

IMPORTANT VOTING INFORMATION

November 3, 2020 Election

Avoid the lines!!! Vote by Mail. VOTING BY MAIL IS STRONGLY ENCOURAGED BY THE STATE OF ILLINOIS FOR COUNTY RESIDENTS CONCERNED ABOUT CORONAVIRUS.

A new law now allows voters to avoid polling places, and the possibility of catching COVID-19.

All registered voters in St. Clair County will automatically receive a vote-by-mail application through the postal service. Applications are being mailed out, I received mine today, July 29, 2020. Voters must sign and date the application. If you wish your ballot mailed to an address other than what is on the application, there is space available on the application to indicate.

If you do not know your precinct they are listed according to where you vote:

Millstadt 1 Millstadt Community Center
102 South Jefferson Street Millstadt IL 62260

Millstadt 2 Millstadt Township Hall
820 South Jefferson Street Millstadt IL 62260

Millstadt 3 St Michaels School Hall
4576 Buss Branch Road Waterloo IL 62298

Millstadt 4 Millstadt Village Hall
111 West Laurel Street Millstadt IL 62260

Millstadt 5 Millstadt Consolidated School
211 West Mill Street Millstadt IL 62260

If your application is approved, you will receive your ballot by mail. Ballots will begin going out on September 24, the same day early voting begins.

Once you receive your ballot, it must be returned by November 3, 2020 either in person at St. Clair County Courthouse or by mail. Officials will accept ballots by mail up to 15 days after the election, but they must be postmarked by November 3, 2020.

Voters can still cast their ballots in person on Election Day.

You can find additional information on how to vote by mail ballot at <https://elections.il.gov/electionoperations/VotingByMail.aspx>



From Below The Tower



Patty Evansco

It is always busy here. The elevator is finally up and running. Our Thrift Store on the porch has been busy and we are moving lots of merchandise. A grant from AgeSmart has enabled us to have our bathrooms retooled to make them touchless. There is good news that many people are

getting tested for COVID, but none have tested positive that I am aware of. We are currently serving 65% more meals than last year at this time. In 2019, we had an average of 12 clients for Meals on Wheels in town, now there are over 50 clients daily in town. In addition, we have 50 clients in the rural area plus 25 in Freeburg and Smithton.

Do not forget that National Friendship Day is August 2nd. Call your friends and share a favorite memory.

You may have seen that Father Ken Schaefer died last month. He was born and raised in Millstadt and will be missed by everyone. My fondest memory of Father Ken was his signature gesture of spreading his arms like wings, to show he was including all in his message.

I am working on scheduling programs and events that are offered by way of the computer. I will keep you updated.

Mary Heberer is helping Don Mueller publish our monthly newsletter. They both are doing a great job. If you have anything you would like to contribute to the monthly newsletter, please email it to me at seniorce@htc.net

We had our bi-annual St Clair County health inspection in July, we did not have any violations!!!! Yippee!!!

Have a good month!

Patty

**Senior Center Closed
Monday, Sept. 7, 2020**

Garden Place Donates Bingo Prizes

Organizers at Millstadt Township Senior Center are hoping the bingo games for the seniors can continue to offer seniors a reason to say, 'Bingo!'

Every week, all Meals on Wheels seniors receive a new Bingo Card. Daily the drawn numbers are given with their meals to match to the card.

The prizes lately? The winners have received cans of soup, bags of chips, cookies, puzzle books, and small packs of Kleenex.

Director Patty Evansco said she appreciates that the Garden Place takes into consideration that many of the seniors homebound don't have many or no opportunities to go to stores and shop.

She suggested things like food and snacks including puddings, fruit cups, granola bars, canned soups and microwavable convenience foods, health care products, lotions, and holiday-related items.

Bingo is their highlight since they are unable to go out.

We hope to get more people involved as well as getting more prizes donated. We usually use the Thrift Store but due to the Pandemic, the store has not been to be open. We are trying to sell some items on the porch to raise money.

Those interested in donating items or for more information should contact Patty Evansco at (618) 476-3731. The Millstadt Senior Center is located at 102 South Jefferson Street.



Jaysa Pfaff-Weiser, Community Relations Director presents donations of bingo prizes.

First National Bank Of Waterloo Helps Senior Services During The Coronavirus Outbreak



First National Bank of Waterloo Center Manager Megan Knop recently presented a \$500 check to help the Millstadt Senior Center during the pandemic. Every day the Millstadt Senior Center struggles to meet clients' needs as coronavirus sickens thousands of people. Director Patty Evansco said, "We are being faced with increased demand while being compelled to cancel our crucial fundraising events". We are extremely grateful to the First National Bank of Waterloo for their generosity and thoughtfulness during this time. We welcome all donations.

Nutrition Vouchers Available For Senior Citizens Senior Farmers Market Nutrition Program



The Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible

foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community-supported agriculture programs.

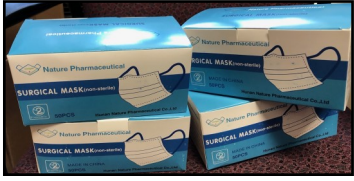
Eligibility Guidelines/Household size:

- Individual – \$1,967.00 Monthly
- Couple – \$2,658.00 Monthly

Senior citizen must be at least 60 years old. **All vouchers are valid through November 30th. Program vouchers are given out from June – September** but participants will need to check with their farmers' market to determine how late in the season each one will be open as market dates differ. Seniors are eligible for 1 voucher per year. Vouchers are first come first serve. For more information contact Patty Evansco at (618) 476-3731 or seniorce@htc.net.

Representative LaToya Greenwood And Senator Chris Belt Donates 400 Masks To Millstadt Senior Center To Fight Off Coronavirus

State Senator Chris Belt and Representative LaToya Greenwood donated 400 face masks to Millstadt Senior Services



Representative LaToya Greenwood

on a rainy Wednesday afternoon.

Millstadt Senior Center has been giving them out to people in need and seniors in the community. "I am seeking supplies wherever I can get them and giving them to people who need them," Director Patty Evansco said. "We appreciate all that Representative Greenwood and Senator Chris Belt do for us and these masks will definitely get put to use." The meals on wheels delivered has risen over 65% and want people to know that we are here for them and welcome their call for meals.



Senator Chris Belt

Is My Temperature Normal?

Many of us have by now had our temperature "shot" as we've entered a public place or visited the Senior Center. Many times, our temperature readings are below the old standard of 98.6. Remember the song with 98.6 in the chorus? For example, my new normal is 97.3. Older adults have lower body temperatures than younger adults or children. Further, the average temperature seems to have fallen over the past hundred years, and the new normal being closer to 97.5. Do we need a song re-write?

While 97.5 may be the new normal, it is worth considering whether our numbers are due to a condition that can cause an abnormally low body temperature, such as low thyroid or low cortisone. If these are normal, you can continue to wear clothing that keeps you comfortable, regardless of what others wear.

Finally, because your body temperature is low, and because people nearing or in their 80s often show less or no fever even with infection, take a low-grade fever seriously.



COVID-19 Update

For zip code 62260, which includes the Millstadt area and a population estimated at 7,290, 38 people have tested positive of the 449 tested. These figures are based upon information on the Illinois Department of Public Health web page for the period ending July 26, 2020.

SENIOR CENTERS: Delivering Vital Connections

NATIONAL SENIOR
CENTER MONTH

September 2020



MIND | BODY | SPIRIT | COMMUNITY

2020 National Senior Center Month
Program Guide

ncoa
National Institute of
Senior Centers

DIVINE NAIL SALON

735 West Washington Street – Millstadt, Illinois
(618) 476-6275

Tuesday through Sundays 9:30 am – 7:00 pm
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Gel, Dip Nail Enhancements, Waxing

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Assistant Manager Sandy Sanders and Millstadt Chief of Police Alan Hucke show off glove donation.

Sandra M. Bereitschaft Foundation

During the coronavirus pandemic, the SMBF has continued to support the Millstadt, Smithton, Freeburg Meals on Wheels program by purchasing "Olivers" the meal container, and by delivering MOWS with the used van purchased from Mertz Ford earlier this year. Each day an average of 120 meals are delivered or picked-up at the Millstadt Senior Center. The SMBF has been very fortunate to receive a donation from Boeing for \$1,000. Randy Baltz made a donation of \$500.00 and this amount was matched by his place of employment, Boeing. Thank-you to Boeing and Randy for making this very timely donation!

A second check for \$1,000 was received from former U.S. Representative Jerry Costello. These donations help the SMBF to keep the meals packaged and delivered to a host of stay-at-home seniors vulnerable to the corona virus.

Thank-you to all of our donators. All donations are used to keep the MOWS program in our area going. Donations may be sent to the Sandra M. Bereitschaft Foundation, Post Office Box 41, Millstadt, Illinois 62260.

August Historical Dates

August 30, 1945-The United States Navy's mighty 45,000 ton battleship, the USS Missouri, served as the scene of the historic unconditional surrender of Japan to the United States, Fleet Admiral Chester W. Nimitz, Commander-in-Chief of the United States Pacific Fleet signed for the United States and General of the Army MacArthur for the Allied forces which fought in the Pacific.



Calling All Mask Makers

Would you like to help the Senior Center help the Millstadt Community? Well here is your chance. If you would like to sew homemade masks, we could surely use them. We have 2 groups that can use your help.

First, we would like to give each of our seniors a mask so that when they begin going out of their houses, they are protected at the store, doctor's office and other places where there could be exposed.

Second, on behalf of the Senior Center we would like to give a homemade mask to the workers at our local businesses in Millstadt that have worked hard these past weeks. This would not only protect them, but us also when we shop or eat there.

We have lots of material at the Center and would be willing to let you pick out for the masks you would like to sew for us. Please call me and I will set up appointment for you to pick up. Thank you all very much for making our community what is.

How blessed we are to live in such a giving community.



FLU SHOTS MILLSTADT TOWNSHIP SENIOR SERVICES

102 SOUTH JEFFERSON – MILLSTADT IL

**FRIDAY, OCT. 9, 2020
9:00 AM TO 12:00 AM
CALL FOR YOUR APPOINTMENT (618) 476-3731**

Beat The Social Distancing Blues... Let's Play Meals On Wheels Bingo!

Each day you will receive 12 BINGO numbers that have been drawn at the Senior Center. Match the numbers to the numbers on your card daily. When you have coverall, give the card to your Meals on Wheels driver and the next day your gift will arrive and everyone else will receive a new card to start over with.

You may use your pen or pencil to mark the numbers because this is a disposal card and will only be used for 1 game.



Summertime Santa For Our Seniors



Sponsored by Garden Place Senior Living, Garden Place Senior Living has been conducting a food and personal care item drive to assist area homebound seniors.

The Meals on Wheels volunteers have helped delivered the donated items and many have been used for Virtual Bingo prizes.

Jaysa Pfaff-Weiser, Community Relations Director at Garden Place contacted Director Patty Evansco who was excited to partner with Garden Place for this project. Some of the donations included non-perishable foods and personal care items (body wash, deodorant, razors, shaving cream, toilet paper, paper towels, denture cleaner, toothpaste, cleaning supplies, crossword puzzles and games, snack size packs of cookies, chips and crackers. Everyone enjoys a surprise and indeed this was. The gifts were so nice and fun to give out. Thank you Garden Place! If you are interested and would like to donate to the Millstadt Senior Center for this project please contact Jaysa Pfaff-Weiser, Community Relations Director and (618) 971-7706.



POSTPONED

Big Old Bag & Jewelry Sale

The 10th annual Big Old Bag & Jewelry Sale has been postponed until the Fall. This fund-raising event benefits the Millstadt Meals on Wheels program. We will have a great selection of purses and jewelry, so be ready to shop this Fall! Watch for updates in the monthly Senior Talk.



**MEALS ON WHEELS AMERICA
2020 MEMBER**

The Elevator

One of our building amenities is the elevator system which is often taken for granted.

What goes up, after all, must come down, and vice versa, right?

Our elevator is not only for convenience,

but it is used to accommodate our clients that are unable to climb stairs and are essential for deliveries of supplies that we stored upstairs.

In June, the elevator suddenly stopped working as it has on numerous occasions. I contacted the company that has done the maintenance and repairs on the Montgomery equipment since 1985. They submitted a bid for repairs totaling \$11,310.00.

We were devastated by the huge repair cost. I am not sure if I can explain this correctly, but the elevator operates using hydraulic oil and the jack head packing and rings that hold the oil were worn out, leaking, and needed to be replaced.

This machine had just been inspected by the State of Illinois and we were receiving quarterly inspections. Why didn't someone notice that these rings were worn out?

I received an email from Village Hall clerk Lori Touchette suggesting I get other bids since this was over \$5,000. I immediately went to work and sent out packages to other elevator companies. Millstadt Street Department Maintenance Supervisor Scott Baltz met with crews from the companies that submitted bids.

We accepted the bid of \$2,288 from Century Elevator. Century came within a few days and had it up and running.

How could they have possibly done the same job for \$9,000 cheaper? I am glad as a taxpayer in Millstadt that we have municipal workers like Scott and Lori who are making sure our tax dollars are not wasted.

We have all certainly learned more about elevators than we knew before.



Volunteer Opportunity

If you would like to volunteer to help as a meal site server or dishwasher at the Senior Center any day from 11:30-1:00 p.m. please contact Patty at (618) 476-3731.

Smithton Meals

We will have packaged meals available for pick up at Smithton Senior Center on Tuesdays from 11:00 am to 12:00 noon. If you are 60 years of age or older and would like to reserve a meal, **Please Call (618) 476-3731**. Menus will be available. Anyone over 60 is eligible to pick up meal at Millstadt center any day of the week.



Freeburg Care Center

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Like us on Facebook www.freeburgcarecenter.com

Millstadt Red Cross Blood Drive Schedule

September 10, 2020
November 5, 2020



3:30 pm – 8:00 pm MCS
3:30 pm – 8:00 pm MCS

Dates to Remember

August 7, Millstadt Farmers Market at VFW parking lot from 3:00-6:00 pm.

August 14, Millstadt Farmers Market at VFW parking lot from 3:00-6:00 pm.

August 21, Millstadt Farmers Market at VFW parking lot from 3:00-6:00 pm.

August 28, Millstadt Farmers Market at VFW parking loc from 3:00-6:00 pm.

Both the Millstadt and Waterloo Homecomings have been cancelled for 2020 due to the coronavirus pandemic.

You Matter! Get Counted!

Look for the 2020 census. It should arrive soon if it hasn't already. It is vitally important that you get counted.

You can complete the census the traditional way, on paper, or for the first time ever, you have the option to complete the census online. CSC is committed to helping you complete the census regardless of how you choose to do so.

We are hoping to re-schedule our information and help sessions. Stay tuned for more information. However, please feel free to call us with any questions or if you need assistance!



During The Month of July

Our Volunteers Donated **791** Hours To

The Millstadt Senior Center

If Paid at Minimum Wage, the

Dollar Value Would be **\$7,910**

THANK YOU VERY MUCH

This Program Would Not Be Possible Without Each Of 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?

Please Stop By The Center To Sign Up

Or See Patty In The Office

Urgent Need Volunteers!



**Millstadt Senior Services
is in need of volunteer**

**Meals on Wheels drivers in rural
Millstadt areas!**

**Drivers are needed from
10:30 am – 12:30 pm**

**Deliver meals and a smile and also receive a
delicious free meal on the day you deliver!**

Call Patty at (618) 476-3731

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- We are a fully licensed assisted living provider
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- Locally owned and managed


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SENIOR LIVING

Waterloo | Red Bud | Millstadt | Columbia

Reflections at Garden Place ~ Columbia



www.gpliving.com

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We *Live* Here. We *Care* Here.

Volunteers!

Office (13.5 hours)

Alena Schaltenbrand
Jack Kramer
Jean Colbert
Kathy Schaefer

Drivers (28 hours)

Bob Louis
Charlie Todd
Richard Rist

Telephone Assurance (20 hours)

Jack Kramer

Smithton(47 hours)

Linda Lanham
Pam Andrews
Nancy Freeman
Mike Walter
Julie Crosby
Kim Freeman
Dede Rongey
Sharon Patterson
Pat Schmeder
Maggie Muskopf
Katelyn Womack

Thrift Store (12 hours)

Eileen Doerr

Newsletter (84 hours)

Don Mueller
Judi Jacobs
Kathy Schaefer
Gary Diedrich
Kathy Diedrich
Marlou Eckert
Mary Heberer

Meals on Wheels (238 hours)

Barrie Jorns
Becky Courtney
Beth Kwentus
Bob Braun
Bob Louis
Carol Osick
C'rlie Todd
Cheryl Mueth
Cheryl Pierpoint
Donna Gaulrapp
Elle Heiligenstein
Faye Schilling
Fern Lundsford

George Mokrikow

JoAnn Pisel
John Morton
Judi Guenther
Judy Richards
Karen Witte
Kathy Weygandt
Lawrence Osick
Lois Potter
Mandi Carroll
Marianne Schaefer
Marilyn Braun
Marlou Eckert
Marsha Davis
Marylou Peter
Michelle Rist
Nancy Kostelac
Peggy Mokrikow
Randy Burk
Rich Kwentus
Richard Rist
Ruth Morton
Scott Courtney
Susan Sager
Denise Curtis
Glen Schaefer

Kitchen Workers (361hours)

Bob Braun
Bob Louis
Carol Terveer
Colleen Costello
Doris Chaput
Evelyn Lucy
Evelyn Weber
Fran Wagner
Ed Luecking
Katelyn Womack
Kim Oplet
Lois Potter
Marilyn Braun
Marlou Eckert
Marylou Peter
Michelle Rist
Mike Walter
Rich McNally
Richard Rist
KC Stedman

New Millstadt Police Officer Sworn In



Jacob Fowler was officially sworn in as a member of the Millstadt Police Department. Officer Fowler started working with in May however, due to COVID-19, they had to wait a bit before a public swearing in. Officer Fowler is a graduate of the Southwestern Illinois Police Academy. Chief Alan Hucke said that prior to joining the department, he worked for the Belleville Police Department for approximately a year and a half. He says he made the switch to be closer to home, and to protect the town that he lives in. Because of his prior experience, he was able to complete the field training program early. He has already demonstrated good judgment, proactiveness, and good community policing skills.

Welcome to the department, Officer Fowler!

DO YOU NEED HELP?

The Millstadt Senior Center is here to provide essential services. If

you are a senior in need: Call 618-476-3731

- Weekly check in calls
- Fresh produce
- Grocery shopping
- Face Masks
- Free puzzles & books
- Tech assistance with ZOOM, Facebook

Age Smart has required that all volunteers for the Millstadt Community Center undergo a background check, this is a condition of the Grant that is received by the Center. These checks are done to protect not only our clients but our volunteers and employees as well.

Please provide copies of your drivers license by July 31. If you do not have a printer at home the Center will be happy to make a copy for you.

The Background checks will be completed by the Millstadt Police Department.



Are You a Family Caregiver Caring for an Older Adult?

You May Qualify for Financial Assistance.

This Program is For you If you are:

- A caregiver over age 18.
- AND provide in-home care to individuals who are 60 years old or under 60 with Alzheimer's disease or related disorder.

Eligible caregivers are provided with funds to help meet needs that are essential to provide care for the older person.

Allowable expenses include:

Home modifications, adaptive equipment, transportation, adult day care, etc.

Funding is limited. Priority is given to the individuals with greatest economic and social need.



To learn more, please call 618-222-2561.

Visit our website www.AgeSmart.org to learn about other programs and services that help you Age Well Your Way!



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

AARP Foundation®

We would like to thank our volunteer tax preparers John Johnson, Pat Sharkey and their team that helped prepare taxes this year at Millstadt Township Senior Services. Millstadt volunteer MaryAnne Conrad helped keep all the appointments organized and called and notified everyone that we would not be able to take anymore appointments due to the COVID outbreak. Without volunteers who each year lend their time and talent this program would not be possible.

This year they were able to successfully submit 127 client tax returns. Using the average service, they helped these clients save approximately \$31,750 in fees. They also pushed back Federal refunds of \$95,852 and State refunds of \$7,675 largely by way of direct deposit.

Planning is underway among their staff and volunteer leaders for the 2021 season.

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

Bible Study Article Coming in September



Pat Morris, Senior Center Volunteer Bible Study leader will begin next month publishing a monthly Bible Study article in Senior Talk Newsletter. Be sure to watch for it.

Healthier Food Options

During this period of COVID-19, home is still the safest place to be. For that reason, eating at home has become a time of "what do we have to eat" and "when are you going to make it". Grocery shopping has become a time of preparing a meal list for a week, list ingredients and then speed shopping through the grocery store following the arrows on the floor, maintaining a social distance of 6 feet, and avoiding the store stockers and other shoppers, at the same time. Among shopping options are frozen, canned or dried produce, if fresh isn't available or practical. In these days of COVID-19, shopping is good to keep in mind options if the frozen item on your shopping list comes up empty at the grocery store. Choose canned fruit packed in water, light syrup or its own juice. With canned and frozen vegetables, choose the product with the lowest amount of sodium. Heavy syrups and sauces can add unwanted ingredients to your healthy fruits and veggies. If you want to avoid trying to follow directional arrows on the store aisles, I suggest trying the Millstadt Farmers Market on Friday afternoons.

Elvis Has Left the Building

On August 16, 1977, Elvis Presley died at Memphis Baptist Hospital he was 42. Elvis was born in Tupelo, Mississippi on January 8, 1935. His twin brother Jessie Baron was stillborn. He moved with his parents to Memphis, Tennessee in 1948 and began his music career in 1954. His first RCA single Heart Break Hotel was released in 1956 and became a #1 hit. In November 1956, he made his film debut in Love Me Tender. His first TV appearance was in 1956 on the Milton Berle Show. Every year since 1997, thousands of people gather at Graceland, to honor his memory with a candlelight vigil on August 16. 2020 may be an exception to having thousands gathering at Graceland. This year it's up to us to be safe and remember Elvis by staying home!



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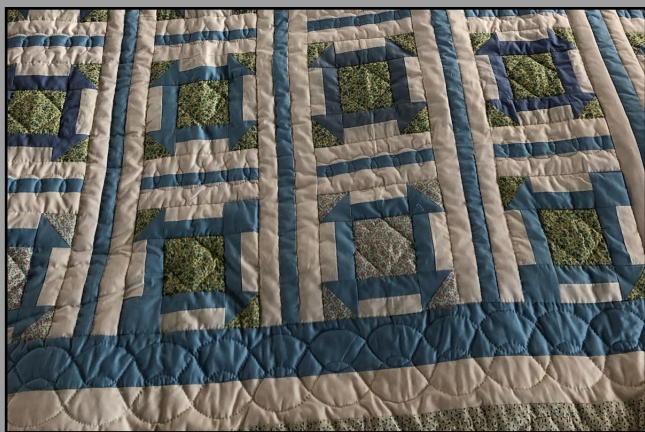
**Residential
Commercial**



Wish List

Clorox Spray
Large Paper Plates
Ziploc Bags (Quart/Gallon)
Pump Hand Sanitizer
Clorox Wipes
Sanitizing Wipes
Face Masks For
Home Delivery Volunteers
Latex Gloves For Kitchen Workers
Industrial Size Aluminum Foil and Plastic Wrap
8 1/2 x11 Colored Copy Paper

MILLSTADT TOWNSHIP SENIOR SERVICES



QUILT RAFFLE Dec. 18, 2020

At Senior Center

- 1. Prize - Handmade Queen Size Quilt
- 2. Prize - Handmade Baby Quilt
- 3rd Prize - \$25 Gift Card to IGA

TICKETS \$1⁰⁰ 6 FOR \$5⁰⁰

Available at the Center

Many tickets are being sold for our Quilt A Rama drawing on Dec. 18, 2020. The Quilt tops are Handmade and Hand Quilted Queen Sized Pieced Quilts.

Hand Sanitizers

Be Safe: read the ingredients before you buy. Sanitizers should contain "alcohol"- "ethanol"; NOT methynol.

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THANKS FOR OUR DONORS

July 2020 Mask Makers (1,677 Masks to date)

Jovita Johns
Pearly Guyer
Mary Lou Peter
JoAnn Trinity
Barbara Meadows
Kim Oplet
Darla Klaus
Peggy Walsh
Representative LaToya Greenwood
Senator Chris Belt
Dwight Hight
Millstadt Police Department
Millstadt Ambulance Service

Monetary Donations – Used To Help Purchase Personal Protection Equipment And Supplement Program

Thelma Short
Julie McGuire
First National Bank of Waterloo
Gerald and Cheryl Peinetti
Smithton Senior Citizens Club
Susan Sager and Ed Layton
Doris Adams
Dwight Godsy
Marsha and David Davis
Pat Morris
Walter and Margaret Shankle
John Oldham (Century Elevator)
Monroe County Electric Cooperative
Sandra M Bereitschaft Foundation Donations
Jerry Costello
Community Kindness

Meals on Wheels Supplies

Mary Holshouser (2 new Playmate Coolers for MOW)
Tom and Carla Kostelac (Ziploc Bags)
Denise Curtis (Ziploc Bags/Paper Supplies)

Personal Protection Supplies

Millstadt Police Department
Millstadt Ambulance Service
AgeSmart Community Resources
Denise Curtis

Other Items

Renee Kreher (Jewelry)
Ed and Sherri Stalman (Quilt Blocks)

Nature Calls COVID Changes The Bathrooms At Senior Center



Senior Center Changes
Touchless Sink



Senior Center Changes
Touchless Toilet

Through a grant from AgeSmart we have made changes in our bathrooms. To make everyone comfortable and feel safe we have had them all retooled to touchless. This includes all toilets, urinals, and faucets.

SMP SCAM WATCH

CORONAVIRUS (COVID-19)

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Protect your Medicare number and only provide it to your doctor and Medicare providers.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time sensitive offers.

Contact the SMP for questions or to report Medicare fraud, error, or abuse at 877.808.2468 or at smpresource.org

**Notary Services Are Provided
Free At The Senior Center**

Millstadt Township Senior Services Advisory Board

The Millstadt Township Senior Services Advisory board met on February 3, 2020. Members present included President Rich Brune and board members Kathy Schaefer, Lil Tracy, Pat Morris, Don Ortman, Darleen Sandheinrich, Barb Green, John Baltz and Jerry Schmitz.

The December 2, 2019 minutes were read and approved. Patty explained that Carey Goettinger was coming to discuss therapy options at Memorial Hospital. The board made plans and volunteered to help for the BBQ on February 29, 2020. We will advertise on Facebook and put flyers out to promote. Bunco will be held on March 19, 2020. AARP Income Taxes will begin Thursday February 5, 2020. A new van will be purchased to help deliver Meals on Wheels by the Sandra M Bereitschaft Foundation.

The April and June meetings were cancelled due to Coronavirus. The next meeting will be Monday September 14, 2020 at 1:00 p.m.

Bus Rider Reminder

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

Harvest Season

Most of us will remember the following poem so eloquently spoken by Paul Harvey. With harvest season fast approaching and farmers moving their machinery on our country roads, drive safely and respect their size and speed. God said, "I need somebody willing to sit up all night with a newborn colt. And watch it die. Then dry his eyes and say, 'Maybe next year.'"

I need somebody who can shape an ax handle from a persimmon sprout, shoe a horse with a hunk of car tire, who can made harness out of haywire, feed sacks and shoe scraps. And who, planting time and harvest season, will finish his forty-hour week by Tuesday noon, then, pain'n from 'tractor back,' put in another seventy-two hours." So, God made a farmer.

Special Thanks to

**Concordia Church
Floraville UCC**

Immaculate Conception - Centreville

Millstadt Baptist Church

St. James Catholic Church

St. Michaels Catholic Church

Trinity Lutheran Church

Zion Evangelical Church

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Millstadt Township Senior Services

102 South Jefferson Street

Millstadt, IL 62260

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

Millstadt Township News

June 6 recycling collected 3.41 tons

July 4 recycling – A huge Thank you goes out to the Volunteers from Trinity Lutheran Church for coming out to help on the 4th of July a very warm summer morning. Elmer (Butch) Hettenhausen, Dan Weir, Dennis Feazel, Barry Schuhardt, Pastor Peter III, Mike Weis and Brian Waters, they all wore masks and gloves despite heat to collect 1.50 tons of materials. Thanks Butch for organizing a great group of volunteers. Also thanks to Stan Jarvis, Bert Hucke and Denise Blaha for always pitching in.



Large item recycling abuse!! TV's, printers, beds, windows are unacceptable.

If this continues the program can be cancelled!!

Large item drop off at the Township Bldg., at 820 S. Jefferson

ACCEPTABLE ITEMS	Aluminum Cans
Air Conditioners	Mowers/Riders-push
Auto Batteries	Garden Tillers
Marine Batteries	BBQ Grills
Motorcycle batteries	Bikes
Furnaces/ Water Heaters	Metal Garden Tools
Humidifiers/Heaters/Fans	All Metal Shelves
Refrigerators (Empty)	Metal Filing Cabinets
Freezers (Empty)	UNACCEPTABLE ITEMS
Stoves	NO TV'S
Dishwashers	NO COMPUTER
Washers/ Dryers	MONITORS
Ceiling Fans	NO MICROWAVES
Christmas Lights	NO TRASH/ CARDBOARD
All types Electrical Wire	NO GLASS/PLASTIC
Copper/ Brass/Aluminum	NO WOOD
Pipes & Fittings	NO FURNITURE
Faucets/Metal sinks	NO AA, AAA, C BATTERIES
	NO D OR 9 V BATTERIES

Any person placing unacceptable items at this location are subject to prosecution or fine for "Illegal Dumping".

TO GET RID OF TV'S

**RALPH'S RECYCLING CENTER, 3968 STATE RT 3
RED BUD, IL - 618-282-4400**


Pigs Don't Fly and Chickens Don't Swim



Given these two facts, pigs don't fly and neither chickens or pigs swim very well, how did these two common dinner table meats arrive in North America. Basically, they came aboard ships with their human migrators. Chickens most likely came first to the Americas via Polynesia at least 100 years before America was discovered. Later the Dutch and Portuguese slave traders brought chickens to North America from Africa, beginning in the 1600s. When granny came over from Germany in the early to mid-1800s she would bring young pigs and chickens for their eggs, food and trade.

For our pork steak providing pigs, they can be traced back to the early 1700s when the Spanish conquistadors brought the pig to the Georgia area. The Spanish, Germans and French all knew they could keep chickens and pigs for food and trade and they were low maintenance creatures. They learned to live in the wild. The early colonists would be able to survive until they could acquire cows for milk or draft horses for farming.

We can also thank our German ancestors for bringing the tradition of charcuterie, smoking meats to the New World. Charcuterie, is actually a French word and from that comes charcuterie boards or "smoked" meat boards, often served at bars and restaurants. So, you might say pigs and chickens arrived in this country using public transportation.


Quick Lane
TIRE & AUTO CENTER

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mertzford.com
100 East Washington, Millstadt, IL | 618-476-3051

Fresh 'n' Cool A/C Tune-up Service \$10 Off Offer Expires 12/30/20 <ul style="list-style-type: none"> • Inspection of Hoses, Lines, Condenser, Compressor & Vent Temperature Output • Top-Off A/C system • with R-134a/Freon • Install synthetic compressor oil • Install tracer dye • Clean & Deodorize ventilation system 	Four (4) Wheel Alignment \$20 Off Offer Expires 12/30/20 <ul style="list-style-type: none"> • Perform alignment • Check camber, caster, front & rear toe in • Inspect tires for wear • Check all steering & suspension components for wear & tear <i>*Additional parts & vehicles requiring camber, caster shims extra</i>	Fuel System Service \$10 Off Offer Expires 12/30/20 <ul style="list-style-type: none"> • Cleans fuel injectors • Cleans throttle body • Cleans plenum and air intake • Cleans intake valves and ports • Removes combustion chamber deposits • Corrects balance of fuel and air in system
Headlight Restoration Service \$20 Off Offer Expires 12/30/20 <ul style="list-style-type: none"> • Removes scratches & discoloration • Includes new, long-lasting protective layer 	Cooling System Service & Fluid Exchange \$20 Off Offer Expires 12/30/20 <ul style="list-style-type: none"> • Clean contaminants from cooling system • Remove rust, scale & corrosion from cooling system fins • Clean rust from coolant lines • Replenish depleted coolant additives 	Transmission System Service & Fluid Exchange \$20 Off Offer Expires 12/30/20 <ul style="list-style-type: none"> • Dissolves & suspends deposits • Removes all old fluid • Installs new automatic transmission fluid • Fortifies new fluid with seal conditioners, oxidation inhibitors & shift improvers

All offers are only valid at Quick Lane at Mertz Ford. See service advisor for details. Offer cannot be combined with any other offer.

**Notary Services Are Provided
Free At The Senior Center**



Celebrates 80th Birthday

Celebrated June Martins 80th birthday! We celebrated with fried chicken at No Jacks just how Grandma would like it!

New And Upcoming



Construction has begun for the New "Spikes" Restaurant. The site was the former Mertz Ford before they moved down a block. We enjoy watching the progress each day.

A Sweeter Sip

Take an oath to drink more water and fewer sugary beverages this summer. Chill a pitcher of water with slices of fresh fruit or cucumber slices. Refrigerate for several hours to let the flavors meld. Add together pineapple, ginger, and mint to make a sugar free but tasty combination for these hot and humid, stay at home, summer days. Stay hydrated and healthy.




Sweet Potato & Sausage Hash

- ◆ 2 sweet potatoes, diced in 1-inch cubes
- ◆ 2 1/2 Tablespoons olive oil
- ◆ 1/2 yellow onion, diced
- ◆ 1 red bell pepper, diced
- ◆ 1 Tablespoon minced garlic
- ◆ 1 lb. Kielbasa or Andouille sausage; cut into 1/4 inch slices
- ◆ Salt and pepper to taste
- ◆ Place sweet potatoes in a saucepan and cover with cold water; place over medium heat and bring to a boil. Cook sweet potatoes until just tender, 3-4 minutes; drain and dry.
- ◆ Heat 1 tablespoon oil in large skillet over medium heat. Add onion, bell pepper, and garlic and sauté until golden, 5 to 6 minutes. Remove to a bowl. Add remaining oil to skillet and heat over medium heat; add sausage and sweet potatoes and cook, stirring occasionally, until sausage turns brown; increase heat and cook until sausage and sweet potatoes are crispy, 3- 5 minutes. Return sautéed vegetable to the skillet and combine; taste and add salt and pepper to taste.
- ◆ Suggestions; substitute Yukon gold potatoes for sweet potatoes; top each serving with poached or fried egg.

















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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




























































































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Owner

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618-476-1135 Home
Millstadt, IL 62260
"No Job Is Too Small"
bglaeser @Hotmail.com




Phase 4 – We're Open!

During Phase 4 of Restore Illinois, the library is open to the public and resumes regular hours of operation. Due to social distancing guidelines, the library can only have six people in the building at one time. Please



wear a mask when visiting the library, the librarians will be! Curbside is still available as well. Additionally, we have two computers available and request that you make an appointment for a 30-minute time slot. Computer stations are cleaned after each use.

After new findings from the Institute of Museum and Library Services and Battelle's study on Covid-19 on library material surfaces, we are able to safely quarantine items for four days instead of seven. Interlibrary loans are active once more as well. In-person events are on hiatus until further notice, but please check our website, www.millstadt-library.org, and our Facebook, @MillstadtLibrary, for information on our virtual programs.

Book Club

Book Club is Back! Held now every last Saturday of the month, be sure to join us virtually on August 29 at 10:30 a.m. to discuss *Becoming* by Michelle Obama. We will also have questions throughout the month in Google Classroom. You can request a copy of the book from the library or source one on your own. You do not have to be a library patron to participate! Check out the Book Club event page on Facebook for more information on how to join in and for a list of our books!

Summer Reading Program

July 6 – August 15

Virtual Knitting and Crochet Night

Every Tuesday, 5:30 p.m. – 7:30 p.m.

Virtual Book Club

Every Last Saturday, 10:30 a.m. – 11:30 a.m.

summer reading

@ millstadt library

From July 6 until August 15!

ALL AGES! Children, Teens, and Adults

Rules

- Pick Up Logs at the Library or on our Website
- Return your log weekly
- Win Local Prizes
- Earn Entries for how many Pages you read
- No contact required!

Sponsors

- Bliss Floral and Gifts
- Bredeaux Pizza
- Coffee Mill Café
- Happy Days
- IGA
- Lee's Hardware
- Millpond Brewing & Incubator
- Millstadt Pharmacy
- Ott's Tavern
- Xtreme Paintball Park

NO LIBRARY CARD REQUIRED!

Weekly drawings! Weekly challenges! Grand prizes!

VIRTUAL

Every Tuesday
5:30 p.m. to 7:30 p.m.
via Zoom

Knitting & Crochet Night

Visit our event page and look in the description for the Zoom link!

millStadt LIBRARY

Learn • Knit • Crochet • Create



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.

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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

Mertz Motors (618) 476-3051

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 476-1404

Millstadt Baptist Church

Lee's Home Center 476-1760

Bonnie's Beauty Shop

Training Room

Handy Feed

Country Financial

Schuberts

Coffee Mill Café 476-6540

Divine Nail Salon

Bliss Floral

Hoffen Funeral Home

Smithton Village Hall

Smithton Library

Freeburg Township

Freeburg Pharmacy

Freeburg Library

Country Mart—Freeburg 539-3163

Thank You For Providing This Service To Our Community

Filling Time #5

Did you enjoy the clothing A, B, C's? Some of my answers were: ascot, chaps, fedora, gaiter, Izod shirt, insole (of sole), jabot, jerkins, knickers, kilt, kerchief, mantua, parks, pumps, parka, puttee, Stetson, twinset sweater, Westkit, Yarmulke, Zoot suit.

What about Q and X? None by me!

But I am not ready to give up, let's do the A, B, C's again with fruits or vegetables.

A-apricot, B-Beet, C -? Try to get two (2) for each letter. HELP with V and X!

Ready, set, go!

By Judy Jacobs

Aug. Birthdays

- | | |
|------------------------|------------------------|
| 1 Leon DeMond | 16 Carol Range |
| 1 Herman Watts | 17 Sharon Hettenhausen |
| 2 Clarence Lindhorst | 17 Willis Steiger |
| 3 Tom Carrico | 18 Judy Sikes |
| 3 Cecil Showmaker | 19 James Bereitschaft |
| 4 Carol Dill | 19 Elizabeth Walther |
| 4 Lucy Ham | 20 Laura Remelius |
| 4 Gary Helfrich | 22 Faye LaBrier |
| 5 Norma Paredes | 23 Gary Peters |
| 6 Virginia Parker | 24 Doris Steiger |
| 7 Karen Buss | 26 Nancy Eckert |
| 7 Johnny Gray | 26 Judy Karcher |
| 7 Kathleen Jones | 27 Paul Bauer |
| 7 Ester Mernick | 27 Dennis Ward |
| 9 Don Harmon | 27 Judy Ward |
| 10 Carol Faris | 28 William Anderson |
| 10 Patricia Woodworth | 28 Norma Burleson |
| 11 Joan Guetterman | 28 Donna Nowak |
| 13 David Mann | 29 Doris Chaput |
| 14 Jenene Davinroy | 29 Mary Whitworth |
| 14 Eileen Wuertz | 30 Arlene Glaeser |
| 15 Eleanor Parker | 30 Mary McGinnis |
| 16 Jonelle Holtzhouser | 31 Edward Wachtel |
| 16 Lawrence Osick | 31 Norma Williams |



Driver's License

At 16 years old, we finally got a driver's license! None of those "permit" things in the "GOOD OLD DAYS." And, unless you moved to another State, you did not repeat that ordeal again until a much, more mature age. Then, once again, study the booklet for a written test, smile (or not) for the picture, and drive!

Believe it or not, we Americans seem to have it EASY - compared to some other nations. According to an article on pages 52-53 of "German Life" magazine, April/May 2020 (Magazine available @ Millstadt Library), citizens of Germany and Austria not only must pass an initial driving test, but also a "technical exam" which tests the candidate's, knowledge of and basic functioning of a "car motor".

The article purports candidates have this practical common-sense knowledge from their middle school scientific teaching (both boys and girls). I wonder if they also test how efficiently a tire can be changed?

Kidding aside, the article discusses how biology, physics, chemistry, and math are mandatory components for ALL elementary and middle school student prior to the students entering a college or vocational track. Teachers also have stringent exams before being allowed to teach.

Better drivers? This was not addressed in the article.

By Judy Jacobs

The Taste of Mexico . . . In Millstadt!

Mariachi's
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Daily Drink Specials!

Monday	Small Margaritas \$3.50
	27 oz. Margaritas \$6.00
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Wednesday	Mexican Beer \$3.00
Thursday	Small Margaritas \$3.50
	27 oz. Margaritas \$6.00
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Book Your Holiday Party Now!

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Buy Any Lunch or Dinner Entree plus 2 Drinks & Receive the 2nd Entree of Equal or Lesser 50% Off With Coupon.

Mariachi's Belleville, Marysville & Millstadt locations. Dine-in only. Cannot be combined with other offers. One coupon per person. Expires 5/31/20. MS

717 W. Washington, Millstadt, IL 62260

618.476.6223

HOURS:

Mon - Thurs: 11am - 9pm

Fri & Sat: 11am - 10pm

Sheri Luecking Parade



Millstadt Fire Department was able to help Sheri Luecking Ring the Bell following her last treatment! In attendance was her family and lots of friends! Keep fighting Sheri! You've got this.



Millstadt Township Senior Services MEALS ON WHEELS

Instructions for "Fresh" Meals

We hope you enjoy these fresh tasting meals. Our Meals on Wheels are specially prepared to be fresh, safe, and nutritionally balanced for you. The meals provide 1/3 of your daily nutritional needs.

The meal is kept warm until delivered to your door, so you don't have to eat it immediately. You may place the meal in the refrigerator and eat it when it is convenient for you.

Please follow directions for reheating in a microwave oven or in your regular conventional oven. Additional foods, such as bread or roll, fruit, dessert and milk, do not need to be reheated and come in a separate package. The label includes the packaging date.

INSTRUCTIONS

- REFRIGERATE the fresh meal as soon as it arrives, unless you plan to eat it immediately.
- When HEATING, vent the plastic sections with a fork or pull back the corner of each food section to vent. CAUTION! Steam will be HOT!

- To heat in a MICROWAVE: Heat the meal for 2-3 minutes on high or until the food reaches 165 degrees. (Begin with two minutes and increase the time if needed.)

- To heat in a CONVENTIONAL OVEN: Place the meal on a cookie sheet in the middle of the oven. Heat at 350 degrees for 15 to 20 minutes.

CAUTION: NEVER use a toaster oven to heat your Meals on Wheels

We strive to bring you the highest quality services. If you WILL NOT be home to receive your meal, or have any questions or concerns please call 618-476-3731.

Remember Seat Belts

My first car had a steering wheel, gearshift, gas and brake pedal and four tires plus a spare. I was "Queen of the Road"! My new 1967 Cutlass had all those -plus seatbelts (lap type)! Oh, the consternation THAT item caused among the public! I put it on and kept driving. Made sense to me! I practiced nursing and saw accident victims who were DOA or worse - injured/mutilated. Eventually our restraints became law - restraining the torso and lap. "Click It or Ticket" is a catchy phrase. I believe restraints are shown to save lives. Some persons still resist wearing them!

Nowadays, we are encouraged to wear masks (cover nose and mouth) to save lives - to decrease the spread of the new viral diseases on the block. Will they PREVENT disease? They will decrease easy droplet/spittle transfers of the virus by speaking, snorting, sneezing, singing or shouting. I wear a mask when in public. Some people do not. Perhaps, part of the problem is that *PEOPLE CANNOT SEE A GERM/a VIRUS!*

When I taught Operating Room (OR) Nursing, I emphasized that that instruments, gowns and gloves had to be STERILE - free from germs. Germs are real! So too is a virus! Human eyes cannot see them in everyday life. OR staff wear scrubs, caps and masks. They wear sterile gowns/gloves and use sterilized instruments. I asked my students to imagine germs as cockroaches. Scrubs, caps, masks and sterile instruments were used to prevent GERMS (cockroaches) from getting into the body during brain, heart, gallbladder, hernia, prostate, knee etc. surgery. (Can you feel cockroaches crawling inside your body?)

Perhaps we should all visualize this new virus as a cockroach - and try to prevent breathing/spitting our cockroaches onto other people/things. A new online slogan says, "Mask It or Casket." Maybe we should wear masks and pray for a vaccine.

By Judy Jacobs

P.S. A face shield? How do I clean my spittle off the inside and your germs off the outside - think "cockroaches"? Can I bleach it? Alcohol wipe it? Or...?

P.P.S. A mask should cover your nose. AND, once the mask is on your face, only "touch" it to take it off. Otherwise you get "cockroaches" all over your hand!

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Millstadt Farmers Market

August is tomato season at the Millstadt Farmers Market. A New Athens truck farmer has over 70 varieties of heirloom tomatoes planted on his irrigated truck farm. He had a sampling at the July markets and they were very tasty. Perfect for eating alone or with eggs or the summer favorite, bacon lettuce and tomato sandwiches. Some of the varieties grown locally include Cherokee Purple, Brandywine, Green Zebra, German Pink, Yellow Pear and Paul Robeson.

An heirloom tomato, also called heritage tomato, is an open-pollinated, non-hybrid tomato. They usually have a shorter shelf life and have less disease resistance, than hybrids. They are grown for a variety of reasons, for taste, historical interest, access to wider varieties and by gardeners who save seeds from year to year.

While at the Millstadt Farmers Market, check out fresh baked goods, cut flower arrangements, locally raised honey and free-range eggs. Each week provides a different group of local vendors. Randy Eckert, Gary Diedrich and Darrel Vogt are there each week to answer questions from customers and vendors. You can call Randy at 618-476-3037 with questions.



New Volunteer Donates



When Denise Curtis called and asked if she could volunteer at the Millstadt Senior Center, they had no idea that she was bringing a huge donation with her. To their surprise she carried in boxes loaded with disinfectant, disinfectant wipes, hand sanitizers, soap for keeping things Corona germ free. She also donated gallon and quart size Ziploc bags along with paper plates. She had gotten these items at General Dollar stores. She had to go to many, because they only allow one item per visit, so when she would pass a store on a certain day she would stop and ask if they had any of our needed supplies in stock. This is truly a Godsent for us. You have to be at the right place at the right time to acquire these supplies we use everyday to ensure our meals are packed in the cleanest environment. Thank you Denise and Thank you Millstadt Chief of Police Alan Hucke and Millstadt Ambulance Manager David Koch for always thinking of us for sanitizing supplies. These are items that we be using forever for the safety of our seniors.

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.

Township Supervisor

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Village Mayor

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Patty Evansco

Nutrition Staff

Sandy Sanders

Transportation (Drivers)

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Marlou Eckert

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Mary Heberer

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.

August 14, 1935

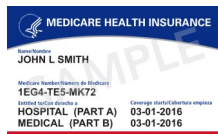
August 14, 1935 is an important date for all seniors and soon to be seniors. The Social Security Act was signed by President Franklin D. Roosevelt. 85 years later it's still important to older Americans.

Community Center & Park Pavilions Rental

If you are looking for a place to have an anniversary, 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.

How Do You Get A New Medicare Card?

If you misplace or lose your Medicare Card, please do not fret. The Millstadt Senior Center can have a replacement Medicare card on its way to you within 5 minutes. This is a very easy and simple task and we are glad to help you with it. Call (618) 476-3731 if you have any questions.



**Better Choices,
Better Health – Diabetes**

Tuesdays, Aug 11-Sep 22 | 10:00-12:30pm | ZOOM | FREE

Join St. Louis Oasis for Better Choices, Better Health – Diabetes!

This six-session, interactive workshop is designed to help individuals manage the challenges of living with diabetes. All participants will receive a free informational book and CD. Light refreshments will be provided.

The goals of this program include:

- Learning to monitor and manage blood sugar
- Understanding important foods to incorporate into your diet
- Starting or maintaining an exercise program
- Improving communication with family, friends and doctors
- Creating a personal self-management program
- Learning to problem-solve and set health-related goals

For more information or to register, please call 314.266.9693



Program Location Address:
ZOOM Virtual C163031

Gayle A. Scheibel



Gayle A. Scheibel, nee Herzog, 86, of Smithton, IL, born October 30, 1933, in Belleville, IL, died Monday, July 13, 2020, Barnes Jewish Hospital, St. Louis, MO. Gayle was a loving wife, mother, grandmother, and great-grandmother. She devoted her life to her family always putting them first. She was a "canning expert" of whatever Ray grew in his fruit and vegetable garden. She filled her cabinets and our appetites with these mouth-watering treasures. Her vegetable soup, Easter lamb cake, almond crescent cookies, and her amazing apple pie were all family favorites. Gayle was a talented quilter and loved to crochet, making her children various gifts throughout the years. Her great sense of humor and wit made family conversations around the kitchen table lively and fun. Her favorite pastimes were rooting for the St. Louis Cardinals, reading mystery books, doing puzzles, going to quilt bingos, and playing cards, especially pinochle. Gayle was a 1951 graduate of Notre Dame High School. She was active for many years in the Cathedral Grade School Mother's club and Girl Scouts. She was a member of St. John the Baptist Quilter's Group, making quilts for their church picnics and bingos. Gayle and Ray would have celebrated their 66th wedding anniversary on July 17, 2020. She was preceded in death by two sons, Gerard E. Scheibel and Joseph A. Scheibel; her parents, Irvin and Iva, nee Misplais, Herzog; and two sisters, Audrey (Melvin) Poniske and Marie (Marvin) Zipfel. Surviving are her husband, Raymond F. Scheibel, whom she married on July 17, 1954; ten children, Christine M. (Stephen) Soucy of Belleville, IL, Marjorie A. (August) Werner of Belleville, IL, Therese M. (Richard) Hottenrott of Smithton, IL, Joan A. (Mark) Biekert of Smithton, IL, James R. (Julie) Scheibel of Ft. Worth, TX, Angela F. (James) Thomas of Ballwin, MO, William M. (Christina) Scheibel of Millstadt, IL, Cheryl J. (Patrick) Michael of Fairview Heights, IL, Jerome R. (Gwendelyn) Scheibel of Millstadt, IL, and Maria J. Watts of Belleville, IL; 33 grandchildren; and 24 great-grandchildren.

*The Millstadt
Senior Center
Expresses Our Deepest
Sympathy To The Family.
Friends and Loved Ones Of*



**Robert M. Brown
Kenneth J. Schaefer
Gayle A. Scheibel**

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Patty Evansco at 476-3731



Robert M. Brown

Robert M. Brown Jr. of Belleville, Ill., passed away peacefully to his home in heaven on Sunday July 5, 2020 at his daughter's home in Antelope, Ca. Robert was born into a military family and lived in multiple places throughout his childhood. He graduated from Belleville West High and was accepted at Ranken Technical College where he graduated in 1976 with a degree in Architectural Drafting. After working for a few months he left Illinois and headed to the University of Nevada Reno on a boxing scholarship, which eventually led to a Golden Glove Medal. In 1977 he started his long standing career with United Parcel Service and met his wife, Andree shortly after. They bought their first home in Reno and had two daughters before transferring with UPS to Roseville Ca., where he lived for the majority of his career. Due to his ambitious nature, Bob went back to school and graduated from the University of Phoenix with a masters in business. In his spare time he enjoyed golfing, working on the many muscle cars he owned, vacationing with his family, spending time on his boat, fishing, taking pride in maintaining his home, dancing, listening to music, being silly, and loving his daughters and granddaughter. At the age of 55, and after a 5 year long second marriage to Glenda, Bob decided to enjoy an early retirement. He served 32 dedicated years with UPS and felt it was time to relax and focus on the things that made him happy. He worked at the car races, enjoyed warm summer nights at lake Carlyle, grilled at backyard BBQ's, and shared many holiday memories. It was during his time in Belleville that Bob was diagnosed with a rare Neuro degenerative disease, Progressive Supranuclear Palsy. Bob learned to live a new life through his disease back in California with his daughters and other family members close by. He spent his time playing cards, watching his granddaughter play soccer, requesting huge crab and steak dinners, and meeting and holding his new grandson. He fought this disease with all the strength God gave him. He laughed and joked through the whole process, until his peaceful end with his family surrounding him in love.

Bob was preceded in death by his father, Robert M Brown and a brother, Edwin Brown. He is survived by his daughters, Nikki Brown and Darcy Brown; two grandchildren, Isabella Brown and Micah Allen; his mother, Natividad Brown; twin sister, Donna Schottel; sister: Doreen Musial; brothers, Kenneth Brown, Leonard Brown, Randal Brown; along with a host of other relatives and friends. Bob leaves us to cherish in memory, countless laughs and values regarding family bonds, having a strong worth ethic, and a selfless "do for others" attitude that made everyone respect and love him dearly.



Kenneth J. Schaefer

Rev. Monsignor. Kenneth J. Schaefer, age 71, of Herrin, IL, born on August 15, 1948 in Belleville, IL, died July 11, 2020 in Millstadt, IL, surrounded by his loving family, after a lengthy and well fought battle with cancer. Ken was raised in Millstadt and began his journey to the priesthood at St. Henry's Preparatory Seminary in Belleville. He then received his BA in Philosophy/Sociology from Loras College, Dubuque, Iowa, and his MA in Theology from Josephinum Pontifical College in Columbus, Ohio. Father Ken was ordained to the Catholic priesthood on June 8, 1974, by Bishop Albert Zuroweste. For the past 46 years, Father Ken served many parishes and communities: Associate Pastor at St. Henry's and teacher at Althoff, Belleville, IL; Co-Pastor and Administrator of Mt. Carmel/ and St. Francisville for five years, then Pastor of both for five years; Fulltime Vocation Director for next five years, as Adm. at St. Clare, O'Fallon, then Pastor at St. Michael's, Paderborn. He was named a Monsignor on 5/25/00. For the next twenty-six years, Fr. Ken served as Pastor of Our Lady of Mt. Carmel Parish in Herrin, Holy Spirit in Carterville, and Sacramental Minister to St. Paul's Parish in Johnston City. Fr. Ken enjoyed traveling, bike riding, canoeing, kayaking and reading. Known as Father Kenny to many friends and family, he was the middle child of three siblings. He was preceded in death by his parents; August and Hilda, nee Friedrich, Schaefer; his sister, Mary Ann, nee:Schaefer Ortmann; and his nephew-in-law, Eric S Mueller. He is survived by his sister, Norma Jean (Richard) Brune of Millstadt, IL; his nieces, Monica (Paul) Winkeler of O'Fallon, IL, Maribeth (Chris) Keeven and Marcia Mueller, both of Millstadt, IL.; his great nieces and nephews, Madison and Andrew Winkeler, Clare, Gwendolyn and Jillian Keeven, Maggie, Norah and August "Gus" Eric Mueller. He is also survived by many other relatives and friends. A special thank you to the people of Herrin for all their loving care and support; his Priest Support group, Hospice of So. IL, BJC Siteman Cancer Center, Herrin Hospital, Carterville Cancer Center, and all the doctors, nurses and therapists who treated, cared for and supported Fr. Ken during his illness, a special thank you to Dr. Cuartas and Dr. Muniz for their exceptional care. Memorial contributions may be made to: Our Lady of Mt. Carmel (OLMC) New School Fund, St. James Catholic Church, or Hospice of Southern Illinois.



Here is a Recipe for the Crop of Apples Now Available Be Sure To Top It Off With A Scoop Of Ice Cream

Fresh Apple Cake

1 cup oil 1 teaspoon vanilla
 2 cups sugar 1 teaspoon salt
 2 eggs beaten 3 cups flour
 1 teaspoon cinnamon
 1 teaspoon baking soda
 3 cups chopped apples
 1 cup walnuts or pecans
 Mix all ingredients well and press into 9 x 13 greased and floured pan.
 Topping: sprinkle with 4 tablespoons sugar mixed with 1 teaspoon cinnamon.
 Bake at 300 degrees for 60 minutes

Mistakes
are proof
that you're
trying.