

Millstadt Senior Center Opens 'Little Free Library' in Millstadt



A national movement has finally arrived in Millstadt: The Little Free Library! The library looks like a very small house, or a very large bird house. It's located right across the street from Breadeaux in front of the Millstadt Senior Center, and is easily accessible.

Based on the idea of "pay it forward", the Little Free Library works by having patrons borrow a book, read it, then return the book to the library for others to enjoy.

Patrons can also donate their own gently used books to the library to increase it's variety.

The Little Free Library was donated by Allen and Kathy Costello, the parents of Colleen Costello who works at the senior center during the week. The Senior Center and Millstadt community would like to thank them for their generosity.

The Senior Center would also like to thank their Belleville West NHS volunteers Kaylee Hanger, Addison Hanusek, Abby Hobbs, and Kelly Kulig who placed the Library. The students also handled the promotion for the Library, creating and hanging flyers around town. The students will take turns monitoring the library every week throughout the year.

"We had a lot of fun building and promoting it," Hobbs said.

The Little Free Library will be open 24/7 for all Millstadt residents.

From Below The Tower



Patty Evansco

I recently attended a United Way/ AgeSmart seminar on "Assessing Community Needs" and found it very resourceful. Did you know that there are 10,000 people a day turning 65 in the United States? This is expected to continue for the next 10 years.

The National Institute of Senior Centers reported that there are currently 16,000 senior centers serving older adults in the US. It is estimated that nearly 10 million senior citizens utilize a senior center program or service every year.

These numbers look encouraging for the Senior Center business, but like here in Millstadt there is an ongoing challenge to have diversified programming and to modernize our facility to continue to attract older adults. The dilemma we face is a Catch-22 situation – how do we attract great numbers of older adults without modernizing and how do we modernize without adequate fiscal support?

My job in the next few years will be to create new programming for our senior center as well as develop new and innovative marketing plans so we can attract new participants. I will need to learn more about your likes, dislikes, and needs. We will need to establish beneficial partnerships with schools, community organizations and foundations.

If you have any suggestions that will help us find ways please feel free to stop by my office and we can talk. Have a good month

Patty



Ice Cream Sundaes

August 11, 2017

12:30 PM

Millstadt Township Senior Service
Ice Cream Sundaes with Kristi from
Cedarhurst Assisted Living & Memory Care



Millstadt Township Senior Services Firemen's Picnic Golf Ball Drop 2017 Winners

Millstadt Township Senior Services is pleased to announce the 2017 Golf Ball Drop winners from July 8th.

Debbie Mertz golf ball #465 of Millstadt was the grand prize winner of \$250, Teri Sauder # 593 of Millstadt was the 2nd Place winner of 2 St Louis Cardinal baseball tickets, Cindy Hettenhausen #420 of Columbia was the 3rd Place winner of \$150 and Jim Palovick #740 of Millstadt was the 4th place winner of \$50.

In a wonderful interesting turn of events, Grand Prize Winner Debbie Mertz donated her entire winnings back to the Senior Center. Thank you, Debbie, for your generosity!



Top— Winner Debbie Mertz presents donation to Director Patty Evansco.



(L-R) Kathy Schaefer helps Official Golf Ball Hole Digger and Judge Orville Mueller determine the winners.

Firemen Hold Annual Picnic

On Friday July 7th, 2017 and Saturday July 8th, 2017, the annual fireman's picnic was held. This picnic is an annual tradition for as long as anyone can remember. It keeps everyone up to date on what's going on in their lives. There were retired firemen who were in attendance and also helped at the stands. They had the traditional fried chicken and fish that was



St James Over 50 Members (L-R) Shirley Rinck, Darleen Sandheinrich, Julieene Weilbacher and Wheel Spinner Bob Huckle raffling Cakes.

delicious as well as hamburgers, hot dogs, corn dogs and French fries. The Well Hungarians and Top Gun bands played.

They also had a Chicago ball tournament. They let the Senior Center hold their Golf Ball Drop as well as help launch the balls. This year Tony Gomric went up the



(L-R) Jeff and Rita Helfrich enjoy evening with their friends Julie Toenjes and Jerry Rauscher

ladder with the balls. The Senior Center made \$1,087 from this event and we are very grateful to the Millstadt Firemen for all they do for us and the community. We also thank the community for buying our tickets.



Denise Muskopf purchases her Golf Ball Drop Tickets at the picnic.



Fireman Tony Gomric empties the Duffle Bag atop of the ladder that is filled with hundreds of numbered Golf Balls.

Homecoming Parade 2017

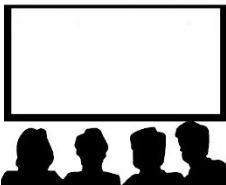
Labor week-end, September 2 and 3 will again be the time for the annual Millstadt Homecoming including two parades, food and refreshments.



The theme for the 2017 parade is "Game Shows", the Gong Show anyone? Parade times are Saturday, September 2 at 5:00 pm and Sunday, September 3 at 5:00 pm. Contact Brent Summerfield at 618-980-7475 with questions regarding floats or to make a donation to support the bands playing at the park following the parade. The Commercial Club will supply paper material for floats. See the Commercial Club web site for more information on floats and participating in the parade.

Movie in the Park

On Friday, September 15, get your lawn chairs packed with blankets and snacks for the children and head to the Village Park to see "The Secret Life of Pets". The movie will start at dusk, approximately 8:30 pm, by the Tuffy Mueth Field. Let's thank and support the following sponsors for Movie in the Park: Breadeaux Pizza, Christ Church-Millstadt Campus, Millstadt Commercial Club, Millstadt IGA, Smokin K's BBQ & More, and Tax Solutions, Etc.



Are you celebrating a Special Birthday or Anniversary or have a Special Announcement? Please send us a photo and information. Our

readers would love for you to share with us. Please email to seniorce@htc.net or drop off at Senior Center.

Millstadt



625 East Washington
Millstadt, Illinois 62260
(618) 476-3161

Round Table Breakfast At The Square Table



Monday, July 17th Seniors (L-R) Dot Edmison, Lucille Reece, Betty Schranz and Delores Procasky and Director Patty Evansco enjoyed breakfast at the Round Table Restaurant in Belleville, Illinois.

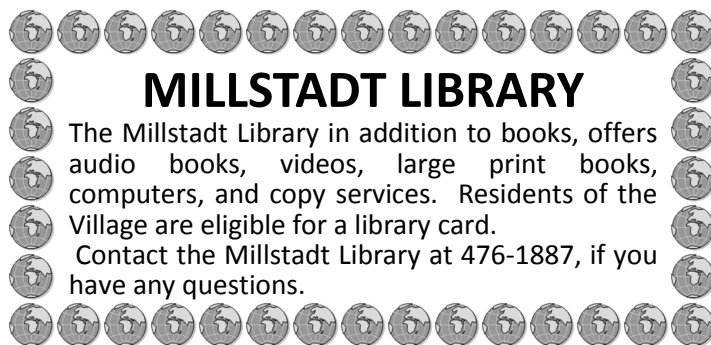
Millstadt Township Meeting Minutes

June 6, 2017

Display of Independence - \$50.00 donation.

No General Assistance cases.

Responded to two Freedom of Information requests.



MILLSTADT LIBRARY

The Millstadt Library in addition to books, offers audio books, videos, large print books, computers, and copy services. Residents of the Village are eligible for a library card.

Contact the Millstadt Library at 476-1887, if you have any questions.

Bible Study At Senior Center

An informal Bible study will be offered at the Millstadt Senior Center, on the 2nd and 4th

Monday at 10:00 am.

This Is A Non-Denominational Study And All Are Welcome, Regardless Of Religious Background, And There Is No Cost



Glaeser HMR

Home Maintenance and Repair

Brad Glaeser

Owner

618-719-5952 cell

618-476-1135 Home

Millstadt, IL 62260

"No Job Is Too Small"



Millstadt Township News

Thank you! At the July recycling, Christ Church Volunteers

Amber Weems, Justin Aymer and Dave Beckwith along with the usual Township personnel collected 1.76 tons of material.

In addition to the regular township recycling on August 5th from 8:00-10:00 there will be a truck to shred documents. This is being furnished by State Representative Latoya Greenwood and will be at the Road District Shed from 9:00-noon.

Most importantly non-perishable items and cash donations will be collected Aug 5th from 8:00-noon for the Millstadt Food Pantry, which is badly in need of supplies.

Thank you in advance for your participation and generosity.

At the July 13th Blood Drive the Township provided refreshments for the donors, 49 people came thru the door and 44 pints were collected. Thank you to all.

A special thank you to Marge Wolfmeier her dedication is what keeps the blood drives going.

Millstadt Township in conjunction with the Millstadt Fire Dept. is providing free of charge reflective house number signs.

Contact the Fire Dept. at 476-1234 for details to acquire a sign. Limited quantity is available.

Need to get rid of an old TV:

*Ralph's Recycling 3968 State Rt. 3, Red Bud 618-282-4400

*CJD E-Cycling 5257 Illinois 157, Edwardsville 618-659-9006

Fees will apply depending on size. Between \$5-\$25

Trustees - Charles Todd, George Blaha, Ronald Eckert, Jim Palovick, Hy. Commissioner - Stanley Jarvis, Clerk - Cathy Hotz Gaby, Supervisor - Denise M Blaha, 820 South Jefferson (618)476-1207.

Notary Services Are Provided Free At The Senior Center

Millstadt Farmers Market

Farmers Markets have a long tradition in our area. Souldard's Farmers Market has been open for centuries. For a more local flavor stop by the Millstadt Farmers Market, Friday, from 3:00 -6:00 pm for fresh local produce.

This year the Market will be located at the VFW parking lot. Randy Eckert has contacted local truck farmers and other vendors for a local blend of produce and other items for purchase.



Swimming Pool Open

The Millstadt swimming pool opened on May 27 and will close on September 4, 2017. Matt Osborn is the pool manager and Ashley Crannage is the assistant pool manager.

Season passes are available for both residents and non-residents, families, and individuals. Contact the pool at 476-3205, Village Hall at 476-1514 or the Village web page at www.villageofmillstadt.org for more information on special swim dates, splash parties and daily admission fees.



It is Time to Sign up for A Matter of Balance again. Ashley Duffie was the instructor at our last class and if you remember it was really close to our due date for her baby to be born. Tadley Nicole is 6 months old today! She is sitting up on her own, reaching for everything, and loves the dogs.

DO YOU HAVE concerns about falling?



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

AGESMART
COMMUNITY RESOURCES
Providing Options for Independence

Millstadt Senior Center
102 South Jefferson
Millstadt, IL 62260

9:30 am – 11:30 am
Starts: Friday, September 8th
Ends: Monday, October 2nd

Classes are held twice a week on Monday's and Friday's for 4 weeks for 2 hours each.

For more information please call:
Ashley at 618-222-2561

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Help Your Neighbor

In the early morning hours of July 5, the Joli Hern family lost their home and all their possessions in a fire. Their home on Floraville Road was completely destroyed by the early morning fire. A GoFundMe.com/joli-hern-family account has been set up to help the family cover expenses not covered by insurance.



The Millstadt Food Pantry

is also looking for donations of breakfast and lunch items for back to school needs. Please consider a donation of pancake mix, pancake syrup, cereal, peanut butter and canned meats. Donations may be dropped-off at the Millstadt Village Hall. Thank-you for all your donations.

Thought for the Month

There are only two days in the year that nothing can be done. One is called *yesterday* and the other is *tomorrow*, so today is the right day to love, believe, do, and mostly live. Dalai Lama

MILLSTADT TOWNSHIP



QUILT RAFFLE December 22, 2017

At Senior Center

1. Prize - Handmade Queen Size Quilt
2. prize - Christmas Tree Skirt
3. prize - Handmade Baby Quilt

TICKETS \$1⁰⁰ 6 FOR \$5⁰⁰

Available at the Center

Many tickets are being sold for our Quilt A Rama drawing on Dec 22, 2017. The Quilt tops are Handmade and Hand Quilted Queen Sized Pieced Quilt and if it were in Branson it would most likely sell for \$1000. Be sure to get your tickets.

Easy Peach Cake



Ingredients:

- Cooking spray
- 1 cup sugar plus 3 tablespoons, divided
- 1/2 teaspoon cornstarch • 2 1/2 cups sliced peaches
- 2 cups flour • 1/2 teaspoon salt • 2 1/2 teaspoons baking powder
- 1 1/2 cups whole milk
- 3 tablespoons unsalted butter, room temperature

Directions

- Preheat oven to 350°F. Spray an 8 X 8-inch baking pan with cooking spray.
- Combine 3 tablespoons sugar and cornstarch in a small bowl. Add peaches and toss until coated. Set aside.
- Combine 1 cup sugar, flour, salt, and baking powder in a medium bowl. Set aside.
- Whisk milk and butter in a small bowl. Pour the wet mixture into the dry mixture, stirring to combine.
- 5. Pour batter into prepared baking pan. Gently press peaches into the batter.
- Bake 60 minutes.
- Allow to cool before slicing and serving.
- Makes 12 servings

Help Save Our Landlines

Call AARP

Illinois Telecom Hotline

1-800-220-5552.

Tell your legislators to reject Senate Bill 1381 and House Bill 2691.

PENNYWISE THRIFT SHOP

Located Upstairs
At The Millstadt
Township Senior Center

Clothes, Shoes, Household and Holiday
Open Monday, Thursday, Friday
9:00 am – 2:00 pm

This Senior Citizen Has A "Senior Moment" And Comes To A Hilarious Realisation

Every now and again someone puts into words what so many people are feeling! Read this amazing email and let us know if you can relate.

Recently, I was diagnosed with A.A.A.D.D. – Age Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking.

I'm going to look for my checks, but first I need to push the Pepsi aside so that I don't accidentally knock it over.

The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye—they need water.

I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do. At the end of the day: the car isn't washed the bills aren't paid there is a warm can of Pepsi sitting on the counter the flowers don't have enough water, there is still only 1 check in my check book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys. Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all the damn day, and I'm tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

Do me a favor. Forward this message to everyone you know, because I don't remember who the hell I've sent it to.

Don't laugh — if this isn't you yet, your day is coming!!

If you liked this story as much as we did, SHARE with your friends and loved ones - maybe one of them has A.A.A.D.D!



Trivia Night For Sandra M Bereitschaft Foundation

Jeopardy fan? Quizzo enthusiast? Come test your trivia skills at St James Parish Center on **Saturday, October 21, 2017!** Questions will be general knowledge -- so anyone can be an expert. Bring a team or make new friends. Prizes will be awarded to the first, second and third place teams!

Open to adults 16 and older. Limit 8. For Reservations call Patty at 618-476-3731 or email seniorce@htc.net Raffle tickets available from Senior Center or Foundation Board Members.

**Sandra M. Bereitschaft
Meals on Wheels Foundation
\$5⁰⁰ 3 For \$10⁰⁰**

**First Prize: \$500.00 Southwest Airline
Voucher**

Second Prize: 50" HDTV

Third Prize: Hand made Quilt

Fourth Prize: Lottery Tree

**Fifth Prize: \$100 Value Taste of Millstadt Gift
Cards**

**The drawing will take place at the
Sandra M Bereitschaft Meals on Wheels Trivia Night
Fundraiser on**

Saturday, October 21, 2017



St James Hosts Blood Drive

On July 13, 2017 there were 49 people that came to St James and sat side by side, taking deep breathes and smiling, knowing they were making a difference.



They donated a total of 44 total units of blood by the end of the day. The Community is very grateful to Marge Wolfmeier who organizes the Millstadt Blood Drives. Marge is the daughter-in-law of Dorothy Wolfmeier who comes to the Senior Center. Another blood drive is planned for September 7, 2017, at Millstadt Community Consolidated School from 4 p.m.-8 p.m.



The Commodity Supplemental Food Program (CSFP) is a supplemental food source for seniors age 60 and older who fall within 130% of the federal poverty guidelines—seniors may participate in this program while also receiving food assistance via food pantries, meals on wheels, and/or SNAP (food stamps). The Foodbank partners with an organization that elects to administer the CSFP boxes to qualified seniors. Millstadt Township Senior Services would receive a once a month free delivery of free boxes to be distributed to the seniors signed up for the program; each box contains about 16 shelf stable items, plus cheese. The program does require some administrative work including, application sign up and verification of seniors, maintenance of sign-in sheets, and re-certification of participants that may be conducted verbally every 6 months.

If you are interested in signing up for this program and fit into the income guidelines below, please contact Patty

Persons 60 Years and Older
130 percent of the Federal Poverty Income Guidelines
amounts valid from April 2015 until further notice

Family Size	Annual	Monthly	Weekly
1	\$15,301	\$1,276	\$295
2	\$20,709	\$1,726	\$399
3	\$26,117	\$2,177	\$503
4	\$31,525	\$2,628	\$607
5	\$36,933	\$3,078	\$711
6	\$42,341	\$3,529	\$815
7	\$47,749	\$3,980	\$919
8	\$53,157	\$4,430	\$1023
Each additional family member	Plus \$5,408	Plus \$451	Plus \$104

Aluminum Cans

**Donate Your Aluminum Cans
To The Senior Center**

Contact

Patty Evansco at **476-3731**



Library Archiving Newsletter

Did you miss an issue of "Senior Talk"? While we want you to be sure you see every issue of Senior Talk the Millstadt Library is now offering you an opportunity to catch up on all of our past issues.

Starting immediately, you can view past issues of Senior Talk since its first issue in September 2010. We are very happy and grateful that the Millstadt Library is archiving our newsletter.

Senior Talk Available at These Locations

**Pick-Up Your copy of the Monthly Senior Talk at One of
The Following Millstadt Locations**

Melva's Family Hair Care 476-7933

Millstadt Barber Shop 476-7273

Millstadt IGA 476-3161

Millstadt Library 476-1887

Dr. Carla Samson 476-3373

Millstadt Pharmacy 476-1701

Millstadt Village Hall 476-1514

Millstadt VFW 476-1180

Shirley's Beauty Shop 476-9494

St. James Catholic Church 476-3513

Trinity Lutheran Church 476-3101

Zion Evangelical Church 476-1778

Dr. Steve Knoernchild 476-3344

Concordia UCC 476-3377

St. Paul Church, Floraville 473-2285

Dr. Kevin Schmidt 476-3261

St Michaels Church – Paderborn 473-2798

First National Bank of Waterloo 476-3334

Caseys 476-7360

Associated Bank 476-3040

Michelle's Family Haircut

Millstadt Garden Place

Millstadt Baptist Church

Lee's Home Center 476-1760

Bonnie's Beauty Shop

Training Room

Handy Feed

Country Financial

Schuberts

Thank You For Providing This Service To Our Community

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Core Physical Medicine



is a state-of-the-art facility with friendly and professional staff, specializing in outpatient rehabilitation, chiropractic, physical therapy, Class IV Laser, Spinal Decompression and the all new Slim Sculpt therapy. Dr. Kristina Heafner is the clinic director of our new location in Millstadt. She is new to the community and excited to bring her

expertise to the residents of Millstadt and surrounding areas. She will be coming to the Senior Center next month to provide a health talk to everyone.

Dr. Heafner has a background in sports medicine that allows her to bring her knowledge and apply it to our patients, rehabilitating old and new injuries to increase a person's independence. While chiropractors are known for being the number one specialist for back pain, they treat many conditions from headaches, knee and foot problems, sciatica to balance issues. Shoulder injuries are one of the most commonly injured areas of the body and if left untreated can disrupt a person's life significantly. With Core's comprehensive approach to treatment, we help patients get back to their daily lives and avoid surgery. By uncovering the root of the problem whether it be structural or biomechanical, or a combination, she treats the causes; not just cover up the patient's symptoms. Dr. Heafner is great at helping people be able to get back to doing the things they love. It's surprising what people give up and struggle with due to pain or inability, and she can't wait to get to know the community better and help people live happier, healthier lives. Come meet Dr. Heafner at her health talk next month, here at the Senior Center.

GARDENERS WANTED



Spring is here and for those of you with gardens please consider planting an extra row or some extra plants to help our local people have fresh vegetables available. The Community Center porch tables will be available for extra produce to share with our seniors and anyone needing fresh produce. St. Vincent De Paul is sponsoring this extra produce program and ensuring the extra lettuce, radishes, peppers and tomatoes are shared with those in need.

Save the Dates!

August 21, Total Solar Eclipse at 1:17 pm.

October 21, 2017, Trivia at St. James Parish for the Sandra M. Bereitschaft Foundation for the Meals on Wheels program.

February 10, 2018, Annual Sandra M. Bereitschaft Dinner at Mertz's Ford.

Senior Talk Available on Internet

The Village of Millstadt web site has a variety of information available including the most recent copy of the Senior Talk newsletter, scheduled events for the Village, and copies of the Senior Menu and Activity sheet. Type in the following internet address, www.villageofmillstadt.org. This should bring up the main page of the Village's web site, on the left side of the screen click on Community Center/Senior Center. On the next page, click on the latest edition of Senior Talk which will include the menu and activity sheet for the month.

WRITER'S GUIDELINES

One does not have to be a professional writer in order to submit articles to Senior Talk. All it takes is the desire to share your thoughts or feelings with the rest of us. Tell us about what matters to you. Share your his-tory, your fears, and your triumphs. There is a "Brag Corner," where you can tell others about your new car, or how your grandchild just graduated from Harvard, or about your prize-winning roses. Give us your recipe for deviled eggs or tell us how you stay married to the same person for 50 years!

It is best to keep the length of the article to no more than 500 words. We reserve the right to edit all materials. Be sure to include your name, address, and telephone number and email address, if you have one.

Articles can be dropped off at the center, mailed, or emailed to seniorce@htc.net

Millstadt Red Cross Blood Drive Schedule

Help Save a Life! GIVE BLOOD

September 7, 2017	3:30 pm – 8:00 pm	MCS
November 9, 2017	3:30 pm – 8:00 pm	MCS
January 11, 2018	3:30 pm – 8:00 pm	MCS
March 8, 2018	3:30 pm – 8:00 pm	MCS
May 10, 2018	3:00 pm – 8:00 pm	St. James
July 12, 2018	3:00 pm – 8:00 pm	St. James

We Can Recycle



Since January 1, 2017 Alan Analla and Darleen Slovinski have taken 491 lbs of cans for recycling receiving a total of \$178.33.

In 2016 we collected 1,137 lbs of aluminum cans. Last year we were able to provide prizes for

the Christmas Raffle, Hot Dog Roast and prizes, buy lots of Bingo prizes and ice. We are very grateful to Darleen and Alan for their hard work in being able to provide us with the "extras" we would not be able to afford. Keep drinking and saving those cans. This is fantastic!!! Thank you

**"The Racket" Movie Is Available
For Free Overnight/Over
Weekend Viewing At
Millstadt Township Senior Services
Compliments of
Rose Marie Fitzgerald**

millstadt
Chamber Of Commerce

"Making Connections For Millstadt Business"

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High Efficiency Systems
Excellent Warranties**

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Millstadt, IL

(618) 476-9604

**Residential
Commercial**



Special Thanks to
**Concordia Church
Immaculate Conception - Centreville
St. James Catholic Church
Trinity Lutheran Church
Zion Evangelical Church
Millstadt Baptist Church**
For Your Continued Support

Senior Transportation Program

***Need a Ride to the Doctor, Bank
Hairdresser, or Dentist?***

**The Senior Center Offers the Only Form of Public
Transportation for the Community**

This Service is Available for Persons 60 Years and
Older and Their Caregivers

***A Suggested Donation Of \$2.00 For
Transportation To and From Doctors, Dentists,
Or Hair Appointments***

**This Partially Covers the Actual Transportation
Costs of \$5.95**

For Each Time It Is Provided

All donations are Confidential and Are Used
To Maintain the Transportation Program
For Millstadt Township Seniors
Please Contact Patty at 476-3731 With Questions

DID YOU SIGN IN?

Knowing who is at lunch at the Center is important for a number of reasons. First of all it's good to keep track so if someone isn't there for a few days we can contact them to make sure everything is ok. Second, when you sign in and are registered we are able to submit your name to receive our grant money to help pay for the meals. A way to look at it is that if you aren't registered and signed in we can't send a bill for your lunch to the Area Agency on Aging.



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Family Helps Those In Need With Food Donation

Food pantries see a significant drop in donations through the warmer summer months, when many children are home from school and there is a greater strain on limited income families to provide food for everyone. While most food banks receive many of their donations from October through January, summer is an especially crucial time as our local food pantry struggles to assist all the local families, children and veterans who rely on donations year-round.

The need for awareness around food insecurity was one of the reasons Kevin and Whitney Cadagin along with their four daughters Maggie, Kate, Annie and Kelly, chose to help increase summer donations to the Millstadt Food Pantry. Kevin is a partner in the Cadagin-Prosser Financial Group that recently opened in Millstadt. Kevin is also the nephew of Maureen Mueth and Patty Albert of Millstadt.



Kevin and Whitney Cadagin with their daughters (L-R) Kelly, Annie, Kate and Maggie

Millstadt Community Comes Together With Painted Rock Hunt

Is rock making a comeback?

First, there were pet rocks in the 1970s and now painted kindness rocks are making waves throughout the world and in the community of Millstadt.

Painted rocks have recently been showing up in various locations in and around Millstadt at an astonishing rate in the past few days.

The goal is simple - to promote random acts of kindness to unsuspecting recipients - whether by painting and dropping inspirational rocks or some other creative way to bring kindness into the world.



Many people are taking pictures of the rocks they find and posting them on Facebook. They then take the rock to a different location and hide it. The Millstadt seniors have enjoyed finding them and will start painting them next week to hide. They will be painting some rocks in memory of Gloria Boehm. Gloria was an artist and loved to paint rocks and show many here how to do it. On Tuesday, August 2nd Molly, Sawyer and Tess Belosi were here with their friend Kynedi Larsen looking for rocks. They found some and hid some while they were here. Sawyer gave the Senior Center a pretty yellow rock with brown "scales" on it and the date. The Senior Center will place this special rock in a place everyone can see.



(L-R) Tess, Molly and Sawyer Belosi and Kynedi Larsen show off their rocks.

Farmers Market Coupon

Starting July 10, \$25 coupons will be available for use between July 10 and Oct. 31 for purchases from an eligible vendor (red and white signs).

To qualify for the coupon, you must:

Be 60 years or older

Meet income guidelines (available at the market)

To receive these coupons, go to the market of your choice with your ID and be ready to complete the application. You will then receive the coupons to use at the following markets.

Belleville Old Town Market, corner of 1st and Main, Saturdays, 7:30 a.m.-noon

Swansea Farmers Market, 2801 N. Illinois (Rural King parking lot), Thursdays, 11 a.m.-3 p.m.

East Side PHD, 638 N. 20th St., East St. Louis, Thursdays, 8 a.m.-1 p.m.

Fairview Heights, location TBA

Call AgeSmart Community Resources at 618-222-2561

Free Amplified Phones

The Illinois Telecommunication Access Corporation is a program that provides a FREE amplified telephone to people who are hard of hearing, late deafened, deaf, deaf-blind, or speech disabled.

Eligibility requirements for an ITAC amplified phone:

Legal Illinois resident

Any age/any income

Certified by a Licensed Family Physician or audiologist

GREAT NEWS! RECENT NEW CHANGES NOW ALLOW FOR A NEW AMPLIFIED PHONE:

Once every three years

Those with cellphones are now eligible for a free amplifier

For information to receive a free amplified phone, call 618-234-4410, ext. 7024 or 7012.

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 or 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.

Painting Flower Pots For Fall Blooms

On Friday July 21, 2017 Kristi Sisk, Marketing representative from Cedarhurst Assisted Living and Memory Care took the visitors at the Millstadt Senior Center beyond Bingo. She came and showed them how to make a "Pinterest" craft. Pinterest is a website on the internet that offers many ideas for crafts with directions. She brought all the supplies and they make painted flower pots. They were beautiful and everyone enjoyed making them. Maybe we could make something every week and have a Craft Fair and sell what we make. Next month Kristi is making a Sundae Bar on August 11, 2017. Be sure you sign up for lunch to be included.



(L-R) Gloria Kettler, Betty Stark, Betty Schranz, Instructor Kristi Sisk, Dot Edmison, Fern Sieber and Ethel Guetterman working on their pots.



The Millstadt Seniors turned ordinary terra-cotta pots into pretty, decorative one's with a little paint and a lot of fun.

Bus Rider Reminder

All Ride Reservations Should Be Made Through The Office Please
Do Not Tell Bus Drivers Your

Large item recycling at Millstadt Township

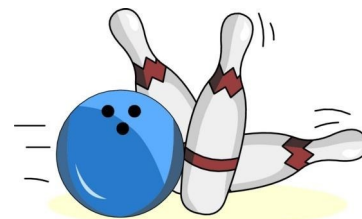
We Do Not Accept Televisions and Computer

Monitors

Thank You
Supervisor
Denise Blaha



Millstadt Township Senior Services Summer Wii Bowling League Final



Team	Team Name	Team Member
1	Alley Cats	JoAnn Pisel/Janet Pauketat
2	Lucky Strikes	Ruth Reinhardt/Rick Coleman
3	Misfits	Marlene Bruehl/Evelyn Lucy
4	Rock-N-Bowlers	Elaine Gregson/Cindy Walker
5	Twist-N-Shout	Dot Edmondson/Barb Louis
6	Sassy Gals	Hobbie Haas/Thelma Short
7	Spoilers	Lil Tracy/Bob Louis
8	Wild Cats	Richard Chadeayne/Frances Dickneite

High Average
Hobbie Haas (198)
Janet Pauketat (190)
Thelma Short (185)
Lil Tracy (175)

Splits Picked
Thelma Short (5)
Barb Louis (4)
Richard Chadeayne (3)
Ruth Reinhardt (3)

Top Strikers
Janet Pauketat (51)
Hobbie Haas (45)

Spare Burners
Barb Louis (56)
Hobbie Haas (46)
Lil Tracy (45)

High Game
Elaine Gregson (234)

200 Game Club
Hobbie Haas (5)
JoAnn Pisel (4)
Janet Pauketat (4)
Thelma Short (3)
Cindy Walker (2)
Marlene Bruehl (2)
Evelyn Lucy (1)
Elaine Gregson (1)
Frances Dickneite (1)
Colleen Costello (1)

**Help The Tin Man
While Shopping At
Millstadt IGA**

Clip The Bar Codes From IGA
Products And Return To



Dominoes & Rummy Club

July 2017

710 Games

Frances Dickneite	267	Gloria Kettler	58
Jane Evans	220	Cindy Walker	4
Ethel Guettermann	161		

Come Join Us Anytime!

LEE'S
Home Center
ALWAYS ON THE LEVEL

BestREWARDS
Join. Earn. Save.

Earn 5% on your Purchases!
Details in store or call
618-476-1760

Subscription to Senior Talk

Tired of fighting the lines at local businesses for the latest copy of Senior Talk? To have a copy delivered to your mailbox for the next year, make a \$100.00 donation to the Sandra M. Bereitschaft Foundation, Meals on Wheels program and receive a free one year subscription to Senior Talk. A subscription to the newsletter also makes a great birthday gift.

SHIP Corner



Millstadt Township Senior Center is a sponsoring agency for Senior Health Insurance Program help and we recently received our 2017 updated Manual. During the coming months I will be sharing with you some information that I feel is important and informational.

Organization and Administration of the SHIP Program:

SHIP was initiated in July of 1988 by the Illinois Department of Insurance in response to the needs of Illinois' senior citizens regarding their health insurance. In April of 2013, under Executive Order by the Governor, SHIP was transferred to the Illinois Department on Aging.

The organizational structure of SHIP consists of:

- The **Illinois Department on Aging**, which provides initial training, continuing education and ongoing support of SHIP counselors;
- The **sponsoring organization (Millstadt Township Senior Services)**, which provides coordinators, office space and office support services;
- The **coordinator (Patty Evansco)**, who is responsible for the administrative aspects of the SHIP program, which include publicizing SHIP services, recruiting volunteers, scheduling counseling sessions and responding to counselors' needs; and
- Counselor Patty Evansco meets with clients individually to provide objective information about health insurance, advocacy assistance, or referral if appropriate.

The state is divided geographically into four separate SHIP regions: Cook County, Northern Illinois, Central Illinois and Southern Illinois. Within each region, counselors are organized in to units that serve a specific geographic area, usually designated by counties.



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Kevin Cadagin
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kevin@cadprofg.com
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Glen Carbon, IL 62034
Tel 618-656-0006

Millstadt Office
500 S. Illinois Street
Millstadt, IL 62260
Tel 618-476-6133

Toll-Free 888-656-0009
Fax 618-656-0007

August Birthdays

1 Verna Joseph	21 Eleanor Mcnaughton
3 Cecil Showmaker	24 David Sikes
4 Gary Helfrich	Doris Steiger
10 Patricia Woodworth	26 Judy Karcher
11 Joan Guetterman	27 Paul Bauer
13 Fred Davis	Dennis Ward
14 Charlotte Traiteur	Judy Ward
Eileen Wuertz	28 William Anderson
16 Lawrence Osick	Norma Burleson
17 Sharon Hettenhausen	Donna Nowak
18 Judy Sikes	29 Doris Chaput



Monday Van Trips

August 7th Walmart Waterloo
August 14th Breakfast at Proving Ground in Columbia IL

Join us as we make your monthly special trips to Roundtable for Breakfast. Call the Senior Center to register for the trips at (618) 476-3731. Trip schedule may be subject to change.



Dates to Remember

August 4, Millstadt Farmers Market, 3:00-6:00 pm.
August 5, St. James Parish chicken dinner and quilt bingo.
August 11, Millstadt Farmers Market, 3:00-6:00 pm.
August 18, Millstadt Farmers Market, 3:00-6:00 pm.
August 21, Eclipse Day in the Midwest.
August 25, Millstadt Farmers Market, 3:00-6:00 pm.
September 1, Millstadt Farmers Market, 3:00-6:00pm.
September 2, Millstadt Homecoming parade at 5:00 pm.
September 3, Millstadt Homecoming parade at 5:00 pm.
September 4, Labor Day, Senior Center Closed.

Total Eclipse August 21, 2017

The last total solar eclipse to travel from west to east occurred in 1918. A total eclipse visible from the U.S. occurred in 1979. Every state will be able to see evidence of a partial eclipse, but not every state will be in the path of the total solar eclipse. A total solar eclipse is when the moon completely blocks the solar disk. During totality, it will get as dark as night outside and stars will appear.

The Great American Eclipse will be visible in Southern Illinois between 1:18 pm and 1:24 pm. Going through the Midwest, the 70 mile wide path of the total eclipse passes through the southern part of Illinois.

When viewing an eclipse, always wear proper protective eyewear and not look directly at the eclipse, as it could severely damage your eyes.

Protective eyewear can be purchased at the Millstadt IGA. Two pair of eyewear can be purchased for just \$3.99.

Lunch With Millstadt Police

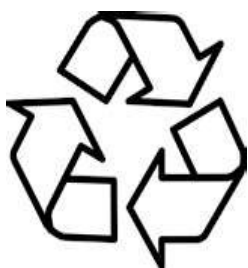
Lunch With Millstadt Police will be **Wednesday, August 2, 2017** at the Millstadt Senior Center at Noon. Come meet your Village Law Enforcement officers for lunch and conversation. We will be serving Meatloaf, Mashed Potatoes and Gravy, Green Beans and Homemade Peanut Squares.



Notary Services Are Provided Free At The Senior Center

Community Center & Park Pavilions Rental

If you are looking for a place to have a graduation, baby, bridal or birthday party consider renting the Millstadt Community Center or a pavilion at the park. Call the Village Hall at 476-1514 for rental information.



RECYCLING

8 AM TO 10 AM

**1ST SATURDAY OF
EACH MONTH**

AT TOWNSHIP SHED ON
EAST HARRISON STREET

SENIOR TALK

Receive the Newsletter in the Mail!

**Subscriptions are \$25.00 Per Year
Due To Postage Increases (12 Issues)**

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____


Please Send This Form And Your Check To:

Millstadt Township Senior Services

102 South Jefferson Street

Millstadt, IL 62260

****Be Sure To Check Your Mailing Label For
Your Subscription Expiration Date****



Clothing Donations

Is it time to clean-out closets to make room for those Christmas gifts you know you'll be getting? Clothing items may be donated to the Senior Center Thrift Store located on the second floor of the Community Center. Gently used clothing items are also for sale. Donations for items are requested to support Senior Center activities and the Meals on Wheels program. Remember your clothing items may also be donated to the collection box at the IGA parking lot will add to the proceeds IGA collects and donates to the Senior Center. With the help of your donations 20,000 meals were served to Seniors in Millstadt Township last year.

Millstadt Village Board Meeting

June 26, 2017

Mitch Etling was hired as a full-time police officer for the Village of Millstadt.

KSHE will broadcast from the Millstadt Village swimming pool on Friday, August 18 from 6:00-10:00 am.

September 15, will be the next Movie in Park event.

Senior Discounts

Dunkin' Donuts- With the purchase of a large or extra-large beverage, you can get a free donut at participating locations. Offer excludes bottled cooler drinks, other conditions may apply

Tanger Outlets-Just by showing your AARP membership card at Tanger Outlets Shopper Services you can receive a free coupon book with up to \$1,000 in savings offers from brand-name retailers.



Millstadt Senior Center Bunco
SHAKE, RATTLE & ROLL!
Dessert Buffet Included!
THURS., SEPT. 21st AT 7:00 PM
ST. JAMES PARISH CENTER | 405 WEST
MADISON STREET | MILLSTADT IL
\$8.00 per person
And Everyone Wins A Prize



Millstadt Senior Walking Club
July 2017 Days Walked

Rich Chadeayne	16
Frances Dickneite	15
Columbia Delong	15
Dot Edmison	8



55 or Better?
Join your friends in our Classic 55 Club!

- ❖ Fun Group Trips and Outings
- ❖ Interest-Bearing Checking
- ❖ FREE Classic 55 checks
- ❖ Bi-Monthly Newsletter
- ❖ Great Social Activities

1st National Bank
www.fnbwaterloo.com



Welcome to **amazon smile**
You shop. Amazon gives.

Do you shop on Amazon? Now there is a new version of the company's website – smile.amazon.com – the company will donate 0.5% of the purchase price to charity. Customers pick their charity through the new website and there are almost one million to choose from, including Sandra Marie Bereitschaft Foundation (supports Millstadt, Freeburg and Smithton Meals on Wheels program).

There is no cap on the amount Amazon will donate and almost every physical product sold by the company is eligible, which means tens of millions of items. Digital goods are not included, but that may come in the future.

Everything else about the Amazon online shopping experience stays the same, including the shopping cart, wish lists and shipping options. The prices will also be the same, so these donations will suck some of the profit out of each sale Amazon makes through the program.

Please be sure to sign up, shop and add "Sandra Marie Bereitschaft Foundation" as your designated charity. Thank you. <http://smile.amazon.com>



Memory Care, Independent and Assisted Living

- 24 hour on-site assistance from our employees
- Bathing, dressing and other essential needs
- Care providers you know and trust
- We are a fully licensed assisted living provider
- Memory Care available at Reflections
- Locally owned and managed


Garden Place
SENIOR LIVING

Waterloo | Red Bud | Millstadt | Columbia

Reflections at Garden Place ~ Columbia



www.gpliving.com

618-476-1440

We Live Here. We Care Here.

Crosswalk Gets Uplift

On July 16, 2013 the first Irma Hecke Crosswalk at the intersection of Jefferson and Madis on was dedicated in her honor. The same week but only three years later that Crosswalk was repainted and spruced by the St Clair County Highway Department. I told the workers the story of how Irma lived nearby and came to the Center every day and how hard it was for her to get the traffic to stop to let her cross the street. After a few calls and a letter that day finally came that we received a crosswalk to remind cars to stop. Yes, Irma is gone but will always be remembered when I walk in the crosswalk.



Pictured above are St Clair County workers (L-R) Raymond Bonds, Russell Krause and Troy Mosley in the freshly painted crosswalk.



**Join Us For
Ring Toss**
4th Monday Of
Month
10:00 am
Sponsored By
Millstadt Pharmacy

During The Month of July

Our Volunteers Donated **309** Hours To
The Millstadt Senior Center
If Paid at Minimum Wage, the
Dollar Value Would be **\$2,630**

THANK YOU

For Your Dedication, In The Spirit Of Giving
Please Remember To Report Your Volunteer Hours
Would you like to join our group of Volunteers?



Blood Pressure

David Koch

Kitchen

Lil Tracy

Barb Louis

Ralph Schneider

Norma Burlesman

Toni Schneider

Linda Hoepfinger

Columbia DeLong

Darlene Sandheinrich

Shirley Rinck

Doris Chaput

Frances Dickneite

Betty Stark

Fern Seiber

Collen Costello

Charlie Worden

Meals on Wheels

Nancy Kostelac

Cheryl Mueth

Susan Sager

Allen Analla

Darlene Slovinski

Sandra Muskopf

Karen Witte

Lindy Knysak

Carol Osick

Larry Osick

Charlie Mueth

Marsha Davis

Cindy Bertelsman

Marylou Peter

Gary Huwer

Debbie Mertz

Peggy MaKriakow

Joe Burch

Nancy Burk

Newsletter

Don Mueller

Jerry Schmitz

Newsletter/

Bullentin Board

Kathy Schaeffer

Recycling

Bert Hucke

Office

Marlou Eckert

Janet Mueller

Orville Mueller

MaryAnne Conrad

Jeannie Colbert

Thrift Store

Eileen Doerr

Driver

Charlie Todd

Quilters

Rosemary Mathews

Lois Potter

Judy Sutter

Pat Morris

Doris Adams

Christy Lehr

JoAnn Clemens

Teresa Barbier

Mary Alice Schmitz

Ruth Fritzinger

Joann Pisel

Marlene Hermann

Marlene Harzin

Beth Kwentus

Pat Schaeffer

MaryLou Kochmann

Jeannie Colbert

Judy Jacobs

Carol Osick

Kathy Weygandt

Golf Ball Drop

Andrew Winkleman

McKenzie Cooper

Kathy Kulig

Austin Valerius

Abby Hobbs

Nancy Kostelac

Eileen Doerr

Jim Bereitschaft

Mark Raben

Marlou Eckert

Jean Colbert

Orville Mueller

Kathy Schaefer

Tony Gomric

Earl Doerr

THANKS FOR

In Memory of Richard Denning

Lynn and Steve Muskopf
Elmer and Darleen Sandheinrich
Shirley Moore

Kent and Debbie Ohlendorf
Jeffrey and Cynthia Hettenhausen
James and Dr. Melissa Helfrich
Norma McAlleenan

Richard and Norma Brune
Barbara Zollner
Creason Funeral Home
Patty Evansco

In Memory of Russell Baltz

Marlou Eckert (Sandra M Bereitschaft Foundation)
Jim Bereitschaft (Sandra M Bereitschaft Foundation)
Fuzzy Eckert and Donna Gaulrapp

Monetary Donations

Mertz Ford (Sandra M Bereitschaft Foundation)

Wilma Walker
Lois Morris

Monroe County Electric Cooperative
Larry and Linda Stewart
Judith Jacobs
Susan Sager

Debbie Mertz (Golf Ball Drop Winnings)
Smithton Township (Meals on Wheels)
Alan Analla and Darleen Slovinski (Recycling)

Kitchen Supplies

Barb and Bob Louis
Celest Krauss

Dianne Haas
Len & Arlene Scatirro
Lil Tracy

Richard Chadeayne
Debbie and Gary Helfrich
Rich and Norma Brune

Elmer and Darleen Sandheinrich (Sweet n Low)

Bingo Prizes

Laura Grueninger
Diane Haas

Evelyn Weber
Debbie and Gary Helfrich

Lemonade

Richard Chadeayne - Lil Tracy
Norma and Rich Brune

Miscellaneous Donation

Kendra Kostelac (Lindenwood Shirts)
John Wallace

Barb Scott (Paper)
Shirley Marquart
Doris and Willis Steiger

Verna Joseph Family
JoAnn Talent
Annette Liddell

Cathy Krauth (Air Conditioner/Misc)
Chris & Robin Krauth Sigafoos (Air Conditioner/Misc)

Taxes and Lunch

St Clair County Board member Frank Heiligenstein who has worked statewide with 250 cities and counties districts editing and publishing codes of laws is coming to lunch at the Senior Center on August 30, 2017. Heiligensteins' most recent role is president of the Citizens Federation of St. Clair County, Inc. He has been the author of 45 zoning codes. In 1978 to present he organized and eventually chaired the only taxpayer organization in St. Clair County: Citizens Federation of St. Clair Co. Inc. Frank has a Master of Science Degree in Government, International Affairs and Public Administration. He also attended St. Louis University Law School. He taught Social Studies classes at Mascoutah and Belleville East High Schools for 30 years. He has been a member of St. Clair County Board for 35 years and is a Past President of the Southwestern Illinois Planning Commission (1993-1995), and organized the first permanent Public Library for Freeburg in 1996 as well as is the fifth member of his family to serve on the County Board since 1896 for a total of 96 years. He was President of the Illinois County Officials Association for 2012 and Past President of the Illinois Association of County Board Members - 2 years and writes articles for a state magazine. Frank will be at the Millstadt Senior Center on **Wednesday August 30, 2017** at 11:30 am to discuss ways to reduce our property taxes. You will want to be sure to be there for lunch that day.



OUT TO DINNER
Wednesday, AUG 23, 2017
Red Bud Opera House Bistro
Leaving Millstadt at 4:30 pm
RSVP (618) 476-3731 to reserve a seat

RECYCLING PROGRAM

Recycling continues the first Saturday of every month at the Township Garage on East Harrison Street. Volunteers will remove the recyclables, glass, cans, paper, cardboard and number 1 and 2 plastics from your vehicle from 8:00 am to 10:00 am. This program is available for all residents of Millstadt Township and the Village.

Make a Contribution

There are many ways to contribute to Millstadt Senior Center:

Gifts by Cash or Check

We accept gifts by cash or check by mail and in person. Include your name, address and phone number. Checks should be made payable to Millstadt Township Senior Services.

Memorial Gifts and Bequests

The Millstadt Senior Center is establishing an endowment fund of memorial gifts and bequests, to ensure the future of senior services in Millstadt.

We hope that you will remember the Center when planning your estate, or as a fitting means of honoring a departed friend or loved one.

All memorial gifts and bequests will be acknowledged in the Center's newsletter. If you would like to make a provision in your will, the following form is suggested:

I give, devise and bequeath to Millstadt Township Senior Services, a non-profit corporation, located on this date at 102 South Jefferson, Millstadt, Illinois 62260 the sum of \$ _____ (or the property, herewith described)

**We Welcome Any Inquiries About Bequests,
Please Call Us At (618) 476-3731**



GRIEF SUPPORT GROUP

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

**Meets Monthly Third Monday of each Month
10 to 11:30 am**

**201 North Church Street
Belleville, IL 62220**

**Facilitated by
Family Hospice Heartlinks Grief Center
Please call us if you have any questions
234-4410, ext 7056**

Laminating Tuesdays

If you need something laminated please stop by on Tuesdays and we would be glad to laminate for you free of charge.



Central Illinois' #1 Senior Care Insurers

Derek R. Schuett
Licensed Agent

- Medicare Prescription Drug Plans (Part D)
- Medicare Supplement Plans
- Medicare Advantage Plans (Part C)
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- Long Term Care Insurance
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Village Mayor

Michael Todd

Director

Patty Evansco

Nutrition Staff

Rachel Feazel

Transportation (Drivers)

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Sandy Sanders

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Rich Brune

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Patty Evansco

Marlou Eckert

Don Mueller

Janet Mueller

Jerry Schmitz

Judy Jacobs



Township Senior Services

102 South Jefferson St., Millstadt, IL 62260

Phone No. **618-476-3731**

Fax No. **618-476-3921**

email seniorce@htc.net

MISSION STATEMENT

The Millstadt Senior Center Is A Place Of Opportunities, A Focal Point In Our Community Where Services Support Positive Aging and Where Educational, Recreational and Cultural Programs Enrich The Lives Of Elders and The Community

Funding for (Grantee) is received from the United States Administration for Community Living, the Illinois Department on Aging, and the AgeSmart Community Resources. (Grantee) does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with State and Federal Statutes. If you feel you have been discriminated against, you have the right to file a complaint with the AgeSmart Community Resources by calling **618-222-2561 or 800-326-3221**

"Seniors Come First" Services Available

Meals on Wheels One of the Center's most important programs, the Meals on Wheels program provides daily meals to people who have difficulty getting out of the house and/or cooking for themselves. Not only are we able to supply necessary food, but the driver delivering the meal is able to ascertain how the client is getting along and share some companionship. We have a number of folks dedicated to providing these services. They give freely of their time and energy to deliver the meals, make contact with the recipient and report back to the Center. The majority of the "regular" drivers volunteer one day per week and most have said it is highly rewarding for them.

Lunch Program Lunch is served Monday through Friday at 12 noon. You must be 60 years of age or older to qualify for this program. It is appreciated that if you want lunch you call the center by 3:00 pm in order to sign up for lunch on the following day. When you come in you may sign yourself up for the next day. If you like, you may sign up for the entire week or month. If you know that you can not make it and you have signed up, please call and let us know that you will not be here and tell us when you will be back for lunch. If you have any questions concerning the lunch program please contact Patty Evansco at **476-3731**.

**All Lunches Are Catered From the Millstadt IGA,
China King And Breadeoux Pizza From Millstadt**

**"The Center is a Great Place to Enjoy Yourself
Through Fellowship And Celebrations With Other
Seniors of Millstadt"**

Senior Information and Assistance provides information or help with services and benefits to residents of Millstadt age 60 and over. We will also visit homebound seniors. If you need this service or would like to schedule a visit, call Millstadt Township Senior Center at **618-476-3731**.

Gary Helfrich will be 65 on August 4th and to honor that he and his wife Debbie brought us presents for Bingo and Kitchen Supplies. Gary is bringing birthday cake on August 4, 2017 for his birthday. *Happy Birthday Gary!!!*



Tanya Duffie Schnarre from Garden Place in Millstadt comes for her monthly game of Bingo with Senior Center visitors. Tanya always brings lots of goodie bags for Bingo on the **4th Friday of each month.** Mark your calendars!!!!



Corn Hole Is The Latest Competition At Millstadt Senior Center



In the last three months, the cornhole tournaments have seen some tough competition. After tallying three months of points, Fuzzy (Ron Eckert) has come out as the champion with 793 points. Following closely behind are Columbia Delong with 764 and Elmer Sandheinrich with 748. Darleen Sandheinrich came up fourth with 556 and Carol Terveer got fifth with 528. Barbara Knewitz and Larry Hucke earned similar scores of 462 and 450, respectively. Ralph Schneider, Darleen Slovinski, and Evelyn Weber all scored within the same range, achieving scores of 343, 335, and 312.

Four corn-holers scored over 100 points: Carol with 184, Jane Evans with 176, Austin with 137, and Frances Dickneite with 111.

Patty placed 16th in the ranking, Barb placed 17th, and Evelyn Lucy placed 18th.

Earning 19th place was Justin, an NHS volunteer.

Shirley got 20th place, Ed got 21st, and Don got 22nd.

Tying for 23rd place were Dorothy and Charlie; Eve got 24th, Mary Ann got 25th, and Jerry and Davis tied for 26th.

Congratulations to all the corn-holers, and good luck at the next tournament!



BAGS OF RICE NEEDED

Do you ever have any extra bags of rice you don't need? Ethel Guetterman has volunteered to make heating pads with them. She will sew them and then you just pop them in microwave and apply to your sore spot for comfort.

Wish List

Sweet n Low
Dessert Plates
Original Dawn Dishwashing Soap
Rubber Bands
\$5.00 Bunco Prizes
Trivia Night Attendance Prizes
11 x 17 Ledger Paper for
Newsletter printing
*Thank You Very Much For Always Thinking
Of Us And All Your Donations*

Caregiver Available

Caregiver with
experience in
Private Care
Available Days,
Evenings or
Overnight
Including some
weekends
Full-time or Part-
time hours
Contact Elaine Weber (618) 234-0492



Russell Baltz

Russell Louis Baltz, 93, of Millstadt, Ill., born November 18, 1923 in Millstadt Township, Ill., passed away on Monday, July 10, 2017 at New Athens Home for the Aged, New Athens, Ill.

Russell was a member of St. Paul United Church of Christ in Floraville, Ill., a life member of the [VFW](#) Post 7980 in Millstadt, Ill., former school board member for MCS district 160, Millstadt Commercial Club, Men's Sports Club at PSOP in Belleville, Ill. He worked for Ralston Purina, Peabody Coal and Arch Mineral, and he was a United States [Army](#) Veteran.

He was preceded in death by his father, Russell Ludwig Baltz; his mother, Ida Baltz, nee Mueller; and his brothers, William N. Baltz and James H. Baltz.

Surviving are his wife of 66 years, Shirley Mae Baltz, nee Sliment; his daughter, Marcia Baltz; his son, Thomas (Doreen) Baltz; his grandchildren; Scott (Julia) Baltz and Todd (Kelly) Baltz; his great-grandchildren, Avery, Karson,



Rose Karwoski

Rose Marie Karwoski, 89, of Millstadt, Ill., born on March 10, 1928 in Dupu, Ill., died on Thursday, June 29, 2017 at Memorial Hospital, Belleville, Ill.

Rose Marie loved cooking, bingo, gardening, yard work and quilting. She was a very giving person and will be missed very much.

She was preceded in death by her husband of 69 years, Chester F. Karwoski, who died on June 16, 2017; her parents, Robert F. and Bessie P., nee Morgan, Love Sr.; her brother, Robert Francis Love Jr.; and her sister, JoAnn Schutzenhofer.

Surviving are two children, Michael D. (Cassandra) Karwoski of Belleville, Ill. and Nancy L. (Mark) Andert of St. Peters, Mo.; her four grandchildren, Alaina, Matthew, and Allison Andert and Byreesha Blake; her great-grandson, Zaidyn Blake; her dear friends, Edgar, Sharon and Lisa Stallman, and Judy Zinn. Rose Marie is also survived by numerous nieces and nephews.



Michael Brueggeman

Michael Edward Brueggeman, 65, of Millstadt, Ill., born Dec. 18, 1951 in East St. Louis, Ill., died Sun., June 25, 2017 at his home.

Michael was an auto parts distributor and a member of St. James Catholic Church in Millstadt, Ill.

He was preceded in death by his parents, Melvin Edward and Lorraine Matilda, nee Ryan, Brueggeman.

Surviving are his wife, Peggy, nee Balough, Brueggeman, whom he married on Oct. 23, 1976 at Queen of Peace Catholic Church in Belleville, Ill.; his children, Stacy Brueggeman of Millstadt, Ill., Christina Brueggeman of Belleville, Ill. and Carly (Ben) Robertson of Millstadt, Ill.; his sister, Nancy (Tom) Powell of Belleville, Ill.; and his grandchildren, Mylie Robertson and Mason Robertson.



Darlene Reinhardt

Darlene V. Reinhardt, nee Vogel, of Millstadt, Ill., born, February 13, 1936 in Belleville, Ill., passed away on July 12, 2017 at Memorial Hospital in Belleville, Ill.

Darlene was an avid gardener and cook. She loved to entertain and take care of her family. She was a devoted wife and mother who had a special fondness for her nieces and nephews and their families.



Essential Oils Presentation

On Wednesday, July 12th, ladies from Young Living's Vitality gave a presentation on essential oils. The oils are used for people's wellbeing. Some of the oils are used for soreness, stress relief, and relaxation along with many other purposes. When applying the oils, the seniors received a back massage with the oil spread on them. There is a 2 oz drink and a diffusers with the same effects as the oil. If the seniors wanted to participate in the Young Living's Vitality program the cost is \$160 for a 3 month supply of oils, drinks, and diffusers. A daily visitor of the Senior Center, Mary Ann, stated that the ladies were very nice and gave a great presentation, but the nice smell of the oils lingered in the Senior Center hours after the ladies left. Another Senior Center visitor Francis, agreed with Mary Ann about the pleasant visit from the ladies. The seniors enjoyed and appreciated the presentation.



Rachel Weir shows some of the benefits of Essential Oils.

**The Millstadt
Senior Center
Expresses Our Deepest
Sympathy To The Family,**



***Russell Baltz
Michael Brueggeman
Rose Karwoski
Darlene Reinhardt***

**Millstadt Senior Center
Advisory Board Bi-Monthly Meeting
Monday, August 7, 2017
1:00 pm
Please Bring Your Suggestions**