won't have to cancel Bingo! It will still begin at 10 a.m. Bingo is still free and with a different sponsor every week bringing the prizes. Concession stand will still be available with the awesome hotdogs.

- Dec. 1 Santa Bingo with Keystone
 - Dec. 8 No Bingo - Reindeer Roundup Dance with Country Western Band
 - Dec. 15 Bingo with Cambridge House
 - Dec. 22 No Bingo - Join us at the Fox theater to see "ELF"
- See what we mean? Aren't you glad we moved it to Tuesdays?



DANCES: in Belleville and Shiloh are \$5, \$1 entry and \$4 for lunch. It is VERY important to make your reservation so we have enough lunch ordered. Reservations later than two days before the dance may not be guaranteed a lunch. Call 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa)

Reindeer Roundup Dance - Thursday, Dec. 8, 10:30 a.m. - 1:30 p.m. Dance with your shiny red noses with the Country Western Band. Dance is at PSOP in Belleville.

Tinsel and Lights Dance - Wednesday, Dec. 14, 10:30 a.m. - 1:30 p.m. - Join us in Shiloh for our last dance of 2022. The RSVP Orchestra will have you all lit up on the dance floor.

JOIN US FOR:

Bunko and Dominoes - Every Monday in Shiloh. This is a room full of laughing ladies and led by a silly guy that makes them laugh, Ron Hilgedich. They alternate Bunko and Dominoes, playing begins at 10 a.m. but they start coming in around 9:30 a.m. to have coffee and chat. Held at Shiloh Community Center, 7 Park Drive.

Tai Chi - We will be taking a break from Tai Chi for December, but typically this is on Tuesday and Wednesday at noon, led by Tai Chi instructor Dolores Gordon. Tai Chi enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai Chi is said to boost mood, strengthen the immune system, improve health and it's cool too. Call Activities to reserve a space, class is limited. Regular Tai Chi is Tuesday, beginner is Wednesday. Each class is an hour long and is \$5. Call 618-244-4410, ext. 7042. Again... no Tai Chi for December.

Knitting and Crochet - Wednesdays at 9:30 a.m. Bring what you are working on and sit with other knitters and crocheters. They talk and laugh more than they knit!

Line Dancing - Wednesdays at 1:30 p.m. Carol Schwartz is an amazing teacher and has great assistants with her so everyone has a great view of what they are learning! Learn the latest dance with this fun, social group. Cost is \$2.

Art Group - Fridays at 9 a.m. These artists bring whatever they are working on and bring it to the group to be creative together. If you are working on a painting or something at home and would like feedback from others or just want to paint with other artists, come on in. If you have a fun craft you like to make and are willing to show others, please call activities and we will have a craft day! We love to see what others are doing and learn how to make it.

Ukulele – Fridays, 1 p.m. If you had lessons here before, or never tried to play, this group will have you strumming in no time. If you own a ukulele already please bring it with you. If you want to come have a lesson first, we have a few available to learn on. Class size is limited, so please register with Activities.

CARDS! Here at PSOP we love playing cards. We have different groups playing almost every day. Please remember when you come in, there is a binder on the table to sign in. Please always leave your name and phone number so if there are ever any changes we can contact you.

Bridge – Thursdays 12:30 p.m. This group is for players who already know how to play. New players are always welcome.
Pinochle – Tuesdays 1:30 p.m. and Thursdays 10 a.m. This group is for pinochle players who already know how to play and new players are always welcome. Although, we do have a few people who are willing to teach if you are interested in learning to play.

Hand and Foot – Thursdays 12:30 p.m. This little group is willing to teach new people interested in how to play hand and foot. Already know how? What are you waiting for? Join the fun.

Canasta – Fridays 12:30 p.m. Know how to play? Join the game! Don't know how? They will teach you!

Out and About in the Community with Melissa and Theresa

With the cold weather, please make sure you call to let us know you are coming to eat with us! We may cancel because of cold weather or icy conditions and if you are not on the list you won't be notified! If we know to expect you and you don't show up we will check to make sure you are ok. Be careful out there, we care about you! Call us with your reservation and we will happily save a seat for you at the table! Activities: 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club: Monday, Dec. 5, 9 a.m. Who doesn't love a down-home breakfast with sausage biscuits and gravy and good bacon. Meet us at **Main street Café** at 9 a.m. for breakfast. Located at 1601 W. Main St. in Belleville.

Lunch Bunch: Tuesday, Dec. 20, 11:30 a.m. We are going to try the newest restaurant in O'Fallon called **O'TOWN**. Located at 1214 Central Park Dr., O'Fallon where Hop House used to be. They have a unique selection of food that everyone would find a favorite, and have it delivered to your table by a robot.

Dine Around: Tuesday, Dec. 6, 5 p.m. Lets meet for dinner at **Copper Fire** to have great apps like bacon dip, stuffed avocado, eggplant caprese, lobster Rangoon and crab cakes. Located downtown Belleville 200 E. Main St.

The 2023 Diamond Tours trips:

Savannah, Jekyll Island & Beaufort, SC May 15-20, 2023. This trip includes five nights lodging including three nights in Savannah area, eight meals, Guided Trolley Tour of Savannah with hop on/hop off privileges, guided tour of Beaufort, South Carolina plus a visit to Parris Island, evening show at Famous Savannah Theater, guided tour of St. Simons Island, guided tram tour of Jekyll Island. Cost is \$735 per person for double room, \$952 for single room.

Amelia Island, St. Augustine & Jacksonville, Florida Sept. 16-23, 2023. This one we added a whole free day at the beach and nights lodging, including five consecutive nights in Florida, 12 meals, a visit to the Fountain of Youth (who couldn't use that?), narrated cruise on the St. Johns River, guided tours of Amelia Island, St. Augustine and Jacksonville. Plus lots of beach time! Price is \$859 per person for double, \$1,158 for single room.

Pigeon Forge and the Smoky Mountains show trip Nov. 13-17, 2023. We love the trips that we get there in one day! Trip includes four nights lodging in the Smokies, eight meals, four shows including a Christmas Show, magic show (its incredible!) Motown and Country! And free time in Gatlinburg to explore the many shops, enjoy scenery and decorations and maybe even a gondola ride to the top of the Smokies. Cost is \$705 per person for double room, \$854 for single.

FOX THEATER – We have tickets for three shows at the Fox this season. As always, a meal at the Fox and charter bus is included. This makes a great gift for someone too!

- **ELF – Dec. 22, Thursday, matinee 1 p.m.** What a great experience this would be to take a grandchild for the live musical performance of their favorite holiday movie Elf! Or gather a group of friends and have a great day together. Tickets are \$108 and includes transportation, show and wonderful holiday meal at The Fox.

- **TO KILL A MOCKINGBIRD – March 9, Thursday matinee 1 p.m.** See this famous story come alive with Richard Thomas. \$132 for this fabulous show, dinner at The Fox and transportation.
- **WICKED – April 13, Thursday, matinee 1 p.m.** The witches of Oz will entertain and delight you with this story. \$134 includes show, dinner at The Fox and transportation.

Fashion Show 2022! Tickets are selling quickly for our Annual Fashion Show on **MONDAY, DEC. 12**. This year is “It’s Raining Men,” an all-male revue. Come see some of Belleville’s most handsome and charming men grace our stage modeling work and sporting outfits. Doors will open at 10 a.m. for some thrifty shopping. The show begins at 11 a.m. with a catered lunch to follow. Tickets are \$12 and must be purchased in advance from Melissa or Theresa.



PSOP Book Club This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Take a look at what they’re reading.

Dec. 8 *Swiss Family Robinson* by J.D. Wyss. Discussion leader – Peggy Malec
 Jan. 12 *Killers of the Flower Moon* by David Grann. Discussion leader – June Wolz
 Feb. 9 *Four Winds* by Kristin Hannah. Discussion leader – Marilyn Edmiston
 Mar. 9 *The Secret of Magic* by Deborah Johnson. Discussion leader – Peggy Malec



Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for a Telecommunication Access Corporation 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 ITAC amplified phone program. Call 618-234-4410.



**AmeriCorps
Seniors**

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other nonprofit site? Give us a call and we can help match you with a program of interest.

Please consider one or more of these nonprofit activities;

“Alone we can do so little; together we can do so much.” Helen Keller

- **Veterans helping Veterans**
The Assessor’s office is looking for veteran volunteers who wish to assist with the processing of Veterans’ homestead applications which include the following:
 1) Returning Veterans Exemption – This is for Veterans returning from active duty in an armed conflict.
 2) Standard Exemption for Veterans with Disabilities – This exemption is for a veteran with a disability or the veteran’s surviving spouse.
- **Tree of Memories:** Family Hospice of Belleville is asking for volunteers to serve two-hour shifts at the annual “Tree of Memories” ornament booth at the St. Clair Square from the end of November through the middle of December.
- **Community Resource Volunteers:** Senior Services Plus, Inc. is ready to have you sign-on with them to help those in the community with technology, changing lightbulbs, replacing fire alarm batteries, medicine pick-up sharing resources, and other honey-do jobs. Basic training is available. Don’t wait, give us a call for more information.
- **Help Our Troops Call Home!** One of our host sites – **Belleville VFW Post No. 1739** – is collecting old cell phones, Mp3 players and Ipods for the “Cell Phones for Soldiers” program. RSVP will pass the donated items on to the veterans for processing. Proceeds from donated cell phones are used to purchase prepaid calling cards for American troops. This is a great way for the community and veterans to help current soldiers keep in touch with family and friends.

- **Faith in Action** Needs You! Volunteer as a Transportation Driver – just two or three hours per week or a couple of times per month will make a huge difference in the life of a mature adult who needs a ride to **doctors' appointments or the grocery store**.
- **RSVP Choral Group** - All are welcome, no experience needed. We sing every Tuesday at 2 p.m. at nursing homes and assisted living centers in the area.

For information on any of the above-mentioned assignments please contact 618-234-4410, ext. 7026.



Looking for a chance to brighten someone's day?
Become a Senior Companion Today!

Senior Companion Program pairs volunteers with homebound seniors to provide companionship and assistance. To qualify as a Companion, you must be 55 and over, meet income guidelines and enjoy working with seniors. Benefits include tax-free stipend, mileage and meal reimbursement and paid time off. Contact Senior Companion Program Director, Kate Bilyeu at 314-234-4410, ext. 7023.

RESOURCE CENTER

Staff is available to assist with license plate sticker discount applications (Benefit Access), energy assistance applications (LIHEAP) and Medicare/Medicaid questions/enrollment.

Our monthly senior food box program has resumed. To apply you must be at least 60 years old with monthly income below \$1,473 for individuals or \$1,984 a for couple.

Please call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for further information or details or to see if you qualify for these programs.

We are now making appointments for those over 60 years of age for LIHEAP applications (energy assistance). This year you may also be eligible for water/sewer assistance. Monthly income must be below \$2,265 for individuals or \$3,052 for couples. Call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for an appointment or further information or details to see if you qualify.

ST. CLAIR COUNTY VETERAN'S COMMISSION – Monday, 9 a.m. – noon, 618-277-0040, by appointment only.

LAND OF LINCOLN LEGAL ASSISTANCE – Ages 60 and older - Call 618-398-0958 for an appointment

AGESMART COMMUNITY RESOURCES – Benefit Access services, along with Medicare assistance – Call April at 618-222-2561 to schedule on alternating Thursday dates.

COUNSELING SERVICES AVAILABLE THROUGH PSOP: In the Older Adult and Caregiver Counseling Program, Jodi Gardner, LCSW, and Tanya Koelker, LCPC, offer counseling services in person, by phone, and virtually. This solution-focused counseling is available for St. Clair County residents over the age of 60, or for caregivers of someone over the age of 60, and is free of charge. Topics include emotional adjustments to life events and changes, aging, caregiving, and community resources. Please contact Jodi 618-234-4410, (ext. 7031) or Tanya (ext. 7039) for counseling appointments.

MEETING UPDATES:

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. In December, we will meet on Wednesday, Dec. 14, at 10 a.m. with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, or by email for meeting details and to make a required reservation for each month.

The American Parkinson Disease Association (APDA) Support Group, for anyone interested in information about Parkinson's Disease, will meet in person on the THIRD MONDAY of most months, at 1:30 p.m., in PSOP's Feurer Hall. The next meeting will be held Monday, Dec. 19, at 1:30 p.m. In addition, a **Parkinson's Caregiver Meeting** will be held in person on the THIRD TUESDAY of most months, and next on Tuesday, Dec. 20, at 11 a.m., at Belleville Health and Sports Center, 1001 S. 74th St., Belleville. No reservations are required, but you may contact Jodi at 618-234-4410, ext. 7031, for meeting details and for any support and educational material related to Parkinson's Disease or caregiving for someone with Parkinson's Disease.

An Alzheimer's Association Caregiver Support Group is meeting at another location. Please contact Jodi at 618-234-4410, ext. 7031, for meeting information, and for any support and information about dementia education or caregiving.

SeniorLink Computer Classes



Beginning Computers: This one-day class will cover the basics of how to use a computer and what you can do with it. Instructor: Gene Busekrus / Cost: \$10 / (1 day)

Windows 10 Basics: This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 10 during this class. NOTE: This class is highly encouraged as a prerequisite for the following computer classes. Applications installed after the purchase of the computer won't be covered. Instructor: Gene Busekrus / Cost: \$40 / (six weeks)

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers. Instructor: Gene Busekrus / Cost: \$30. / (4 weeks)

Word Basics: Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus / Cost: \$40 / (6 weeks)

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for Excel spreadsheets. Advanced features are not covered. Cost: \$30. (4 weeks) **iPhone Basics:** Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple. Techniques and best practices for working with the iPhone will also be shown. NOTES: Applications installed after the purchase of the iPhone are not covered. Device must be FULLY CHARGED before coming to each class. Instructor: Gene Busekrus / Cost: \$40 / (six weeks)

iPad Basics: This basic class will include explanations and hands-on usage of Apple iPad applications and features developed by Apple. Techniques and best practices for working with the iPad will also be explored. NOTES: Applications installed after the purchase of the iPad are not covered. Device must be fully charged before coming to each class. Instructor: Gene Busekrus / Cost: \$40 / (6 weeks)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or carla.boswell@swic.edu. Classes MUST be registered for AND paid for in advance. Dates and times for classes will be determined once a class list of those desiring the class is established.



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. Wait lists vary by location. Residents pay 30 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. Call 618-277-3290.

ATS – ALTERNATIVE TRANSPORTATION SYSTEM

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 and older. You can inquire about the ATS program by calling **618-239-0749**.

St. Clair County Office on Aging

Season's Greetings! Please check with your instructor for holiday schedules. Unless otherwise noted, events are held at 201 North Church St. Belleville. Reservations are required to ensure social distancing needs.

To register for any event, call 618-234-4410, Mary ext. 7034 (mblaies.stclairaging@yahoo.com) or Susan ext. 7044 (spflug.stclairaging@yahoo.com). We look forward to having you join us!

HOLIDAY JEWELRY & CRAFTS CLASS – Monday, Dec. 5, 10:30 a.m. April Barnes from Three Sisters Crafts returns to show us how to make new holiday items! Make a bracelet for yourself, to give as a gift, or buy some kits for a family activity! Reserve your spot, 618-234-4410, ext. 7044 or 7034.

Holiday Stroll - Join our group as we stroll along Main Street and shop for holiday treasures in the stores and Chriskindlmarkt...enjoy the gingerbread house creations and maybe even enter our gingerbread house scavenger hunt...then stay downtown for lunch and merriment! Call our office if you'd like to join us!

MUSIC, MERRIMENT & MOCKTAILS – Thursday, Dec. 15, 12:30 – 2 p.m. Celebrate the holidays with us! The drum fitness class will perform and we will enjoy games, mocktails and snacks. Reservations required. Call Mary at 618-234-4410, ext. 7034 to let us know you plan to attend!

YOGA GOLD RESUMES! Certified Instructor Jessica Pollock resumes her 60-minute class which offers traditional yoga poses (sitting and standing) and breath work. Sitting in a chair instead of using a yoga mat is an option. **Mondays, from 10:30 – 11:30 a.m.** 3 classes for \$25 or \$10 drop in per class. This class is offered at St. Paul's UCC, 115 W. B St., Belleville.

"ENJOYING HOLIDAY TIMES" – Wednesday, Dec. 7, 10:30 a.m. The holidays can feel like the best of times or the worst of times! Do you gather with family members who like to talk politics? Do you feel stressed about finances or gift giving pressures? Are friends and family far away? Jodi Gardner, MSW, LCSW will talk about how to keep the most positive feelings through the holiday season. Reservations required. Registered attendees will eligible for attendance prizes. *Sponsored by the St. Clair County Mental Health Board.*

RECREATIONAL BADMINTON – Tuesdays, 9 - 11 a.m., Nichols Center, 515 E. D St, Belleville. For more information, Call Mary at 618-234-4410, ext. 7034.

DRUM FITNESS – Thursdays, 12 - 12:30 p.m. Using drumsticks, an exercise ball and stand, this is one of the most fun workouts you'll ever do! To make a reservation, call 618-234-4410, ext. 7034 (Mary) or 7044 (Susan)

MAHJONG – Fridays at 12:30 p.m. Join our group and play this popular tile game! Fridays at 12:30 p.m. American version. Call 618-234-4410, ext. 7034 or 7044 for more information.

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 - 11:45 a.m. Check in: 15 minutes before start of class Tracie Renschen has a Masters in Kinesiology, (the study of mechanics of body movement) leads this exercise class to focus on strengthening the various muscles of the body, helping with balance and arthritis. Cost is \$3 per class.

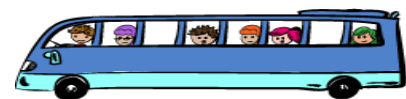
ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 - 11:30 a.m. Mary Rose Grant leads this class that keeps you moving and grooving! \$5 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

SLOW PACED BEGINNER LINE DANCING – Mondays from 12:15 - 1:45 p.m. Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

GRIEF SUPPORT GROUP- Third Monday of each month from 10 - 11:30 a.m. Diana Cuddeback, LCSW, with Heartlinks Grief Support Center facilitates this peer grief support group for older adults who have lost a loved one. Grief is difficult. Learning about the grief process and being with others who understand helps!

FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 - 11:30 a.m. In December, meeting on Monday, December 5 only. The St. Clair County Office on Aging and Family Hospice are partnering to host a Family Ties Program. We are seeking volunteers interested in making no-sew, tie blankets for patients and loved ones.

THE PSOP BUILDING IS CLOSED DEC. 22 THOUGH JAN. 2.



PSOP TRAVEL PROGRAM

Spring Pilgrimage along the Natchez Trace, March 12-17, 2023 In conjunction with the SWIC Foundation. The flowers are in bloom and many of the antebellum homes are open! Tour Vicksburg National Military Park, a Presidential Library and Museum, seven homes, 10 meals, and so much more! Price begins at \$1,915 per person. Final payment due Jan. 30, 2023. E-mail Nancy for a brochure!

Idaho Adventure, June 7-13, 2023

A Lewis & Clark Discovery. Highlights include a ranch visit, tour a silver mine, get your feet wet through Hells Canyon, visit the L&C Discovery Center, Sun Valley, and more. **Pricing begins at \$3,715 per person.** No quads available. Final payment due on/before Mar. 3, 2023. Call Nancy for a flyer.

Iceland, June 27 to July 6, 2023

(Female looking for a roommate.)

Iceland is one of the hottest places to visit for 2023 and 2024. We are on the 5-star Azamara Journey doing an Immersion Cruise of really learning about the country. We have a special promotion where our clients pay for an inside cabin, and will get a cabin with a veranda! Also included is beer, wine, spirits, LOTS of meals, and all ship board gratuities. In order for you to get the special pricing, the reservation form, with deposit and waiver, must be received by Dec. 5. Full payment is due on/before, Feb. 13, 2023. Trip in conjunction with the SWIC Foundation. E-mail Nancy for a brochure and forms.

Christmas in Kansas City HOLD THE DATE: Nov./Dec. 2023

AS OF RIGHT NOW, SOME AIRLINES, SHIPS, TRAINS, MOTORCOACHES AND SITES MAY REQUIRE MASKS AND/OR VACCINATION AND/OR NEGATIVE COVID PROOF. Waiver *must* be signed and returned with deposit/payments.

No refunds after deadline unless a replacement is found and will incur a \$5 processing fee, per person.

Questions? Call Nancy at 618-234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu

Travel & Activities Day Trip Reservation/Cancellation Policy

If a cancellation is received after the reservation deadline and a replacement is found, then a 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 non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control. Due to Covid-19, restrictions such as limiting the amount of people, the wearing of masks, or proof of vaccine, may be required. This is an on-going monitoring situation. You MUST have payment, Reservation Form, and signed waiver in order to participate. You are not on the trip without these 3 things sent to PSOP.

Name: _____ **Phone:** _____

Address: _____ **City** _____ **State/Zip** _____

Trip #1 _____

Trip	Date	Price	Pick Up Point
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Trip #2 _____

Trip	Date	Price	Pick Up Point
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Going with _____

MAKE CHECK PAYABLE TO: SWIC (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK AND WAIVER TO: SWIC Travel Dept., 201 N. Church Street, Belleville, IL 62220

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label. 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**

If you have any questions about your subscription, please call 618-234-4410, ext.7043.

Name: _____

Address: _____

Phone #: _____ **Email:** _____

(Receive the newsletter by email for free!!!)



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201 N. Church St.
Belleville, IL 62220

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PSOP

N e w s l e t t e r

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