

Thank You Millstadt Township



Millstadt Township Supervisor Denise Blaha presents \$1,000 check to (L-R) Jamie Bereitschaft (holding daughter Veda) and Jim Bereitschaft on behalf of the Sandra Marie Bereitschaft Foundation. The Foundation supports the Meals on Wheels program at Millstadt Township Senior Services. Since August 2012 the Foundation has donated \$19,200 to the Meals on Wheels Program.



Monday Van Trips

February 6 - WalMart/Waterloo

February 20 - Target/Belleview Crossing

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

**St Clair County Senior Tax Exemption
Info at Millstadt Senior Center
Tuesday, February 21, 2017**

10:00 AM

Jennifer Gomric-Minton,

St. Clair County Assessor
Will Be Here To Describe
All Of The Current Senior
Property Tax Exemptions.

Please Bring Your Questions!



From Below The Tower



Patty Evansco

It is comfort and joy knowing and seeing how caring you all feel towards one another and to the staff and volunteers here. My heart is thankful each and every day. I was so lucky that day nearly 7 years ago when I first walked through the doors here. This is a great place to

work, not only because it is a fun job and there is something different going on every day whether it is good or bad! Working with all of you, our staff, Village and Township employees and the community has filled my years here with enjoyment, laughter and love.

Many of you that read Senior Talk probably know more about my children, family and health than many of my own relatives. I love hearing your stories about your children/grandchildren and your family experiences in your life. I have said many times that there are so many people I have met that I never would have known if I would have not worked here. I know I've had a lot of fun and certainly hope you have too. I barely can go anywhere without knowing someone that I have connected with through my job here. It's nice seeing a friendly face when I go places and seeing you at the Senior Center each week. Please mark your calendars for our Volunteer Recognition Luncheon which will be held on Thursday, May 11, 2017. Thank you for making these past 6 years so wonderful and look forward to many more.

Happy February

Patty

Happy Valentine's Day

Severe Weather/ Power Outages

As winter arrives, it is important to understand what could happen in our community. Know what to do to be safe and mitigate damage. Take action to increase your preparedness by having a plan in place. If you know a storm is coming notify a relative, neighbor, or friend so you can have somewhere to go in the event of power outages. Have an emergency kit ready for your home and car. For an Emergency Plan or Emergency list please stop by The Senior Center for your copy. Also find information at www.ready.gov. If you find yourself without power, call your utility company as soon as possible.

Millstadt Township Senior Services Inclement Weather Policy

If Millstadt Public Schools are **Closed** due to bad weather, all Senior Center activities/classes/transportation/lunches are cancelled and the Senior Center will be closed.

If Millstadt Public Schools are **Delayed** 90 minutes or more due to bad weather, the Senior Center morning activities/classes/transportation services from 8:30 - 10:00 a.m. are cancelled. Classes that start at 10:00 a.m. will begin at 10:00 a.m. and the Senior Center will open at 10:00 a.m. or as determined by staff.

Senior Center Closings And Delays Will Be Publicized As Described Below:

If travel becomes hazardous during the course of the day due to bad weather, staff may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members are encouraged to check for cancellations or delays during inclement weather.

The following sources will have information on weather-related schedule changes:

FOX – Channel 2

KMOX – Channel 4

KSDK – Channel 5

Or By Calling The Office At 618-476-3731

BAKED ITEMS NEEDED FOR BAKE SALE

The Millstadt Senior Center will be having a Bake Sale during their Annual BBQ on

February 25, 2017

to raise money.

**If You Can Donate Any Baked Goods
Please Contact Patty Evansco at (618) 476-3731**

**Or email me @ seniorce@htc.net With
The Items You Will Be Donating.**

Thank You

DID YOU KNOW.....

Recently my work has ramped up. The past month I've seen an increase of Benefit Access (License Plate Discount) and Senior Assessment Freeze applications. If you qualify Benefit Access offers a \$86 discount on your yearly license plate renewals. The annual Senior Assessment Freeze exemption is also available and I can complete this form and notarize for you. St Clair County Tax Assessor Jennifer Gomric-Minton will be here on February 21 to explain the benefits of this program, so be sure to come and ask any questions you may have.

I have completed applications for nearly 50 clients for SNAP and LiHeap and on pace to help more. The Supplemental Nutrition Assistance Program is provided through the State of Illinois and offers supplemental funding for purchasing food items. St. Clair County Low Income Heating Energy Assistance grant applications are accepted here in Millstadt. The grant funding is paid directly as a credit on your heating bill for use through the winter.

In addition to SNAP and LiHeap monthly we process 25 Commodity Supplemental Food boxes. These boxes that contain 16 shelf stable items plus cheese provide a supplemental food source for seniors age 60 and older within certain income limits. Although there is administrative paperwork, the program shows that we truly care and want them to come to our facility for this help.

Beginning February 2, 2017 and every Thursday until April 13th you will be able to get your Income Taxes prepared free of charge here. This is a great program and we are fortunate to have 2 very qualified AARP tax preparers here from 8:30 am – 1:30 pm. This program is open to all seniors but appointments are necessary and still available. **Patty**

UPCOMING EVENT

VOLUNTEER APPRECIATION SPRING FLING

Thursday, May 11

Millstadt Senior Center

11:30a.m.-1:00 p.m. Check-in Starts at 11:30 a.m.

Big Ole Bag & Jewelry Sale

Mark your calendar now. The two day sale is set for Friday evening, April 28 and Saturday, April 29, 2017. Donations of purses, jewelry and scarves may be made at the Community Center. This is always a popular event and all the funds raised are donated to the Senior Center to support activities for the seniors.

MILLSTADT TOWNSHIP SENIOR SERVICES



QUILT RAFFLE

June 16, 2017

At Senior Center

- 1st Prize - Handmade Queen Size Quilt**
2nd prize - Christmas Tree Skirt
3rd 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.24, 2016. 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.

Millstadt Township News

Thank You! - Despite the frigid temperatures 5 members of the Beta Club from MCS: Will Weck, Kobey Luebbers, Sarah Hauser, KC Stedman and Regan Hutchinson helped collect 2.18 tons of materials.

Stan, Ron, Bert, George and Denise for always being there your dedication is appreciated.

A special Thanks to the two ladies who brought us hot chocolate and donuts, sorry we did not get your names. We are very grateful for your thoughtfulness.

On Feb 4 we are looking forward to working with the Millstadt Jaycees.

In the upcoming year we have June and July openings for volunteer groups to help at recycling. Call Supervisor Denise Blaha (618)476-1207 to sign up or with any questions.

And Special Thank you to Jim Bereitschaft for the new American Flag, and to Don Traiteur, Scott Baltz and Aaron Scharf for taking down the old one and putting up the new one. We will fly it proudly.

The Township and Road District tax levies for the upcoming tax year were approved with no increase.

As always, the large appliance drop-off is still available behind the Township Office at 820 South Jefferson. Any questions call (618)476-1207. We do not accept TV's or Computer Monitors.

There is a listing of what is accepted at the drop off site.

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

Large item recycling at Millstadt Township

We Do Not Accept Televisions and Computer Monitors

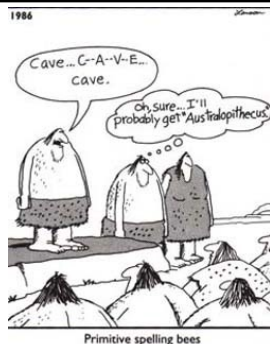


Monitors
***Thank You
Supervisor
Denise Blaha***



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

A 2010 US Lincoln penny coin is shown in profile, facing right. The coin features the Lincoln Memorial in the background. The words "IN GOD WE TRUST" are inscribed along the top edge, and "LIBERTY" is on the left. The year "2010" and the letter "S" are on the right. The coin is surrounded by a border of hangers, each with a tag that says "THE THRIFT STORE".



Senior Spelling Bee

Monday, April 24,
The Millstadt Area Illinois
State Senior
Spelling Bee contest Will
Be Held On

Monday April 24, at 9:30 am.

At the Millstadt Community Center
102 South Jefferson, Millstadt.

Winners Will Advance To The Regional Semi-
Finals And The State Finals Will Be Held At The

**Illinois State Fair on Senior Day,
Monday Aug. 14**

To participate, call

(618) 476-3731,

by March 31, 2017

To Reserve Your Place

The event is sponsored by the Association of
Illinois Seniors Centers (AISC).

Anyone 50 years of age or older is eligible to
participate but space is limited.

AARP Tax Assistance

Coming in February - Need some help with your income tax return? Once again, this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for free. Returns will be filed electronically. Hour appointments are available on Thursdays 8:30 am to 1:30 pm. To schedule one, call 618-476-3731. For people who don't have brokerage accounts, help starts Friday, February 17. For those with brokerage accounts, (including people with stocks) appointments will begin Friday, March 3 because the account paperwork is not mailed until after February 15. Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a copy of your last year's tax return. This year's Tax aid volunteers are Pat and John. Please make an appointment by calling the Senior Center at 618-476-3731

Save This Date!
SOLD OUT

February 11, 2017 Second Annual Sandra M.
Bereitschaft Foundation dinner.

**Millstadt Red
Cross Blood
Drive
Schedule**



March 2, 2017

4:00 pm - 8:00 pm

MCS

May 11, 2017

3:00 pm - 8:00 pm

St James

July 13, 2017

3:00 pm - 8:00 pm

St James

September 7, 2017

4:00 pm - 8:00 pm

MCS

November 9, 2017

4:00 pm - 8:00 pm

MCS



Saturday, Feb. 25, 2017

11 A.M. Til???

MILLSTADT SENIOR CENTER

102 South Jefferson Street, Millstadt, IL

**Pork Steaks -- Brats
1/4 Chicken -- Ribs**

(Ribs Must Be Pre-Ordered) 618-476-3731

Sides - Potato Salad - Cole Slaw - Baked Beans
PLATES AND SANDWICHES AVAILABLE

Carry Outs Only Baked Goods Also Available

Proceeds to Benefit

Millstadt, Freeburg & Smithton Meals on Wheels



2017 FISH FRY SEASON

At Millstadt Sportsmen's Club
Every Friday - Thru April 14, 2017

4:00 - 8:00 pm

Eat In or Carry Outs - 476-1891

22 Cal. Indoor Meat Shoots

2nd Sundays In Jan., Feb., Mar. 12:00 Start

MILLSTADT TOWNSHIP SENIOR SERVICES PROGRAMS FOR YOU

AARP INCOME TAX-AIDE ASSISTANCE



Volunteer AARP tax-aide preparers will offer free income tax filing for disabled and/or senior residents who reside within Millstadt Township on Thursdays beginning February

2, 2017. At the beginning of the year, you will begin receiving important tax documents such as Social Security 1099, pension, IRA, W-2, interest and dividend statements. Keep all of your important documents for tax filing. Appointments are mandatory; Walk-ins will not be allowed. Contact Millstadt Township Senior Center to make an appointment at (618) 476-3731.



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 Evansco at 46-3731 for an appointment.

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

SNAP ASSISTANCE

Assistance is available at Millstadt Township Senior Center to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food



stamps. Please contact Patty Evansco at (618) 476-3731 for an appointment and information on required documentation or for further information.

LIHEAP HEATING 2016



LIHEAP

The Low Income Home Energy Assistance Program (LIHEAP) started on October 1st this year. Households that meet income eligibility will receive a onetime grant assistance paid directly to the utility companies. An applicant can only apply once in a program year. To be eligible the following documents must be provided:

- Social Security cards for all household members
- Total Income for last 30 days for entire household (SSA, SSI, Wages, Pension, etc.)
- Current Utility bills (Nicor and Commonwealth Edison)
- Medicaid card
- Letter of Support and/or Letter of Permission (if applicable)
- Current Lease

INCOME ELIGIBILITY

FAMILY SIZE MONTHLY INCOME

- 1 \$1,471
- 2 \$1,991
- 3 \$2,511
- 4 \$3,031

Contact Millstadt Senior Center (618) 476-3731 for an appointment or for further questions. This program will end May 31, 2016 or until funds are depleted.

From The Past; Music Students Of John Davis



Front Row: (?), Marylyn Mitchell, Roger Saul, Judy Girard, Bob Alberter, Sharon Davis, Donnie Speichinger, Marlene Speichinger, Carol Mueller, Orville Mueller, Phillip Bittle.

Second Row: Irene Gasser, Helen Mueller, Bill Wirth, Elmer Mueller, Ralph Griebel, Louis Stumpf, (?), (?), Bonnie Vigna, John Davis, Teacher.

Third Row: Bill Pistor, Chuck Davis, Eileen Bruehl, June Girard, Mary Jo Wagner, Don Mueller, Ralph Mueller,

You know you are old when you would rather go to a funeral lunch than pay \$5.00 at the Center.

Hearing Services

The Lions of Illinois Foundation & Lions of Illinois are proud to offer screenings to detect hearing loss & the following programs for individuals in Illinois who are hearing impaired.



FREE HEARING SCREENING A FREE Hearing Screening for those ages 10 or older will be held on **Tuesday, April 25, 2017 from 10:00 am to 2:00 pm** at Millstadt Township Senior Services at 102 South Jefferson Street, Millstadt Illinois. The screening is coordinated by the Lions Club and the Lions of Illinois Foundation, and is made possible through your generous donations. The quality of life for people with hearing loss is dramatically impacted. Since early detection of hearing loss is critical, people are encouraged to take advantage of this free screening. The hearing test takes only a few minutes, and participants are given the results immediately. Persons wishing to join the Lions in their fight against the effects of vision and hearing loss should contact the local Lions Club or the Lions of Illinois Foundation.



Millstadt Historical Society's 9th Annual

TRIVIA NIGHT

!!! Trivia Friendly-~~MARDI GRAS~~ Fun !!!

Sat, Feb 25, 2017 - St James Parish, Millstadt

Doors open at 6pm - FUN starts at 6:30pm

Bring your Snacks, Bottles & Party Attitude! (beverage's available)

And don't forget your ~~BEADS & MASK~~

\$120 Tables for 6-8 includes Survivor Round

LOTS of attendance prizes!!! - CASH for 1st, 2nd, 3rd place

PRIZE FOR BEST ~~MARDI GRAS~~ TABLE!!!

For reservation's, contact Phyllis at 618-531-5648 / phylgavy@yahoo.com

MillstadtHistoricalSociety.org

FLYERS COMPLIMENTS OF RECORD PRINTING, MILLSTADT, 476-9587

CHILI NIGHT



Mayor Mike Todd and his son Brady serve the delicious chili that Mike provides to the community each year. Along with chili, Breadeaux Pizza provided delicious cheese bread and wonderful chocolate cake for dessert from Millstadt IGA .



(Left) Mike Capell and his wife Mandy visit with Todd Groesche at the neighborhood Chili Supper on at the Community Center on January 10th, 2017.

Lynn Mersinger and her granddaughter Tay of Millstadt stopped for some yummy chili.



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.



Castle Maintenance, LLC
"we treat you and your home like royalty"

Joe Goudey

Custom Cabinetry • Home Improvements

Experienced • Insured • Knowledgeable
 18 W Laurel, Millstadt, IL 62260 • (618) 791-6235

millstadt
Chamber Of Commerce
"Making Connections For Millstadt Business"

Dominoes & Rummy Club



Jan. 2017

15 Games

Card Game Wins



Frances Dickneite
Richard Chadeayne
Columbia Delong
Bertha Rodgers

20 Rounds
20 Rounds
20 Rounds
7 Rounds

Boy Scout Troop 622

14th Annual

Pancake, Sausage, Egg, Biscuits
and Gravy Breakfast

Sunday, February 19, 2017

8:00 am to 11:30 am

St. James Parish Center
Millstadt, Illinois

Adults - \$7.00
(Age 12 and up)

Children - \$3.00
(Ages 5 – 11)

Under 5 years free

Senior Center Corn Hole League Starts



The seniors and staff at Millstadt Senior Center are quite thrilled about a Spring Corn Hole League. We are hoping to get a high quality corn hole set donated to provide this recreation at our

center. This game will provide something to enjoy for many years. The league is tentatively scheduled for Thursdays at 10 am beginning the first week in April.

Cornhole is a lawn game whose origins seem to be unknown; however, there is now an association (ACA – American Cornhole Association) and official rules. The game has really caught on in our area. It is a game everyone from children to seniors can enjoy. It is easy to learn and will be fun for the entire family. We are looking for a volunteer to serve as an instructor/facilitator if you are interested contact Patty at 618-476-3731.

Come on out and enjoy some fun, laughs, and fellowship!

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.

Bus Rider Reminder

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

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

Wish List

**Cascade Drop-ins for Dishwasher
Dawn Dishwashing Detergent
Dessert Plates
Gallon Ziploc Bags
(Used for Meals on Wheels)
Solo Cups
Cornhole Game (Bags) For
Senior Spring League
Or Donations To Cover Cost**

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

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.



Recently Jerry and Laurie Klotz of Millstadt donated \$100 to the Millstadt Food Pantry in memory of their son Jordan Gass. Jordan passed away on December 30, 2016.

Dates to Remember

February 2, Groundhog's Day

February 14, Valentine's Day

February 19, Boy Scout Pancake Breakfast at St. James Parish Center.

February 25, BBQ at Community Center, 11:00 to ?

February 25, Concordia Church Pancake Breakfast, 7:00 -10:00 am

March 30th Bunco St. James Parish Center 7:00 p.m.

Protect Yourself from Scams

First of all, if you have caller ID, use it. If the telephone number showing is not familiar to you, DON'T ANSWER! If you do answer a call from someone not familiar to you, ask a lot of questions, don't give out responses, or just hang the phone up. Don't be embarrassed if you think you have been the victim of a scam. You are not the only one, report the incident to police so someone else may avoid a similar scam.

Millstadt Senior Walking Club Jan. 2017 Days Walked



Frances Dickneite	20
Richard Chadeayne	20
Columbia Delong	20
Bertha Rodgers	7



7th Annual Big Ole Bag & Jewelry Sale



The sixth annual Big Old Bag and Jewelry Sale will have a special pre-sale wine and cheese party on Friday, April 28 from 5:00 pm to 7:00 pm. Enjoy some cheese, wine, and soft drinks and have the opportunity to purchase gently used purses, hats, jewelry, and scarves at very special prices. On Saturday, April 29 the doors to the Community Center will open at 8:00 am all the remaining items will be for sale until 1:00 pm. Donations of all purses, jewelry, hats, and scarves are accepted at the Community Center. All proceeds from the Friday and Saturday sales benefit the Millstadt Senior Center.

Help The Tin Man While Shopping At Millstadt IGA

Clip The Bar Codes From IGA Products And Return To



Bowl-a-thon Fundraiser

Check-in starts at 6pm
Bowling starts at 7pm

Saturday,
Revised Date!
February 4

FRIENDS of the
Old Millstadt Water Tower 

Scotch Doubles:
Play as a pair!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
NO TAP	BONUS	PAYDAY	SOUR GRAPES	PAYDAY	MULL	SUPER SOUR	NO TAP	BONUS	MULL	NO TAP	BONUS	NO TAP	MULL	SOUR GRAPES	BONUS	SOUR GRAPES	MULL	PAYDAY	BONUS
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
PAYDAY	NO TAP	SOUR GRAPES	NO TAP	BONUS	MULL	SOUR GRAPES	MULL	SUPER SOUR	NO TAP	SOUR GRAPES	MULL	BONUS	PAYDAY	PAYDAY	BIG KAHUNA	MULL	BONUS	SUPER SOUR	ENIGMA BONUS

Bring a partner or we will match you up!

Every frame is a new challenge!

\$20 per person
includes shoe rental
and attendance prizes.

Contact Betty to register:

618-476-7326

millstadttinman@gmail.com

Save the Tower!
Have some fun!

Bel-Air Bowl
200 S. Belt West, Belleville

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****



Millstadt Pharmacy
and Unique
Gift Shop

Your Hometown Pharmacy, with hometown care

Hometown Pharmacy Provides

- Drive Thru
- On Duty Pharmacist
- All Insurances Welcome
- FREE Delivery within area
- Weekly planners available

Unique Gift Shop

- Seasonal Items • Cardinals Section
- Scarves • Purses and more!

120 W. Washington • 476-1701

National Heart Month

February is National Heart Health Month and if you need a reminder or boost to make some changes or reinforce changes to improve your heart's health.



Following are five lifestyle practices that can help you keep your blood pressure, cholesterol and sugar normal, which can help lower your

risk for heart disease and heart attack:

Healthy Diet-Choose plenty of fresh fruits and vegetables, and fewer processed foods. A good rule to consider is to choose food items on the outside isles of the grocery store and avoid the items in the middle, which usually are canned or processed with extra fats, sugars and preservative.

Healthy Weight-Walk more eat less. In simple terms, little steps can make for bigger changes. Use a smaller plate and don't fill it completely.

Physical Activity-Some examples of physical activity include brisk walking, bicycle riding or dancing. Exercise can help with stress management and help lower blood pressure.

No Smoking-Nicotine constricts your blood vessels affecting blood pressure and causes your heart to work harder pumping blood. So If you are smoker, quit now.

Limit Your Alcohol-Alcohol can raise your blood pressure, and contains calories that are not healthful. Choose drinks with less alcohol or add soda or some fruit juice. Drinking plain old water is healthier and cheaper, too.

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.

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.

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
 Member FDIC
www.fnbwaterloo.com

IMPORTANT NOTICE!!!!!! SENIORS (60 or older) - HEATING ASSISTANCE MONTHLY INCOME LEVEL ONE PERSON - \$1,471.00 TWO PERSONS - \$1,991.00



***MUST HAVE COPIES OF**

(WE CAN MAKE COPIES FOR YOU IF NEEDED)

PHOTO ID- SOCIAL SECURITY CARD

MEDICARE CARD

PUBLIC AID MEDICAL CARD

(BOTH SIDES)

ALL MONTHLY NET INCOME

(VERIFICATION MUST INCLUDE DATES & NAME)

MOST RECENT POWER BILL (ALL PAGES)

MOST RECENT RENT BILL IF APPLICABLE

MILLSTADT TOWNSHIP

SENIOR SERVICES

Make an appointment (618) 476-3731

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



During The Month of Jan.

Our Volunteers Donated **710** Hours To

The Millstadt Senior Center

If Paid at Minimum Wage, the

Dollar Value Would be **\$5,684**

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?



The Lighted Parade Committee would like to extend a heartfelt thank you to the Village of Millstadt for their tremendous support of our first Lighted Parade. Everyone involved in the event made it a special night to remember. We would like to thank a few special entities that helped in their own unique way.

Thank you to the Millstadt Sister Cities Organization for allowing us to use their tent. We appreciate all their efforts to welcome us into their space, to set up the bar area and to sell beverages at the Family Christmas Celebration.

Thank you to St. James Catholic Church for working patiently with us and allowing us to use the Parish Center for our children's area of crafts, movie time and visits with Santa.

Thank you to the Millstadt Police Department for vehicle and pedestrian traffic duties.

Thank you to the Millstadt IGA, Record Printing and Krusak Signs for your contributions to the success of the Lighted Parade and the Family Christmas Celebration.

Financial Sponsors

Burr Insurance Agency
Columbus Club
Creason-Edwards & Cimarolli
Millstadt Chamber of Commerce

Millstadt Commercial Club

Millstadt Optimist Club
Millstadt Township
Mon-Clair Animal Hospital
Village of Millstadt

Food Stand Sponsors

Millstadt Chamber of Commerce - hot chocolate
Millstadt Commercial Club - chili
Millstadt Optimist Club - hot dog stand
Engine House Kettle Corn - Don Clifton
Christ Church - movie popcorn

Parade Participants

Fire Companies -
Millstadt
Columbia
Red Bud
Fairview Heights
Camp Jackson
ATI Physical Therapy
D & S Drilling and Dustin Trankle
FNB Waterloo
French Holiday Lighting

Friends of the Millstadt Water Tower
Carol Giffhorn/Mary Lynn Harres and the Newfoundlands
Garden Place Senior Living
Horse Rescue
ITM- Dan & Tina Doerr
Joan & Bill Launius family
Brian & Jo Matecki
Mertz Ford
Millstadt Commercial Club
Millstadt Community Choir
OOPA Band

Premiere Bus Rental
Premiere Dance Studio
Radake Lawn Service
Scott Credit Union
St. Clair FS
St. James Catholic Church
St. Paul UCC - Floraville
Debbie & Dave Steppig
Denny Tribut
Waterloo German Band
Xtreme Paintball
Zion Evangelical Church

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.

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"

bglaeser @Hotmail.com





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.



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

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

Thank You For Providing This Service To Our Community

Millstadt



**HOMETOWN
PROUD.**

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

Test-Drive a Ford Vehicle, And The Sandra Marie Bereitschaft Foundation Gets A Donation For A Cause You Care About

Drive 4 UR School began in 2007 as a way for Ford to give back to communities across the country. The idea was simple: Test-drive a Ford vehicle from a local dealership, get money for your high school. The success of the school program inspired the launch of Drive 4 UR Community, allowing Ford Dealers to partner with nonprofit organizations as well. Thousands of events and \$35 million in donations later, participants are still test-driving for a cause that they - and Ford - are equally passionate about.

For every valid test drive taken in a Ford vehicle at Mertz Motors one-day event, Ford will donate \$20 to the Sandra Marie Bereitschaft Foundation up to \$6,000 per event. The goal is to raise the maximum donation of \$6,000 at every Drive 4 UR Community event



Mark Your Calendar
Mertz Ford in Millstadt Will Be Hosting
Drive 4 UR Community To Benefit The



**Hospice
OF SOUTHERN ILLINOIS, INC.**



Monthly Grief Support Group

Red Bud, IL.
 Third Wednesday
 of each month
 3:00 p.m.-4:30 p.m.

Garden Place
 Senior Living
 351 Lockwood Drive
 Red Bud, IL.

For more information call the Bereavement Department
 618-235-1703 * www.hospice.org

Young Drivers Safety Program

The Millstadt Police Department will host a Safe Driver's Program on Saturday, March 4, 9:00-1:00 pm, at the Millstadt School, 211 W. Mill. The program is designed for teen-age drivers 17 and under who hold a drivers permit or license and their parents. The focus of the presentation will on laws that affect the young driver. The program will include free pizza and attendance prizes. The program is free but prior registration is required by e-mailing Lt. Hucke at ahucke@millstadtpolice.org

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



**Tracey Anticouni
Jordan Gass
Tony Masionus
Kenneth Walker
Sherri Weldele
Taylor O. Braswell
Joseph Traiteur**

SAVE THE DATE

May 19, 2017

Healthy Living Expo
Fun and facts for older adults

8:30 am – 12:30 pm

GATEWAY CLASSIC CARS

1237 Central Park Drive
O'Fallon, IL 62269

Get your Kicks on Route 66!



- Over 100 exhibitors
- Health Screenings
- Hundreds of Classic Cars
- Entertainment, Games and more
- Have your picture taken next to your favorite ride!
- Free Lunch
- Free Transportation is available. Call 1-800-326-3221 for pickup locations
- Sponsorship opportunities available

Get your Kicks at the Healthy Living Expo!

Healthy Living
Expo

Hosted by
AGESMART
COMMUNITY RESOURCES
Providing Culture for Independence



Blood Pressure

David Koch

Bowling

Rick Coleman

Barb Louis

Dot Edmondson

Kathy DeMond

Kitchen

Lil Tracy

Ralph Schneider

Norma Burlesman

Toni Schneider

Jenny Mueth

Linda Hoepfinger

Columbia DeLong

Bertha Rodgers

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

David Scharf

Debbie Scharf

Marylou Peter

Gary Huwver

Debbie Mertz

Meals on Wheels

Peggy MaKriakow

Newsletter

Don Mueller

Jerry Schmitz

Kathy Schaeffer

Office

Marlou Eckert

Janet Mueller

Orville Mueller

Maryann Conrad

Jeannie Colbert

Doris Chaput

Recycling—Bert Hucke

Thrift Store

Eileen Doerr

Quilter

Rosemary Mathews

Lois Potter

Judy Sutter

Pat Morris

Doris Adams

Christy Lehr

JoAnn Clemens

Teresa Barbier

Mary Alice Schmitz

Ruth Fritinger

Joann Pisel

Marlene Hermann

Marlene Harzin

Beth Kwentus

Pat Schaeffer

MaryLou Kochmann

Jeannie Colbert

Judy Jacobs

Carol Osick

Kathy Weygandt

Bus Driver

Charlie Todd

Millstadt Police College Scholarship

The Millstadt Police Department will be offering their tenth annual Drug Abuse Resistance Education College Scholarship. The \$1,000 DARE scholarship will be awarded for the upcoming school year. Applications are available at the police department, village hall or by contacting area high school guidance counselors. For additional information contact Lt. Alan Hucke at ahucke@millstadtpolice.org

THANKS FOR

Jim Bereitschaft (IGA Cards - Christmas)
 Debbie and Gary Helfrich
 (Bingo & Kitchen Supplies)
 Millstadt IGA (Cake for Chili Supper)
 Breadeaux Pizza
 (Cheesebread for Chili Supper)
 Elaine Morris (Meals on Wheels Treat)
 Marsha Teliczan (Meals on Wheels Treat)
 Bruce Nowak (Christmas Cookies)
 Mike and Patty French
 (Cups, Ziploc, Sweetener)
 Linda, Carol and Mike Speichinger (Cups)
 Earl and Sandy Mehrstens (Donation)
 Knights of Columbus 4741 (Donation)
 Larry & Linda Stewart (Donation)
 The Knights of Columbus 4741 (Donation)
 Mary Stinebrook (Donation)
 Susan and Ted Harris
 (Holiday Decorations and Prizes)
 Betty Nolte
 (In Memory of Brad and Bob Nolte)
 Bonnie Summers
 (In Memory of Frances Mann) SMB
 Larry Sanders (In Memory of Joe Traiteur)
 Betty Ann Keller Timmer
 (In Memory of Lydia Keller)
 Garden Place
 (Meals on Wheels Secret Santa gifts)
 Boy Scouts (Put up Christmas Decorations)
 Bank of America (SMB Donation)
 David and Sandra Muskopf (SMB Donation)
 Teresa Hagen (SMB Donation)
 Mary Massey (SMB Donation)
 Judith Fahrner (SMB Donation)
 Zion Evangelical Church (SMB Donation)
 Scott and Becky Courtney (Stamps)
 Helen Siebenberger
 Robert and Nancy Brown (Donation)
 Otto and Charlene Faulbaum
 (In Memory of Frances Mann SMB)
 Millstadt Township (
 Sandra M Bereitschaft Foundation Donation)
 Otto and Charlene Faulbaum (Cups & Lemonade)



February Birthdays

2 Raymond Dohrman	12 Sally Neff
Carol Gamblin	13 Mary Helen Collins
Helen Szakzcsi	14 Rose Rivot
4 Barbara Burch	15 James Kostelac
Mary Lou Peter	16 Judy Butzinger
Robert Schmierbach	Ken Schaefer
6 Georgia Bruehl	19 David Krueger
7 Thelma Short	20 Marcella Klein
8 Mary Nation	Robert Walker
10 Kimberly Griffin	21 Myra Sims
Jeanette Roth	22 Ollie Welmon
11 Marlene Bruehl	24 Dorothy Bangert
Wanda Wheat	29 Lucille Reese

INDOOR RUMMAGE & BAKE SALE

FRIDAY, FEB. 3rd 2pm-6pm

SATURDAY, FEB. 4th 8am-11am

**St. Pancratius Parish Center
2213 N. Second, Fayetteville, IL**
Sponsored by St. Pancratius CCW

This is a MULTI-FAMILY sale.
There is something for everyone..... Large Computer Desk, Bowling Balls, Vintage Dishes, Glassware, Clothes for ALL, Toys Galore, Records, CDs, DVDs, Hand Tools, Knick-Knacks, Furniture, Holiday Décor, and we could go on and on.

Lots of homemade treats to choose from.

Please stop by & shop a little, eat a little, & hopefully leave with A LOT

Pay for your items at each individual table.



Ted Cygnarowicz, Chili Cook Off co-chair, Sandy Casson, Dyslexia Center Vice-Chair, Mike Fitzpatrick, Dyslexia Center Treasurer, Brian Brown, Dyslexia Chairman, Brian Coppotelli, Chili Cook Off co-chair

The Millstadt Optimist Club also donated \$11,476 to the Dyslexia Center, located in Belleville, which services students from the Millstadt School District.



Mike French, Vice President and Todd Groesch, President, both founding members of the Millstadt Chamber of Commerce, were awarded appreciation plaques for their seven years of leadership.



Students Of The Month.... John Verdu, MCS - January; Taylor Geluck, MCS - December; Katie Kossina, St. James - December; Mikayla Lunch, St. James - January, Jane Chenault, committee chairperson.



Brian Brown, left, Dyslexia Center Chairman and Brian Coppotelli, right, Dyslexia Center Board member, present a plaque to Mike French, Millstadt Optimist Club president, in appreciation for the Chili Cook Off donation.



Ted Cygnarowicz, Sophia Cygnarowica and Brian Coppotelli. The Millstadt Optimist Club donated \$11,476 to the Juvenile Diabetes Research Fund with profits from the Chili Cook Off.



The Millstadt Chamber of Commerce presented their annual awards to Greg Rakers, Community Person of the Year and Larry Kraft of Custom Marble, Business Person of the Year.



Wib Miller, Beretha Rodgerf, Colleen Costello, Mary Alice Schmitz, Jerry Schmitz, Rosie Mathews, Larry Stewart, Linda Stewart, Bobby Wheat dining at Bert's Chuck Wagon



Allen Alana, Darlene Slovinski Dining at Bert's Chuck Wagon.

ALLIE'S GROUP PRESENTS
Albuquerque & Santa Fe

LAND OF ENCHANTMENT

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the Albuquerque area
- 10 meals: 6 breakfasts and 4 dinners
- GUIDED TOUR OF SANTA FE
- Visit to the NEW MEXICO VETERANS' MEMORIAL
- GUIDED TOUR OF ACOMA PUEBLO also known as SKY CITY
- Ride on the SANDIA PEAK TRAMWAY
- Visit to OLD TOWN ALBUQUERQUE

For more pictures, video and information visit:
www.GroupTrips.com/AlliesGroup

Departure: Columbia Market Place, 300 Columbia Center, Columbia, IL @ 8 am,
 then Commuter Lot, I-370 Exit 3, Gravois Rd, St. Louis, MO @ 8:45 am

\$585 *

7 DAYS 6 NIGHTS
 PER PERSON, DOUBLE OCCUPANCY
(Mon - Sun)
May
1 - 7, 2017

St Francis Cathedral in Santa Fe

Native Southwestern Culture and Crafts

Breathtaking Views of the Sandia Mountains

New Mexico Veterans' Memorial

FOR INFORMATION & RESERVATIONS CONTACT:
Allie Owens @ (618) 281-9765

LEAD PEACE OF MIND TO YOUR TRIP...
 With the Traveler's Choice Protection Plan if you
 are unexpectedly cancelled or your plans change,
 we have you covered.

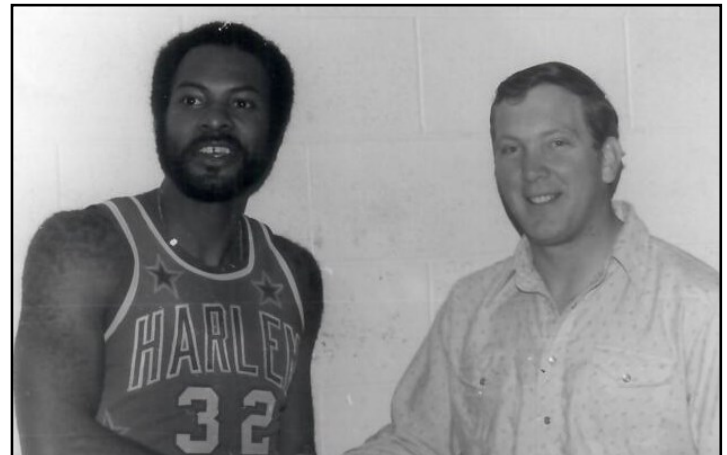
\$75 Due Upon Signing. *Price per person, based on
 double occupancy. Add \$180 for single occupancy.
 Final Payment Due: 2/22/2017

SMOKE ALARM PROGRAM FOR SENIORS

Smoke alarms save lives and the Millstadt Fire Department wants to keep you and your neighbors safe from a house fire. The majority of fatal home fires occur at night and the smell of smoke won't always wake you up. In fact, fire produces toxic gases which can put you into a deeper sleep. Having working

smoke alarms in your home cuts your chances of dying in a house fire by 50% because it alerts you to the danger in time to escape. National safety statistics show that adults age 65 and older are two times more likely to die in a home fire than any other segment of the population, and for those over age 75 that risk nearly quadruples.

One way seniors can improve the chances of escaping a home fire is by making sure their home is equipped with working smoke alarms and Ralph Schaefer of the Millstadt Fire Department will be here on Wednesday, February 22nd at 11:00 a.m. with a short presentation. The Millstadt Fire Department will offer free smoke alarms year round and installation by screened and trained volunteers to seniors that cannot afford them. If you do not have working smoke alarms in your home, or would like to have them tested, contact Millstadt Fire Department to learn how you can qualify for this free program for seniors.



Millstadt local Larry Schaefer meets with Nate Branch. Larry played basketball for Belleville West Township School. Nate entertained millions of fans on basketball courts around the world, television variety shows, guest appearances with the 'Trotters on television programs, and his likeness was even featured in some of the day's most popular Hanna-Barbera cartoons... along with his legendary teammates such as Meadlowlark Lemon, Curly Neal and the rest of the gang!

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)
- Under 65 Health Insurance
- Long Term Care Insurance
- Life Insurance/Final Expense
- Annuities
- 401K/IRA Rollover

618-476-3451

www.illianainsurance.com

Township Supervisor

Denise Blaha

Village Mayor

Michael Todd

Director

Patty Evansco

Nutrition Staff

Rachel Feazel

Transportation (Drivers)

Robert Schmeirbach

Larry Sanders

Sandy Sanders

Ed Luecking

Executive Board

Charlie Todd, President

Orville Mueller

Ronald Eckert

Al Lehr

Mark Todd

Ray Famula

Advisory Council Members

John Baltz

Allen Analla

Betty Stark

Carol Osick

Darlene Sandheinrich

Don Ortmann

Kathy Schaefer

Lillian Tracy

Randy Burk

Editors

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**.

10 Super Foods For Better Health



Sweet Potatoes – One of the best vegetables you can eat. They're loaded with carotenoids, and are a good source of vitamin C, potassium, and fiber.



Mangoes – About a cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a dose of blood-pressure-lowering potassium, and 3 grams of fiber.



Unsweetened Greek yogurt – Non-fat, Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal.



Broccoli – It has lots of vitamin C, carotenoids, vitamin K, and folic acid.



Wild Salmon – The omega-3 fats in fatty fish like salmon may help reduce the risk of heart attacks and strokes.



Crispbreads – Are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon.



Garbanzo Beans – They're rich in protein, fiber, iron, magnesium, potassium, and zinc. Drain, rinse and toss a handful on your green salad.



Watermelon – Watermelon is a heavyweight in the nutrient department. A 2 cup serving has one third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free calories.



Butternut Squash – Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that is ready to go into the oven or soup. It's an easy way to get lots of vitamins A and C and fiber.



Leafy Greens – Don't forget kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These are jam packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.

February Dates in History

February 3, 1959, known as the Music Died Day, commemorates the untimely death of singers, Buddy Holly, Richie Valens and the Big Bopper who name was actually Jiles Perry Richardson, Jr. The plane crashed in Clear Lake, Iowa. The Big Bopper was best known for his recording of "Chantilly Lace". Don McLean eulogized the day in his 1971 song "American Pie".

February 17, Random Acts of Kindness Day. Almost any kind act or deed will do. Schools have used this day as an educational event to promote the value of kindness. Show a small act of kindness to a friend or family member. Send a card or e-mail a friend, say thank-you or hold the door open for someone.

Strength Building Resistance Exercise Event Coordinator: Amy Thorpe, Instructor



The Body Mill and Millstadt Township Senior Services will be offering an evidence-based group strength training exercise program that helps to rebuild strength that's been lost through the aging process. Any older adult, regardless of their age or fitness level, can participate. We have received donations to help keep Seniors

ambulatory and we are currently applying for a grant to continue the program. This program has been done in other places and after participating in this exercise program for a short time, all the participants began to see an improvement.

The program will involve a set of light dumbbell weights, a sturdy chair, a stretch band, and water to drink during the workout. There's no dancing, choreography or floorwork and both men and women can enroll. Resistance Exercise is an exercise program for Seniors to strengthen those muscles used in walking and getting out of a chair.

The workout is considered a "**progressive resistance exercise program**" meaning that once the participants have built up enough strength and endurance using a set of 2 or 3-pound dumbbells, they can graduate to using heavier dumbbells weights in order to become even stronger. This program is *bodybuilding for seniors!* We will work up to using a set of 4 or 5-pound dumbbells within a year's time. The exercise program also incorporates stretching, stability and balance training for fall prevention, and gait exercises to help improve walking.

This is an ongoing program that's meant to be done throughout life and is highly recommended to complement any falls prevention program. It is challenging, effective and very safe. Participants will literally turn back the hands of time each time they do the workout and they will marvel at the results this program has to offer.

In addition to the wonderful strength gains that are accomplished with the program, older adults will also see an improvement in balance and functional capacity which will help lessen their chance of falls. They'll also see an improvement in activities of daily living such as carrying groceries, being able to get in and out of a car, standing up from a seated position, walking up and down stairs, and just being able to walk freely again. The program is especially beneficial for any senior age and any fitness level can participate. Just work out at your own pace!

If you would like to take a chance on getting stronger visit our class here on Thursdays from 2:00 pm to 3:00 pm beginning February 23, 2017 at The Body Mill located at 3 East Laurel Street in Millstadt. We'll show you the program and if you like what you see, we'll work with you and help you get started and you can continue with the class as well as in your own home.

Call to sign up or any questions: (618) 476-3731

Suggested Donation: \$5 per class



Jordan Gass

Jordan Michael Gass, 23, of Millstadt, Ill., born June 20, 1993 in Belleville, Ill., passed away peacefully, Friday, Dec. 30, 2016 at Barnes Jewish Hospital in St. Louis, Mo. surrounded by loved ones.

In his free time, Jordan enjoyed Micro Sprint racing, hunting, fishing and swimming. He was also passionate about his lawn care business.

He is survived by his parents, Jerry (Lori) Klotz; sisters, Jena (Dave) Weissenborn, Jodi (fiance Michael) Hurst, Brandi (Lance) Mayer; grandmother, Lucille Reece; grandparents, Jim (Toni) Gass, Martin P. (Phyllis) Scott, Bill (Edna) Ditch and Jim Klotz; girlfriend Samantha Clark; numerous aunts, uncles, cousins, other relatives and friends. He was the loving uncle to Jase Mayer, Luella Mayer and Julia Weissenborn, who all loved him very much.

In lieu of flowers Jordan's family would appreciate memorial donations be made to The Make-A-Wish Foundation

Kenneth Walker

Kenneth "Ken" Walker, 70, of Millstadt, Ill., born in Princeton, Ind., raised in St. Louis Metro-East, went to Fiddler's Green on Monday, Jan. 23, 2017.

Ken was a proud 2-tour combat Veteran of the Vietnam War. He served 16 months with the 11th Armored Cavalry Regiment and 8 months with the 1st Field Forces. Among his awards are the CIB, Bronze Star, Army Commendation Medal, Good Conduct Medal, National Defense Ribbon and various service and campaign ribbons. He also served overseas in South Korea and West Germany.

Ken was a life member of the 11th Armored Cavalry's Veterans of Vietnam and Cambodia, the Blackhorse Association and VFW. Ken held various jobs after his service time which includes Police Officer, sales and Truck Driver. He enjoyed riding Harley motorcycles and taking care of his four-legged kids.

Ken was preceded in death by his parents, John and Ruth Schmidt and his brother, Ronnie Schmidt.

He is survived by four brothers, Mike (Vicki) Walker of Collinsville, Ill., J.R. (Carol) Schmidt of Freeburg, Ill., Ricky Schmidt of Cuba, Mo. and Mark Schmidt of Caseyville, Ill.; five sisters, Marcia (Larry) Latkovich of Millstadt, Ill., Nancy (David) Bryson of Hawk Point, Mo., Mary Ann (Bill) Mulconery of Punta Gorda, Fla., Judy (Sonny) Glass of Conroe, Texas and Linda Kae Schmidt of Swansea, Ill. and many nieces and nephews. Ken will be missed by family and friends.



Tony Masilonus

Tony Masilonus, 92, of Millstadt, Ill., born Jan. 7, 1924 in Nokomis, Ill., passed away Tuesday, Jan. 3, 2017 at St. Anthony's Medical Center in St. Louis, Mo.

Tony was a retired Maintenance Engineer from Stag Brewery. He was a member of VFW Post

7980 in Millstadt, Ill., American Legion Post 502 in Millstadt, Ill., Masonic Lodge in Belleville, Ill., and he was a WWII Navy Veteran serving in the Pacific on a landing ship.

Tony was preceded in death by his wife of 57 years, Valer Ruth, nee Bandy, Masilonus and his parents, Peter and Pauline, nee Doltz, Masilonus.

Surviving are his daughter, Candy Baltz; grandchildren, Jacob (Diane) Baltz, Neal Baltz, and Eric Baltz; great grandchildren, Brayden, Abiegail and Ethan Baltz; sister, Isabel (Carl) Adden; as well as other relatives and friends.

Memorials may be made to the American Heart Association or to the Humane Society of St. Clair County.



Taylor O. Braswell

Taylor O. Braswell, 97, of Belleville, Ill., born Saturday, Nov. 8, 1919, in Loganville, GA, died Thursday, Jan. 19, 2017 at Memorial Hospital in Belleville, Ill.

Taylor worked as the first Administrator for Memorial Hospital for almost 30 years. He was a member of Union United Methodist Church, Belleville, Ill., Rotary Club of Belleville and served on the former Board of Directors at Lake View Memorial Gardens. Taylor was a WWII U.S. Army Veteran serving as supply officer in Guam.

He was preceded in death by his wife of 66 years, Dorothy, nee Benton, Braswell, who passed away July 15, 2014; parents, Dr. William E. and Callie nee O'Kelly, Braswell; brother, William Braswell; sisters, Rebecca Dean Braswell, and Carolyn "Patsy" Braswell; and cousin, Elizabeth (Jimmy) Patrick.



Joseph Traiteur

Joseph E. Traiteur Sr., 95, of Waterloo, Ill., born on September 15, 1921 in Centreville, Ill., died on Jan. 11, 2017 at Freeburg Care Center, in Freeburg, Ill. with his loving family at his side.

Mr. Traiteur proudly served his country in the United States Army during World War II, 3rd Division under Patton in the Battle of the Bulge as a Tank Gunner 2736 in the 13th Armored Division. Joseph was a railroad car inspector for the Cotton Belt Railroad for 33 years. Joseph was a member of St. Michael's Church in Paderborn, Ill. Throughout his life, he enjoyed gardening, fishing, farming and life itself, but his greatest moments were spent with his family, especially his grandchildren. He will be truly missed by all who knew and loved him.



Sherri Weldele

Sherri Lynn Weldele, 56, of Millstadt, Ill., born Oct. 27, 1960 in Belleville, Ill., passed away Sunday, Jan. 1, 2017 at St. Elizabeth Hospital in Belleville, Ill.

Sherri spent her working years as a Proof Teller at Millstadt 1st National Bank. She loved to sew, especially making purses.

Sherri was preceded in death by her parents, Raymond and Helen, nee Flock, Fussner and a sister in infancy, Lucinda Fussner. Sherri is survived by her husband of 37 years, Michael Weldele; her daughters, Amber Weldele and Andrea (Michael) Brown; grandchildren, Annabelle and Alecander Brown; brothers, Guy (Carol) Fussner and John (Charlotte) Fussner. She is also survived by many other family members and friends.

At her request, Sherri was cremated.

In Lieu of flowers, memorials may be made to Monroe County Humane Society

Visitation: Memorial Visitation will be from 5 to 7 p.m. on Thursday, Jan. 5, 2017 at Leesman Funeral Home in Millstadt, Ill.

Services: Memorial Service will be at 7 p.m. on Thursday, Jan. 5, 2017, at Leesman Funeral Home in Millstadt, Ill.



Tracey Anticouni

Tracey Lynn Anticouni, 53, of Millstadt, Ill., born Oct. 8, 1963 in Belleville, Ill., died Sunday, Jan. 1, 2017 at her home.

Tracey was a member of Life Community Church in Columbia, Ill.

Surviving are her husband, Anthony Anticouni, whom she married on Jan. 24, 1990 in Belleville, Ill.; children, Mariah Anticouni of St. Louis, Mo., Alec (Allison) Wiedau of New Baden, Ill. and Kyle (Maggie) Wiedau of Belleville, Ill.; parents, Prentice O. and Susan, nee Elliott, Matthews; grandchildren, Katerina Anticouni, Harper Wiedau and Georgia Wiedau and many friends. In lieu of flowers donations may be made to the family or on a GoFundMe page in the name of Anthony Anticouni.