



## **PSOP NEWS & UPDATES – MARCH 2022**

Recently, Governor Pritzker announced a plan to lift the statewide indoor mask requirement on Monday, February 28. **Effective March 1<sup>st</sup>** masks will be optional in most PSOP spaces like the fitness center, hallways, and common areas. Individuals should have a face covering available and are expected to wear one in a private office or meeting space when requested by the occupant. These mask guidelines are subject to change through guidance provided by CDC, IDPH, and respective local health departments. The college will continue to assess campus, regional, and statewide COVID-19 positivity rates.

**During periods of inclement weather, PSOP is closed when Southwestern Illinois College (SWIC Belleville Campus) closes.**

### **IT'S TAX TIME!!**

PSOP will be partnering once again with the AARP Tax Aide Program. The process will be similar to last year at Shiloh. The number is listed below to make an appointment.

#### **TAXES DONE FOR FREE!**

The AARP Tax Aide Program will once again prepare your taxes.  
Location: Shiloh Community Center 7 Park Drive, O'Fallon, IL 62269

**You must schedule an appointment.**

*To schedule appointment call 618-304-1312 during the following days & times:  
Feb. 1 to April 12 on Tuesday and Thursday from 8:15 a.m. to noon.*

**You may not leave a message on this phone.** The phone will be answered only during the above days and times to schedule an appointment. Please note that demand is great so it may take multiple attempts to connect with scheduler.

### **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 \$1,396 for individuals or \$1,888 for couples.

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.

### **FREE COVID TEST KITS AVAILABLE NOW**

Every home in the U.S. is eligible to order four free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them. Click the highlighted link below to order your four free tests.

### **Order Free At-Home Tests**

If you need a COVID-19 test now, please see [other testing resources](#) for free testing locations in your area. Visit this website for more information about the tests and other available resources. <https://www.covidtests.gov/>

## **RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)**

Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other non-profit site? Give us a call and we can help match you with a program of interest. Call 618-234-4410 and select ext. 7026 (Connie) or 7036 (Carla).

*Currently, we are looking for volunteers with several organization including St. Clair County Disaster Corps, Collinsville Faith In Action, Anderson Hospital Auxiliary, Belleville Area Humane Society, Project Read (tutor/mentor literacy program – training provided). Let us know if you are interested?*

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### **SENIOR SUPPORT SERVICES AVAILABLE AT PSOP:**

#### **Counseling News:**

In the Older Adult and Caregiver Counseling Program, Jodi Gardner, LCSW, and Tanya Koelker, LCPC, are conducting counseling sessions 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, aging, caregiving, and community resources. Support groups and programs related to Alzheimer's Disease, Parkinson's Disease, Anxiety, and Caregiving may be restarting soon, but locations and dates are in flux and may require a reservation. Please don't wait to discuss these topics with the counselors! Please contact 618-234-4410, Jodi (ext. 7031) or Tanya (ext. 7039) for counseling appointments and to express any interest in groups and educational programs.

#### **New update for the Mindfulness Group:**

The Mindfulness Group, led by Tanya Koelker, LCPC, will plan to meet IN PERSON at PSOP on Wednesday, April 13, 2022! Please contact Tanya at 618-234-4410, ext. 7039 to make a reservation or to learn more about mindful techniques to reduce anxiety.

**ST. CLAIR COUNTY VETERAN'S COMMISSION** – Monday, 9 a.m. – noon, 618-277-0040, by appointment only, (NO AGE REQUIREMENT)

**LAND OF LINCOLN LEGAL ASSISTANCE** – Ages 60 and older - Call Felicia, 618-398-0958 to arrange for an appointment at PSOP on Wednesdays, 9 a.m. to noon

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

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NOTE: If you have questions about PSOP eNews, please call 618-234-4410, ext. 7036. Know a friend who wants to receive PSOP eNews, they can call 618-234-4410, ext. 7036 or stop by the front desk to provide the necessary information.

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# St. Clair County Office on Aging

The St. Clair County Office on Aging continues our program offerings while following all COVID protocols to ensure the safety of our clients. The PSOP, Nichols Center and Moose buildings currently require wearing a mask while you are in the building. Reservations are required to ensure social distancing needs. To register for any event, call 618.234.4410, Mary (ext. 7034) or Susan (ext. 7044.) We look forward to having you join us!

**JEWELRY MAKING CLASS** – Get ready for Cardinal's Baseball and join us to make a baseball themed bracelet. This would make a great gift for another/yourself or to stick in an Easter basket! **April from Three Sisters Crafts** will teach the group how to make a bracelet using lead crystal and baseball beads. **Wednesday, March 23, 10:30 a.m.** Class cost is \$5 which includes materials. Call to reserve your space.

**TEN TOES REGISTRATION** – Mary Blaies leads this walking program which originates at different scenic locations throughout the county. Registration dates for the spring program: **Tuesdays, March 15 or March 29 from 11 a.m. to 1 p.m. at the Belleville Scheel Street Metrolink Station. Registration fee: \$10.**

**EXERCISE CLASSES** - Tracie Renschen, who has a Master's 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. Classes will be held at 201 N. Church St. Belleville on **Tuesdays: from 10:45-11:45 a.m. Check in: 15 minutes before start of class.** Cost is \$3 per class.

**GRIEF SUPPORT GROUP**- 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! This group meets on the **third Monday of each month from 10-11:30 a.m.** at 201 N. Church St. Belleville.

**FAMILY TIES PROGRAM** - 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. We provide all materials and instructions. Both the patients and their loved ones find homemade blankets comforting, physically and emotionally. Knowing people care provides a sense of love during a difficult time. Gather a few of your friends or come and make some new ones while working on these blankets! Family Ties sessions are held on the **second and fourth Mondays of the month, from 9:30-11:30 a.m. (No meeting March 14)** at 201 N. Church St. Belleville

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

**BEGINNER LINE DANCING** – Mary Ann Boscarine will resume her class on **Mondays from 12:15-1:45 p.m.** \$3 per class. This Class is held at the Nichols Center, 515 E. D St. Belleville.

**PICKLEBALL** is the latest trend for seniors. This group meets on **Mondays from 9:30-11 a.m. and Wednesdays from 8:30-11 a.m.** at the Nichols Center, 515 E. D St.

**YOGA GOLD** - Certified Instructor Jessica Pollock leads 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. **Thursdays, from 10-11 a.m.** three classes for \$25 or \$10 drop in per class. This class is offered at the Nichols Community Center, 515 E. D St., Belleville.

**RIDE FREE METRO PASSES** – Seniors age 65 and above, who live in contributing townships, or are Benefit Access approved clients with approved paperwork can obtain their free metro passes on Tuesday and Thursday from 9 a.m. to noon at the Belleville Scheel Street Metrolink Station. If you need more information, call 618-234-4410, Mary (ext. 7034) or Susan (ext. 7044).

**SENIOR CONGREGATE MEAL PROGRAM** – While we have not received authorization to resume serving on-site meals, we are currently accepting applications for the 2022 congregate meal program. To qualify for a free lunch, you must provide the required documentation and be below the following income guidelines: (1 person - Less than \$2,120/30 day income, two people - less than \$2,873/30 day income). Contact our office to obtain an application.

**The PSOP Building/St. Clair County Office on Aging will be closed on  
March 14-18, 2022**

***If the SWIC Belleville campus is closed due to inclement weather, the PSOP building is also closed.***



**Jesse White Announces Expired Driver's Licenses and ID Cards  
Extended Until March 31, 2022. Driver's License facilities HAVE  
REOPENED!!!**

### **COMPUTER CLASSES AT PSOP**

### **SPRING 2022**



**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 Monday, March 28, 1-3 p.m.

**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: Applications installed after the purchase of the computer will not be covered. Instructor: Gene Busekrus / Cost: \$40 / Thursdays, (six weeks) / 1-3 p.m., March 24 to April 28

**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 / Thursdays, (four weeks), May 5-26, 1-3 p.m.

**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 Tuesdays, (six weeks) / March 22 to April 26, 1-3 p.m.


**Word Basics:** Join this class for explanations and hands-on usage of Microsoft Word basic features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus / Cost: \$30 / Tuesdays, (four weeks), May 3-24, 1-3 p.m.

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or [Carla.boswell@swic.edu](mailto:Carla.boswell@swic.edu). All classes MUST be registered for AND paid for in advance. Payment MUST be received at least two weeks prior to the start date of class. REGISTRATIONS WILL NOT BE CONSIDERED TO BE COMPLETE UNTIL PAYMENT IS RECEIVED. No refunds will be issued within one week of the class start date unless a wait list exists to fill the spot created by a cancellation. In the event a refund is issued, a \$5 processing fee will be held back from the amount paid. Please make checks payable to PSOP SeniorLink and mail to the attention of: Carla Boswell, PSOP, 201 N. Church St., Belleville, IL 62220

## **PSOP ACTIVITIES WITH MELISSA AND THERESA:**

Everyone has been doing a fantastic job with calling in your reservations for activities. It helps us plan when we know how many to expect. Also, with this crazy Midwest weather and COVID restrictions, it is very important that you call for a reservation to any of our activities. We would hate for you to walk into a restaurant and no one is there because we had a change of venue or date due to unforeseen circumstances.

**BINGO** - every Thursday morning at 10 a.m. Bingo is free with a different sponsor every week bringing the prizes. We never know what's going to happen! Please make a reservation and wear a mask.

March 3	St. Patrick's Day Bingo		with Jacque from Cambridge House
March 10	Sponsor TBA		
March 17	PSOP is closed for Spring Break		
March 24	Sponsor TBA		

April 7	Special Bunny Bingo		with Jacque from Cambridge House
April 14	Kim from Pain Solutions		
April 21	St. Paul Retirement Community		
April 28	Home Instead		

## **Out and About in the Community with Melissa and Theresa**

No matter where we choose for the dining out, Breakfast Club is always 9 a.m., Lunch Bunch is always 11:30 a.m., and Dine Around begins at 5 a.m. The location changes every month but the times remain the same. Also, we still need you to call with your reservation so we can make sure there is plenty of seats for everyone. Thank you!

<b>Breakfast Club</b>	March 23 9 a.m., Golden Oak, 4519 N. Illinois St., Swansea April 1, 9 a.m., Denny's, 1130 S. Illinois St., Belleville May 17, 9 a.m., Joe and Onies, 18 E. Main St, Belleville
<b>Lunch Bunch</b>	March 8, 11:30 a.m., Quarters, 126 E. Main St., Belleville April 19, 11:30 a.m., Longhorn Steakhouse, 6115 N. Illinois St., Fairview Heights May 4, 11:30 a.m., Deweys, 425 Regency Park, O'Fallon
<b>Dine Around</b>	<b><u>SUNDAY</u></b> , March 27, 5 p.m. Crehan's This is our first Sunday evening Dine Around but we were wanting to have some Irish food and listen to a band. Crehans has music every Sunday evening at 4 p.m. Our reservation is at 5 p.m. but come early to hear the band. April 13, 5 p.m. Fredirico's, 114 N. Main St., Waterloo May 12, 5 p.m. The Weingarten, 1780 East IL-15, Belleville - if it's nice we can eat on the patio! At 6 p.m., stay for Extreme Bingo! It's free with lots of merchandise, wine and gift cards to win!

**UKULELE**- lessons are going to begin again with a whole new class and instructors. Whether you are a returning student or a brand new beginner, this will be a great group. Call PSOP Activities for details. 618-234-4410, ext. 7042.





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**CARDINAL BASEBALL!!** We have tickets for two games: price includes snacks and charter bus.  
June 10, Friday 7:15 p.m. \$55 Bus leaves Shiloh at 6 p.m. Seats are right field loge playing the Milwaukee Brewers. Each fan receives a Cardinals Jersey. Handicap seats are available.  
August 12, Friday 7:15 PM. \$84 Bus leaves Shiloh at 5:45 p.m. This game is the 40<sup>th</sup> Anniversary of the Cardinals Winning the World Series. Our seats are Right Field Box Seats with handicap seats available. Special ceremony with players and 1982 World Series Jersey give-away! Only 50 tickets available.



**MEMPHIS TRIP LAST CHANCE TO SIGN UP!!** We are **ALL SHOOK UP** about our newest trip that we just added! If you are an Elvis fan, this trip will get you ready to **SHAKE, RATTLE AND ROLL!** The dates are May 23-27, 2022, Monday-Friday. It won't be **IN THE GHETTO**, but beautiful Memphis, Tennessee. We will tour Graceland, Elvis's Car and Airplane Museum, tour the famous Sun Studio and Memphis Rock and Soul Museum and more... **I CAN'T HELP FALLING IN LOVE** with this price of **\$655!** This will fill up fast so act soon. \$100 deposit and balance due on March 16. We get there on the same day so no enroute **HEARTBREAK HOTEL. DON'T BE CRUEL**, you need to be vaccinated to go on this trip. Your safety is **ALWAYS**

**ON MY MIND.** So, let's have a **LITTLE LESS CONVERSATION** and let's go to Graceland together! Call 618.234.4410, ext. 7042 (Melissa) or 7043 (Theresa) to sign up. Or run up here in your **BLUE SUEDE SHOES!**

**NEW ANNOUNCEMENT!! Men's Club** - Art Voellinger manages this group and organizes the speaker. Please call for reservation 618-234-4410, ext. 7042. Returning guys, things will be a little different. We are not charging \$6 at the door for lunch. **Because we are being COVID cautious, we will not serve any meals yet.** We will have a concession stand available for purchase of wrapped snacks, bottled water, and soda. We still need your reservation! **The meetings are March 11, April 8 and May 13.** Meeting: Friday, March 11, 2022 - 11 a.m.- 1 p.m. Attendance prizes at 12:55. Guest Speaker: **David Garcia**, head baseball coach/assistant athletic director Southwestern Illinois Community College. Former Parkland College (Champaign, Ill.,) coach who led teams to three consecutive Junior College World Series (2016-18), including 53-8 record in 2017 and national runner-up in 2018. Five-year record of 214-88-2 at Parkland; 29-26 in 2021 at SWIC. A native of Granville, Ill., he played at Parkland and Northern Ill., U. and has experience as a player and coach in independent professional baseball.

**Shiloh Bunko** - Mondays, 10 a.m. Shiloh Community Center #7 Park Drive. Ron is a great host for all the ladies that have a great time in Shiloh playing Bunko and Dominos. Right now, we are doing only Bunko with each person with their own dice. When CDC Regulations allow, we will begin Dominoes again.

**Tai Chi** - 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.

**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 and her husband, Bob, have been teaching us what wall to face and when to kick up our boots for almost 20 years here at PSOP. Come see why they have such loyal dancers. Cost is \$2.

**Art Group** - Fridays at 9 a.m. Sometimes we have something organized to work on as a group and other times each artist brings what they are working on. 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.



**ITAC** - Services for phone equipment to assist hearing impaired individuals (ITAC) is

resuming but will be scheduled by appointment only. Call 618-234-4410, ext. 7040 or 7026 or 7036.

## PSOP BOOK CLUB



March 10 at 10 a.m. finds our Book Club digging into “Bad Blood, Secrets & Lies in a Silicon Valley Start” by John Carreyou. The discussion leader will be Sue Quinn.



### ST. CLAIR COUNTY HEALTH DEPARTMENT

19 Public Square, Suite 150 - Belleville, IL 62220

Visit St. Clair County Health Department for the latest health updates: <https://www.co.st-clair.il.us/Departments/Health-Department/> or by calling the St. Clair County Health Department at 618-825-4447.

## PROTECT YOURSELF FROM COVID SCAMMERS

- Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Make sure to purchase FDA approved COVID-19 test kits from legitimate providers.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.
- If you suspect COVID-19 health care fraud, [report it immediately online](#) or call 800-HHS-TIPS (800-447-8477).



### **AmeriCorps Week is March 13-19**

During AmeriCorps Week we recognize the commitment of the more than 1.2 million Americans who have chosen to serve their country through AmeriCorps and millions more who have served in AmeriCorps Seniors and their community partners, and to encourage more Americans to follow their footsteps in service.

AmeriCorps engages 250,000 Americans each year in sustained, results-driven service through our AmeriCorps and AmeriCorps Seniors programs. These dedicated citizens help communities manage COVID-19 response, ensure students stay on track to graduate, combat hunger and homelessness, respond to natural disasters, fight the opioid epidemic, help seniors live independently, support veterans and military families, and much more.

### **Serve IL Governor's Volunteer Service Award Recipient - Norma Buch!**

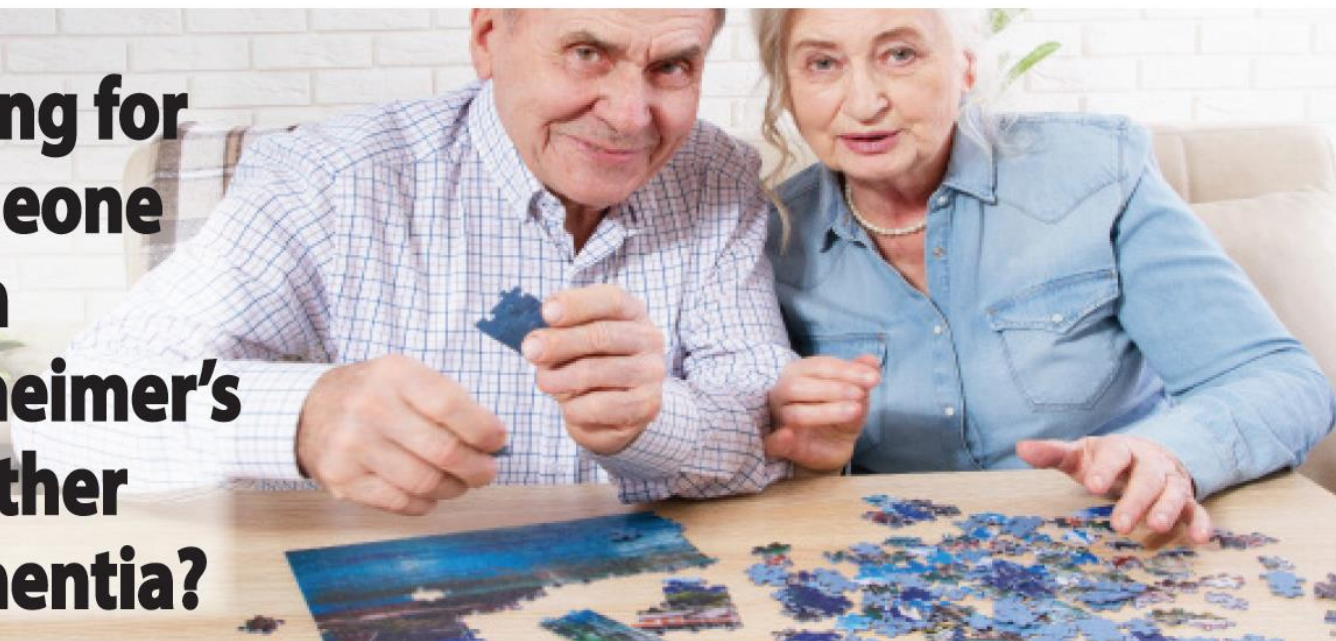
During this past year's Covid-19 pandemic, wearing a mask in the summer's heat, Norma, at the age of seventy, helped accomplished the feat of a much larger and younger group. She helped bridge the gap of isolation during the COVID-19 pandemic. She reached out with a meal and resources when called upon. She answered the call when others were leaving their post. Norma is inspiring by her selfless acts of kindness and compassion. **We recognize and congratulate Norma Buch, IL Governor's Volunteer Service award recipient.**



**AmeriCorps  
Seniors**



# Caring for someone with Alzheimer's or other dementia?



**Are you noticing memory loss, confusion or unexpected behaviors?**

## The Savvy Caregiver Workshop Series

**6 weekly two-hour sessions**

This workshop is taught by professional instructors using curriculum developed by the University of Minnesota. The workshop is for active caregivers of a family member or friend living at home with dementia. Caregivers learn to develop new strategies for caring for the person living with the disease as well as caring for themselves. These strategies and skills have been shown to decrease the stress of caregiving and increase well-being for both.

- Learn the skills to manage daily life
- Strengthen family resources
- Communicate more effectively
- Take control and set goals
- Understand dementia and the impact it has on you and the person for whom you are caring
- Take care of you!

**In Person Classes At**



201 N Church St, Belleville, IL 62220

### **Date**

**Mondays:**

April 4, 11, 18, 25 and May 2, 9

### **Time**

10:00 a.m. - 12:00 p.m.

**There is no fee to attend.  
Participants benefit most by  
attending all sessions.**

**Class size is limited.  
Registration is required.**

**Call 618-344-5008**

**ST. JOHN'S**  
COMMUNITY CARE

The mission of St. John's Community Care is to make a difference in the lives of people challenged by aging or disabilities. We accomplish this by providing dependable and compassionate support through direct care, advocacy, education, and outreach to individuals living in the Metro-East community. We live the vision of Christ and His love for all people through our actions and words.

The grantee St. John's Community Care is in compliance with Title VI of the Civil Rights Acts and operates with financial assistance from AgeSmart Community Resources, the Illinois Department on Aging and the United States Administration for Community Living. St. John's Community Care does not discriminate in admission to programs or activities or treatment of employment programs and is in compliance with appropriate State and Federal Statutes. If you feel you have been discriminated against, you have the right to file a complaint with AgeSmart Community Resources by calling 618-222-2561.



The programs and services provided by **AgeSmart Community Resources** allow older adults to **remain independent in their homes** and maintain the quality of life fitting to each individual. The Agency serves older adults 60 years of age and older and their caregivers in seven counties in Southwestern Illinois.

**Coordinated Youth & Human Services** is offering a **Health Navigator Program** for people affected by COVID-19. Individuals may reach out to Christy Scott, PHN Program Supervisor, to discuss the program further. She can be reached at 618-876-2383, Ext. 7. For an overview on the PHN Program, you can visit <https://www.helpguidethrive.org/>. Services offered may include but are not limited to: Resources for food, housing stability, utility assistance, mobility support, immigration matters, work and income resources, mental health support, and support for unsafe living conditions. Counties include Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. Services are provided to individuals who have tested positive and/or who have been affected by COVID-19. [www.cyhs.com](http://www.cyhs.com) for more info.



## PSOP TRAVEL PROGRAM

The day trip registration form is on the last page.

### 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.

### **Mount Rushmore, Yellowstone, and Western Frontiers, Aug. 3-11, 2022**

We hit the highlights of north Wyoming and the western part of South Dakota. **Cost is \$4,349 per person, double. Full payment due on/before May 10, 2022.** Price includes air from STL, 12 meals, travel insurance, sights as per itinerary, and hotel. Contact Nancy for a flyer.

\* \* \* \*

### **The American Riviera, Nov. 6-12, 2022**

The Reagan Library, Beverly Hills, Hearst Castle, winery, Rodeo Drive and the Pacific Coast Highway, Santa Barbara, Malibu, Santa Monica, the Queen Mary, and much more! **Cost is \$3999 per person, double. Full payment due on/before August 16, 2022.** Price includes air from STL, 9 meals, travel insurance, sights as per itinerary, and hotels. Contact Nancy for a flyer.

**IN THE WORKS:** Cards in Milwaukee in September 2022.

Florida in January/February 2023

Cruise in October/November 2023

AS OF RIGHT NOW, ALL SWIC AND PSOP FUNCTIONS AND BUILDINGS ARE UNDER A MASK WEARING MANDATE. AIRLINES, SHIPS, TRAINS, MOTORCOACHES AND SITES MAY REQUIRE MASKS AND/OR VACCINATION AND/OR NEGATIVE COVID PROOF.

Questions? Call Nancy at 618-234-4410, ext. 7020, or email [Nancy.Bauer@SWIC.edu](mailto:Nancy.Bauer@SWIC.edu)

To remove yourself from receiving the PSOP emails, send an email request to [carla.boswell@swic.edu](mailto:carla.boswell@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 situation we are monitoring. You will be required to sign a waiver in order to participate. Failure to sign is not an excuse to refund the monies paid.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ e-mail \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Trip #1** \_\_\_\_\_  
Trip Date Price Pick Up Point

**Trip #2** \_\_\_\_\_  
Trip Date Price Pick Up Point

Going with \_\_\_\_\_

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

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

THIS FORM FOR DAY TRIPS ONLY



201 N. Church St.  
Belleville, IL 62220

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

Programs and Services for Older Persons

# PSOP

## N e w s l e t t e r

**Southwestern Illinois College Board of Trustees:** Chair Nick Raftopoulos, Granite City; Vice Chair Steve Campo, Belleville; John S. Blomenkamp, Freeburg; Charles Hannon, Swansea; Robert G. Morton, O'Fallon; Richard E. Roehrkas, Red Bud; Sara Soehlke, Collinsville; Student Trustee Mya Gill, Granite City

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