



Programs and Services for Older Persons

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

September 2023



PSOP will be closed on Sept. 4, 2023 in observance of Labor Day.

PSOP ACTIVITIES WITH MELISSA AND THERESA: It's back to school for some, but the fun is always in session in Activities! Come join us! Day trips, long trips, eating outside, playing inside... whatever you join us for, please remember to let us know you are attending. 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa).



DANCES are at PSOP in Belleville and Klucker Hall in Shiloh. Dances are \$5, \$4 for lunch and \$1 entry. Remember to call so we have enough meals ordered.

Chicken Dance Wed. Sept. 13, 10:30 a.m.-2 p.m. Winner, Winner Chicken Dinner! Join us for the Chicken Dance with the RSVP Orchestra. They haven't played this summer for us so we are excited to have them back! Make sure you reserve your spot in the coop for this egg-citing dance. There might even be some chickens dancing with you! Lunch is catered (chicken of course).

80s Dance Thurs., Sept 28, 10:30 a.m.-1:30 p.m. You can dress like a totally tubular 80's rocker or an 80's Country star, either way it will be a blast. Join us at Klucker Hall in Shiloh with the bodacious RSVP Country Western Band.

BINGO is free with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. Come join us! Bingo begins at 10 a.m.



Sept. 5 ROCK AND ROLL BINGO- Beatles, Johnny Cash, Frank Sinatra fan? Come dressed like you are ready for a concert! Prizes will be awarded, music to be heard and Bingo to be played!

Sept. 12 Sponsored by Knollwood

Sept. 19 Sponsored by St. Clair County Office on Aging

Sept. 26 Sponsored by United Healthcare

JOIN US FOR:

Men's Club Fri. Sept. 8 at 11:30 a.m. This sports group is hosted by Art Voellinger. Our first guest speaker for this school year is Tracy Seibert. Tracy is the Director of the Little Devils and a veteran football official. Make your reservation for lunch. \$5.

Flowers 101 with Grimm & Gorly. Wednesday, Sept. 6 at 10 a.m. Jeff from Grimm and Gorly is back with his wonderful staff to assist all in creating a rich, colorful swag and discuss how to decorate beyond the front door. Cost for the instruction and swag is \$35. Class space fills up fast - so call 618-234-4410 ext. 7042 or 7043.

Bunko and Dominoes - Every Monday in **Shiloh**. 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 - 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. Donna Holcomb is our new instructor. She has studied with Carol for years and knows all of the dances. You'll be two-stepping in no time. Come learn the latest dance with this fun, social group. Cost is \$2.

Beginner's Line Dancing 4 week class to start Oct. 4th on Wednesdays at noon. Come and start boot-scootin. Total cost \$20.

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 have a fun craft you like to make and are willing to show others, please call us and we'll have a craft day!

Ukulele - Fridays! If you had lessons before, or never tried to play, this small group will have you strumming in no time. We also have a fingerstyle class for advanced players who want to play chord melodies. Also, on Fridays is the Ukulele Jam session. You must call Melissa or Theresa for the class time to reserve a seat in each class.



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

Whether we are at a fancy dinner or a fast food restaurant we want to know if you are joining us (especially if anything changes in time and place). 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: Friday, Sept. 8, 9:00 a.m. We have a special treat for you this month. We will have our own private room on the second floor (yes there is an elevator) at **Copper Fire**, 200 E. Main St. in Belleville. It's all new, beautifully designed woodwork is amazing. The chef will have special menu for us to choose from!

Lunch Bunch: Thursday, Sept. 14, 11:30 a.m. Joes Pizza and Subs is one of our favorite family owned places to eat. They have great pasta, deep dish and Chicago pizza and awesome subs and salads. 4628 North Illinois in Fairview Heights in the plaza with Bandanas.

Dine Around: Wednesday, Sept. 27, 5:00 p.m. Join us at **The Old Herald**. If the weather is cooperative, we can sit outside on their beautiful patio and enjoy wonderful appetizers like bacon fat popcorn and homemade soft pretzels. Dinner is fish, burgers, seared salmon... and follow up with salted pretzel bread pudding with a caramel bourbon sauce. Make sure you reserve your spot! Located at 115 E Clay street in Collinsville near the big Route 66 sign.

Road Trippin with Activities

Shiloh Homecoming! Come see us at the food, rides, games, fireworks, hot air balloon rides and more...

Sept. 8 and 9 Shiloh Community Park

Cardinals Game: Friday evening game against the Phillies, Sept. 15. If you are signed up to go to the game with us, please be at PSOP by 5 p.m. We will leave from there.

Florida Trip Meeting: For our travelers going to Florida with us this month the trip party is **Sept. 6 at Noon**. You will receive your itinerary and lots of goodies to prepare you for a great time in Florida!

Niagara Falls, Ontario, Canada Sept. 15-21, 2024. Did you miss out on one of our favorite memories, zip lining over Niagara Falls? Now is your chance! We are going to Niagara Falls, but not in a barrel! We have so much to do and explore. We will tour Niagara, ride the Hornblower in our ponchos, have dinner in the sky at Skylon Tower, relax at a Canadian Winery, game at a beautiful Casino, tour a chocolate factory and more! Double room is \$1349 per person and includes adventurous bus ride with Melissa and Theresa, 4 nights IN CANADA, en route hotel there and back, all your breakfast and dinners while in Canada and amazing memories and photos. This is with a new company for us White Star Tours. Deposit is due when signing up.

Senior Companions are making a difference in the community!

Senior Companions provide companionship to homebound and isolated Seniors!

Help make a difference in your community....Become a Senior Companion Today!



Senior Companions must be:

- 55 years of age or older**
- Meet Income Guidelines**
- Willing to help older adults in your community**
- Willing to volunteer 10-20 hours of time a week**

Senior Companions receive:

- Non-taxable stipend of \$4 per hour**
- Meal and Mileage reimbursement**
- Monthly in-service education**
- Community Service Recognition**



RSVP - Retired and Senior Volunteer Program (55+)

<p>AgeSmart, 801 W State St, O'Fallon *Site hours are Mon - Fri 8 a. m. - 4 p. m. *Receptionist duties to include answering calls & clerical duties including managing reservations for agency events. *Hours based on volunteer availability.</p>	<p>Labor & Industry Museum, 123 N. Church St, Belleville *Visitor assistance on Sat 10 a.m. - 2 p.m. and/or special events *Other jobs include: accession work, computer support, preservationist, archivist, marketing</p>
<p>Hospice of Southern IL *Patient Care Visitor (within 10 miles of your home)</p>	<p>O'Fallon Township, 801 E State St, O'Fallon *Quilter – meeting frequency determined by the group</p>
<p>Lions Club – Swansea/Belleville Midtown, *Cashier for Lions Club at monthly Belleville Fairgrounds Flea Market Sat: 8 a.m.- 4 p.m. &/or Sun: 9 a.m.-3:30 p.m. *Hours based on volunteer availability</p>	<p>Senior Services Plus, St George's Church - Belleville *Meals on Wheels drivers for Mon., Tues. or Wed. for 2-3 hour route (mileage reimbursement provided)</p>
<p>Auxiliary to Anderson Hospital 6800 State Rte 162, Maryville *Gift shop, Clerical aide, Visitor assistance</p>	<p>St Clair County Court House, 10 Public Square, Belleville *Scanner *Hours based on volunteer availability</p>
<p>Shelter Shop, 19 Bellevue Park Plaza, Belleville *Wednesdays 1-3 p.m. *Saturdays 1-3 p.m. *Price/sort or cashier</p>	<p>Other Stations include: Beacon Ministry, Collinsville Faith in Action, Freeburg Food and Clothing Bank, Illinois Center for Autism, O'Fallon Food Pantry, St Clair County Office on Aging, etc.</p>
<p>VFW Post 1739, 300 N. Charles St, Belleville *Veteran Assistance *Post meetings/events</p>	
<p>For information on these or any other RSVP volunteer opportunities, please contact 618-234-4410, ext. 7026.</p> <p>***If you are a non-profit in need of volunteers, give us a call to sign up as an RSVP Station.***</p>	<p>2023 RSVP Volunteer of the Week! Congratulations to our winners: 08/07/23 Linda Knipp 08/14/23 Corky Smith 08/21/23 Joyce Lied 08/28/23 Geraldine Kolassa *Prize (\$20 Cracker Barrel gift card) can be collected at the RSVP office (Rm 103 at PSOP).</p>



Spotlight on Foster Grandparent Super Star!



Our Foster Grandparents bring love, social emotional support, and increased academic engagement into the lives of children at schools, Head Starts, and not-for-profit community centers. But what does the program bring to the Foster Grandparent? In the words of Granny Alrick:

As a Foster Grandparent I feel I may help kids who may suffer from trauma. I am thankful to be in this field as the program teaches us patience, grace, forgiveness and so much more. I am thankful because I bring love in the life of others and often that love flows back to fill my heart. It is a great pleasure for me to get out of the house to breathe fresh air. I feel like my own boss. Many thanks to our FGP staff, Jennifer and Taylre, for inspiring us, listening to us, and bringing out the best in us.

Our program also offers a modest stipend and transportation reimbursement in addition to that full heart bursting goodness. Restrictions apply. If you would like more information, please reach out to Jennifer, ext. 7062 or Taylre, ext. 7024.



PSOP/AmeriCorps Senior/VFW Post 1739 9/11 Flag Collection Event



September 11th National Day of Service and Remembrance unites all Americans in remembering the heroes, armed forces, first responders and countless others acts of service that defend our nation's freedom.

On Sept. 11, 2023 PSOP, AmeriCorps Seniors and VFW Post 1739 will come together to initiate a flag collection site at PSOP. This event will kick-off at 10 a.m. with a member of VFW Post 1739. Learn about the history of our American flag, gain inspiration in this symbol of our country, and gain knowledge on the proper care and retirement of unserviceable or tattered flags.

PSOP will serve as a flag collection site for unserviceable flags starting Sept. 11, 2023 thru Nov. 9, 2023 in honor of Veteran's Day. PSOP will be closed on Nov. 10, 2023.



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
- Those with cell phones are also eligible for a free amplifier
- Once every three years

PSOP is a selection/testing center for the ITAC amplified phone program. Call 618-234-4410.

SUPPORTIVE SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Tanya Koelker, LCPC, offers 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 Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the **SECOND WEDNESDAY** of most months. We will meet on Wednesday, Sept. 13, 2023, with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, for meeting details and to make a required reservation for each month.

Mark your calendars for an upcoming **Mindfulness Yoga event** on Friday, Oct. 20, 2023 here at PSOP with Jessica Pollock, RYT-200 leading us through a yoga class. Jessica has advanced training as a FLEX instructor for Silver Sneakers and hosts yoga classes for seniors weekly in the community. **Reservation for this event is required.** Please contact Tanya Koelker, LCPC at ext. 7039 for more information.

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease, will continue to 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, Sept. 18, 2023. Every meeting has new educational topics as well as good discussion among attendees! Also watch for upcoming presentations and topics that you don't want to miss!

In addition, a **Parkinson's Caregiver Meeting** will be held in person on the **THIRD TUESDAY** of most months, and next on Tuesday, Sept. 19, 2023 at 11 a.m., at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may contact Tanya at 618-234-4410, ext. 7039, for meeting details and for any support and educational material related to Parkinson's Disease or caregiving for someone with Parkinson's Disease. Please be aware of the great amount of information available from the American Parkinson Disease Association (APDA) Greater St. Louis Chapter, at www.apdaparkinson.org/community/st-louis.

An Alzheimer's Association Caregiver Support Group is meeting at another location. Please contact Tanya at 618-234-4410, ext. 7039, for meeting information, and for any support and information about dementia education or caregiving.

RESOURCE CENTER

Staff are 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 increased the income eligibility amount. To apply, you must be at least 60 years old with monthly income below \$1,580 for individuals or \$2,137 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.

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.



Nurse Available at PSOP!

Partnering with the St. Clair County Health Department's Medical Reserve Corps, PSOP will have a nurse available to check blood pressure, blood sugar and discuss health topics you are concerned about on the 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.



Join the PSOP Team in the fight against Alzheimer's.

The Alzheimer's Walk will be Oct. 7, 2023 and starts at 9:30 a.m. Sign-up by going to the link at: https://act.alz.org/site/TR/Walk2023/MO-GreaterMissouri?pg=entry&fr_id=16676

Add yourself to the PSOP Team, or ask a staff person to help out. Together – we are Fighting for a Different Future!



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. Approved ATS customers may purchase coupon booklets for rides, 10 coupons for the \$28.00 fee. If you meet the guidelines set by the IL Dept. of Commerce & Economic, and are within the guidelines set forth, you may apply for the reduced fare reimbursement. When you are approved and you purchase a booklet of coupons you will receive a discount for the next order of coupons. You can contact Sharon Lewis at 618 239-0749 Ext. 726 if you have any questions. If you wish to receive the application, please email sharon.lewis@swic.edu

Living a Healthy Life with Chronic Conditions Oasis Health in partnership with PSOP will provide a free 7 session, discussion-based, self-management workshop designed to empower adults living with chronic conditions. All participants will receive a free informational book and CD. Light refreshments will be provided.

Thursdays, Oct. 5-Nov. 16, 2023 from 1-3:30 p.m. at PSOP

[Call 618-234-4410 Ext. 7036 to register.](tel:6182344410)



AARP Smart Driver Class – Safer driving may save you \$.

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and others safe on the road.

When: Sept. 11 and 12, 2023 12 - 4 p.m. You must attend both days.

Where: PSOP – 201 N. Church St., Belleville, IL 62220

Cost: \$20 for AARP members and \$25 for non-members

Call 618-234-4410, ext. 7036 to sign-up and receive additional information. Class space is limited.

PSOP sponsored Driver's Service Mobile Unit

Call 618-234-4410, ext. 7036

<u>Date:</u>	<u>Location:</u>
Sept. 20, 2023	7 Park Dr. Shiloh, IL
Oct. 11, 2023	201 N. Church St., Belleville, IL
Nov. 15, 2023	7 Park Dr. Shiloh, IL
Dec. 13, 2023	201 N. Church St., Belleville, IL



Services provided to seniors 55 and older by appointment only **PAYMENT: Credit card or check; NO CASH**
Mobile Unit hours: 10 a.m. to 1:40 p.m. Services available: Driver's License Renewals, State ID cards and Vehicle Registration Renewals (including REAL ID's, vision test, road test and written exam if required)

SeniorLink Computer Classes Fall Classes Now Forming Call 618-234-4410 Ext. 7036 to sign-up!

Beginning Computers: This one-afternoon class will cover the basics of how to use a computer. Cost: \$10



Classes below meet once/week for 4 weeks at a cost of \$40.

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. Applications installed after the purchase of the computer won't be covered.

Windows 11 Basics: This basic class will include explanations and hands-on usage of Windows 11 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 11 during this class. Applications installed after the purchase of the computer won't be covered.

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

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.

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets.

iPhone Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple Techniques. NOTE: Applications installed after the purchase of the iPhone are not covered. Device must be CHARGED before class.

iPad Basics: This basic class includes 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. NOTE: Applications installed after the purchase of the iPad are not covered. Device must be fully charged before coming to each class.

Dates and times for classes will be determined once a class list of those desiring the class is established.



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.

- Sept. 14 *The Book of Lost Names* by Kristen Harmel Discussion leader – Jean Nolan
- Oct. 12 *The Girl from the Channel Islands* by Jenny LeCoat Discussion leader – Gretchen Tinkle
- Nov. 9 *Death of a Traitor* by M. C. Beaton Discussion leader – Peggy Malec
- Dec. 14 *The End of the Affair* by Graham Greene Discussion leader – Denise Sechrest



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PSOP TRAVEL PROGRAM



Cardinal Legends of the Greatest Generation - Tuesday, Sept. 19, 2023

Featuring the homes, churches and neighborhoods of Cardinal heroes, from their childhoods through stardom. St. Louis Historian NiNi Harris will share the stories of these baseball players — Stan Musial, Joe Garagiola and Red Schoendienst — that reflect how they epitomized the Greatest Generation. This semi-driving tour will not go into their homes. It is not about statistics. It is about the neighborhoods and families that built their character and about the values they demonstrated. Cost is \$95 and includes admissions and more! Lunch at the Foundry is not included. Deadline for reservations is NOW!

The Hill - Thursday, Oct. 5, 2023

Spend the morning learning stories from the English, French, Bosnian and Italian groups who have lived on “The Hill” as told by a “Native”. During the afternoon we shop at a bakery and learn how other Italian specialty items are made. Lunch of Sicilian Chicken at Favazza’s. Cost is \$97 per person includes admissions, lunch, and more. Reservation deadline - Sept. 12.

Yanks and Confederates - *New Date!* Wednesday, Oct. 25, 2023

Joan Huisinga tells us the stories behind the stories and what roll St Louis played. Hear stories about the Armory and Jefferson Barracks, visit White Haven and learn about the romance between Grant and Julia, discover the Civil War Museum, and more! Cost is \$111 per person and includes admissions, lunch, and more! Deadline for reservations is Sept. 15, 2023.

St. Louis Symphony Holiday Celebration at Lindenwood, Dec. 13, 2023 Join us for this holiday tradition of carols and the sounds of the season. Dinner in historic St. Charles at Schlafly. Pricing and details to come. Call to hold your spot. Seating is limited.

Hawai’i Feb. 4-13, 2024

Trip limited to 16 people! 3 islands. Highlights include: Pearl Harbor; Iolani Palace; a river cruise; and the Maui Tropical Plantation. Price begins at \$6279 per person. Call or e-mail Nancy for a brochure.

Alpine Swiss Villages & Rails July 2-10, 2024

In conjunction with the SWIC Foundation Department. Highlights include: 6 nights at one hotel, small cities and parks, glaciers and waterfalls, several train rides, a cruise, a cable car ride, a walking tour of Lucerne, and much more. Price begins at \$5369 per person. Air from STL and 12 meals are included. Call or e-mail Nancy for a brochure.

A waiver *must* be signed and returned with deposit/payments if trip is overnight. One Waiver per person, per trip. No refunds after the set deadline unless a replacement is found and will incur a \$5 processing fee, per person. Nancy’s contact info: 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. You **MUST** have payment, Reservation Form, and signed waiver in order to participate.

Name: _____ Phone: _____

Address: _____ City _____ State/Zip _____

Trip #1 _____

Trip	Date	Price	Pick Up Point

Trip #2 _____

Trip	Date	Price	Pick Up Point

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

Going with _____

PSOP Newsletter Subscription Form

Call 618-234-4410, ext.7043 if you have subscription questions.

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**

Name: _____

Address: _____

Phone #: _____ Email: _____ (Receive the newsletter by email for free!)



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NON-PROFIT
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U.S. POSTAGE
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ILLINOIS COLLEGE

PSOP

N e w s l e t t e r

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