

DINE OUT FOR MEALS ON WHEELS WEDNESDAY, JUNE 26, 2019 4:00 PM - 9:00 PM REIFSCHNEIDER'S GRILL AND GRAPE

Where Vine Meets Dine
Reifschneider's
GRILL & GRAPE



700 North State Street, Freeburg, Illinois 62243
*A portion of all sales will be donated to the
Sandra M Bereitschaft Foundation to
support Meals on Wheels in Freeburg,

From Below The Tower



Patty Evansco

The long-awaited summer season has finally made it here, along with lots of moisture. It's time to prepare for the hot weather which is ahead. Please make sure your fans and air conditioners are in proper operating condition. We don't want you to be caught short and have the hot weather arrive and not be ready. Check that all of your windows open properly, and screens are in good shape. Good ventilation is important, not only for you but also if you have pets in warm weather.

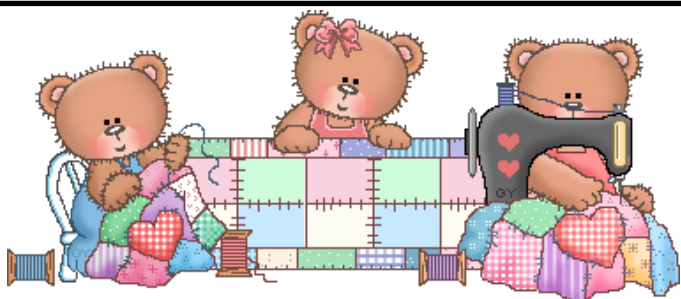
I want to thank the individuals who serve on our Executive and Advisory boards for devoting their time and energy to your Center. The Executive Board consists of President Charlie Todd, Vice-President Ray Famula, Jim Palovik, George Blaha, Mark Todd and Al Lehr. The Advisory Board includes President Rich Brune, Vice President John Baltz, Kathy Schaefer, Carol Osick, Lil Tracy, Don Ortmann, Jerry Schmitz, Barb Green, Darleen Sandheinrich and Pat Morris. They all do a tremendous service to our clients by representing them on these councils. The Advisory Board makes recommendations on activities and helps with fundraisers. The Executive board oversees the entire Program and Finances. Their help is invaluable. Please thank them when you see them.

Patty

HAPPY
FATHER'S
DAY



Janet Heil helps display a beautiful seafoam green quilt that she has donated for our June 2020 drawing.



QUILTERS APPRECIATION BRUNCH

**We Are Getting Together To Say
"THANK YOU"**

**For All Your Hard Work
Your Invited To Attend**

Wednesday, June 19, 2019

9:00 Am Millstadt Senior Center

Millstadt Swimming Pool

The Millstadt swimming pool opened May 25 and will close September 2, 2019. Ashley Crannage is the manager and Macy Copeland the assistant manager.

The hours of operation are 11:00 am to 8:00 pm. Call 476-3205 for information on passes, swim meets, swim lessons and private splash parties.



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 June 30th. 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.

Land of Lincoln Legal Services

Will assist individuals of limited income age 60 and older with power of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment



Operation Food Search

The Millstadt Senior Center once again will be participating in Operation Food Search. Operation Food Search is a Commodity Supplemental Food Program (CSFP) a Senior Food assistance Program. What is the CSFP?

The Illinois Commodity Supplemental Food Program (CSFP) works to improve the health of older persons at least 60 years of age by supplementing their diets with nutritious USDA commodity foods. CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the target population. These include vitamins A and C, calcium and iron.

How does the program operate?

USDA purchases food and makes it available to IDHS along with funds for administrative costs. IDHS distributes the food to public

and non-profit private local agencies from the USDA distribution

center. Local agencies determine the eligibility of applicants, distribute the foods, and provide nutrition education. Local

agencies also provide referrals to other welfare, nutrition, and

health care programs such as WIC, food stamps, Medicaid, and

Medicare.

What are the requirements to get food through CSFP? Elderly must reside in the state of Illinois. Older persons must have income at or below 130 percent of the Federal Poverty Income Guidelines.

What foods are provided to participants?

Food packages include a variety of foods, such as non-fat dry milk, evaporated milk, juice, hot or ready-to-eat cereal, rice or pasta, peanut butter or dry beans or peas, canned meat or poultry or tuna or salmon or egg mix, and canned fruits and vegetables.

The Millstadt Senior Center will be assisting in signing up candidates for the Food

Search Program on Tuesday, June 11th and Thursday June 13th. An application has been enclosed with this newsletter.

Accepting Applications



Village of Millstadt is accepting applications for Summer Help. Please apply at Millstadt Village Hall.

Memories Of Millstadt

On May 16th, approximately 85 sixth grade students stopped by Millstadt Township Senior Services to interview "senior" residents that grew up in Millstadt and ask them what "Millstadt life" was like back then.

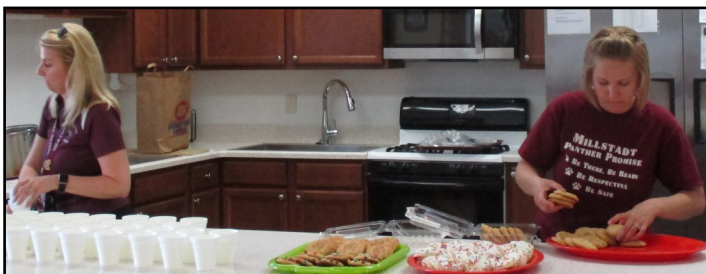


Evelyn Lucy

Evelyn told stories of how they would play "Chalk the Arrow" all around town. When she was growing up her mother would always fix a special meal and cake. When she was a freshman in high school her family took a memorable trip to Florida and how they enjoyed singing together as a family. Her first job was working for her dad at his shoe repair shop. She said that she came to always trust and depend on her parents. Her favorite dances were doing a polka and a waltz. Her chores included helping her mom hang out the clothes on the line and the only thing she didn't like about school was walking to school in the winter months.

Betty Keller Timmerman

Betty told about how her dad worked at the Coal mine and their favorite entertainment was visiting their relatives on Otten Road. Betty described the weekly newspaper in town and that she applied for a job there and was hired. She was paid \$10 per job. Her first car was a 1977 Dodge Aspen that she got when she was 19 years old. Betty's dream job was to be a teacher, but worked in accounting most of her life. She explained that when she was growing up the telephone numbers began with the prefix of GR which stood for Greenfield, so the Senior Center telephone number would be Greenfield 7-3731.



Teachers Serving Treats

A Look Back To Yesteryear



On display in front of Millstadt Township Hall, with the help of Harold Hughes, is an early model of a horse-drawn road grader. The grader was produced about 1908 and could possibly have been used on roads of that era.

Harold has been so kind as to lend the Township part of his collection for everyone to see and enjoy. Of course, we have come a long way since then.

Townships have a long history of working hard and displaying dedication to the roads and people of townships. There is some upstate government that is trying to eliminate townships but fail to see how townships' personal care keeps roads driveable at a much lower cost than it would be by other entities. Also, they would lose that care and response of the local townships.

Township government is the most approachable and simplest government there is—always ready to listen and work with taxpayers.

Movies In The Park



Bring out your blankets, lawn chairs and coolers and enjoy a night under the stars watching Spider Man: Into the Spider-Verse on the big screen. Movies in the park will again be sponsored by local businesses and be presented on June 14, starting at dusk, about 8:30 pm. Join your neighbors and friends at the Tuffy Mueth field for a fun night under the stars.



MCS Interview

Millstadt Township News

May 4 Recycling: Thank you Cub Scout Pack 622 & Parents, Sam Bollone & Kathy Wolf; Luke, Dean & Laura Schmidt; Adam, Chris & Greg Sangiolo for helping to collect 1.13 tons of material. The boys worked really hard and did a terrific job.

Recycling is held the first Saturday of the month from 8:00 – 10:00 am at the Road District Bldg. rain or shine. The monthly fee for this service is \$330 and is paid by the Township.

Please consider recycling to help justify the cost.

Recycling Volunteer groups are needed for February, July and November.

Call 476-1207 to volunteer.

Large item drop off at the Township Bldg., at 820 S. Jefferson accepted item list on fence.

Bag Tournaments Results



May 2, 2019

1st Barbara Knewitz/

Darleen Sandheinrich

2nd Ralph Schneider/Darleen Slovinski

3rd Elmer Sandheinrich/Toni Schneider

May 9, 2019

1st Ron Jelinek/Norma Burleson

2nd Toni Schneider/Barbara Knewitz

3rd Larry Hucce/Ralph Schneider

May 16, 2019

1st Kim Johnson/Ron Jelinek

2nd Norma Burleson/Barbara Knewitz

3rd Larry Hucce/Columbia Delong

May 23, 2019

1st Loren Steele

2nd Barbara Knewitz

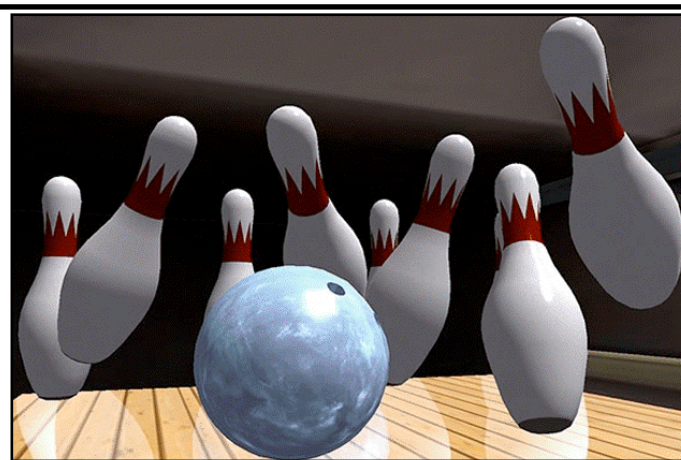
3rd Norma Burleson

May 30, 2019

1st Ralph Schneider/Barbara Knewitz

2nd Columbia Delong/Toni Schneider

3rd Ron Jelinek/Betty Schranz



Friday, June 21, 2019 Mascoutah vs. Millstadt Wii Bowling Tourney

Refreshments and Prizes

9:30 am – 11:00am

Please sign up with Patty

Canasta Corner



May Games Won

| | |
|--------------------------------|---|
| Thelma Short and Betty Schranz | 1 |
| Barb Louis and Thelma Short | 1 |
| Barb Louis and Norma Burleson | 3 |
| Barb Louis and Dot Edmondson | 1 |
| Barb Louis and Evelyn Lucy | 1 |
| Dot Edmondson and Evelyn Lucy | 1 |

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

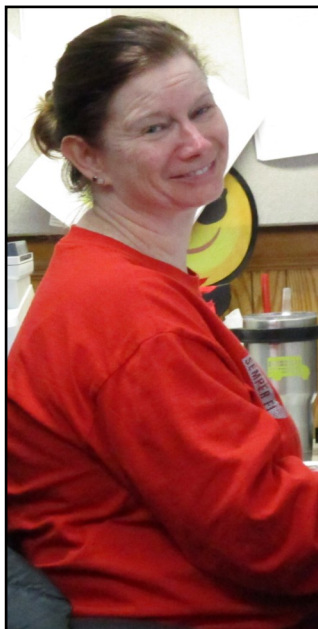


Millstadt



HOMETOWN PROUD

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



Sandy Dressler Sanders sitting at her desk completing her daily paperwork and preparing for the next day. Sandy has been working here since 2006. She drove the bus during summers only and worked during the school year between Columbia and Dupo School districts. When previous Assistant Manager Rachel Feazel moved to Chicago last year, Sandy was the perfect person to transition into that job. We are happy to have Sandy here and she is very comfortable in the position.

SIGN UP FOR COMPUTER TUTORING AT THE SENIOR CENTER

BRING YOUR IPAD, IPHONE, ANDROID DEVICE OR LAPTOP AND LEARN THE BASICS. EACH SESSION WILL BE GEARED TOWARD STUDENTS' INTERESTS AND ABILITIES.

NEXT SESSION:

FRIDAY, JUNE 21

BEGINNING AT 9:30 AM

SIGN UP FOR A 30 MINUTE PRIVATE LESSON AT THE SENIOR CENTER.



Library Archiving Newsletter

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

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

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 \$500.00 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.

The Best Companion Pets for Seniors

An animal can bring joy to an older person. Here's a guide to finding an affordable, compatible pet.

One of the hardest parts of growing old is loneliness. When you are without a spouse or children around to keep you company, you can begin to feel isolated. This is where pets come in.

Studies have shown time and again that companion animals have the ability to lift the spirits of people who live alone and provide unconditional friendship and enrichment.

Yet caring for a pet long term is not to be entered into lightly. It's essential to choose the right animal, one that will be both compatible and affordable for an older owner.

If you think an elderly friend or family member would be happier with a pet around, here are the basics to get you started.

Please always discuss getting a pet in detail, and ensure your loved one or their caretaker is 100% on-board with the idea. **Never buy an animal as a surprise** — that rarely ends well.

1. Choosing the right animal

Finding the right pet to fit a person's lifestyle and energy level is crucial.

Dogs can make wonderful pets, but they require daily walking, leadership, and more care than other companion animals.



This makes a dog well-suited for an active senior who enjoys walking outdoors, who can bend and pick up after their pet. An adult dog already housetrained would be easier to match to an older person's lifestyle than a rambunctious puppy.

Cats are easier to care for and make excellent pets for seniors.

On a daily basis, a cat requires a good diet, a litter box, a few toys and human companionship. And a senior who lives alone will have plenty of time to devote to a pet kitty.

Birds can be fantastic pets for the elderly. Some species require very little hands-on care aside from feeding, watering and switching out the paper in their cages.

Canaries and finches are lovely little birds that prefer not to be handled, so they're great for adding lively sound and movement to the environment. Parrots tend to be louder and more demanding, but many enjoy physical contact with owners.

2. Considering the costs

Since many seniors live on limited incomes, it's essential to consider an owner's ability to pay for a pet's basic needs.

Starting expenses include the adoption or purchase costs, spaying or neutering, vaccinations and a cage or crate. Regular expenses will include food, toys, vet visits, preventive medications and grooming.

The American Pet Products Association says routine vet visits cost dog owners \$257 in 2017, while cat owners paid an average of \$182. Basic food for either type of animal cost \$235 last year.

Larger animals are more expensive to feed. Though birds may be less expensive to care for day to day, if they get ill, the specialized medical costs are comparable to what you'd pay to care for a cat or dog.

3. Arranging for care

An older person may get a demanding pet, like a dog, and be fine for a few years but later lose the ability to care for their pet. For seniors who need help with pet care, a daily dog walker or twice-weekly cage cleaning is another cost to consider.

If a helper is already coming to the home a few times a week, then you could ask if they would be OK with adding a quick bird cage paper swap or litter box cleaning into their schedule.

Or, a willing family member could perform these sorts of helpful tasks to keep an older loved one enjoying the benefits of pet ownership.

4. Looking at alternatives to pets

But let's be completely realistic: Pet ownership isn't for everybody.

The good news is that if a senior can't afford to keep an animal at home, there are other ways to interact with furry or feathered friends and reap all of the benefits of socializing with pets.

Often, shelters and animal rescues need volunteers to care for animals on-site, or to foster them at home temporarily before they find new owners.

Pet therapy programs in your town may offer opportunities to spend time with animals without having to own one. These programs might even come to your home or senior center for free!

Dates to Remember

June 7, Farmers Market, VFW Parking lot; 3-6 pm.

June 14, Flag Day.

June 14, Movies in the Park, Spider-Man: Into the Spider Verse. Will be shown by the ball diamonds at dusk.

June 14, Farmers Market at VFW Parking lot; 3-6 pm.

June 16, Father's Day.

June 21, Handmade Quilt raffle drawing at Senior Center. Drawing at noon. Raffle tickets available at Senior Center.

June 21, First Day of Summer

June 21, Farmers Market at VFW Parking lot; 3-6 pm.

June 28, Farmers Market at VFW Parking lot; 3-6 pm

July 3, Patriotic Concert at Zion Church, 7:00 pm.

July 4, Senior Center closed.

July 5, Farmers Market at VFW Parking lot; 3-6:00 pm.

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

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



During The Month of May
Our Volunteers Donated **795** Hours To
The Millstadt Senior Center
If Paid at Minimum Wage, the
Dollar Value Would be **\$6,652**
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?
**Please Stop By The Center To Sign Up
Or See Patty In The Office**

**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.



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

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Purchases !**
Details in store or call
618-476-1760

"German Life" . . .

. . . the April/May 2019 issue of this magazine published a letter to the editor by Judy Jacobs regarding the Mill game (Muhle zu) in a previous issue. Do you stop by the Library or check-out this magazine to read and enjoy?

Other articles speak about wurst, bier, castles, and churches. This April/May issue has helpful information for tracing ancestry through church records . . . Catholic, Lutheran, Reformed, and Evangelische. Each issue also contains an article written in German/Deutsch – the English version is also included. And, of course, there are recipes! Take a look – and, ENJOY!!!

By Judy Jacobs

. . . **AND** – the Jun/Jul 2019 issue of German Life magazine (available at Millstadt Library) published a response to my letter to the editor! The response is complete with a picture of a Mill game board **AND** the rules of play! Check it out! P.S. My brother-in-law would be happy to know we still want to play the game.

This issue also includes recipes to prepare "spargel" a.k.a. asparagus. I recall driving through Germany from "zimmer to zimmer" and finally learning that the acres filled with rows of heaped earth were actually asparagus fields. Farmers kept heaping earth over the rows of plants to keep the plants "in the dark" as they grew – thus, producing plenty of white asparagus, a German favorite. There is also an article on ancestry directing researchers to maps of Germany through the years.

By Judy Jacobs

Millstadt Community Choir Patriotic Concert

Wednesday
July 3, 2019
7:00 p.m.

Zion Evangelical Church

117 W. White Street
Millstadt

618-660-4255



Join the MCC as we celebrate the birth of our Nation. This year's concert will feature songs about "Soldiers" and our free will donations will be sent to the Greater St. Louis Honor Flight program. The second half of the program will have a few sing-a-long tunes for the audience and, as always, we will honor each branch of our military families. We hope you will be able to join us!

There is no charge to attend this event.

Bus Rider Reminder

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



Boy Scout Troop 622 Independence Day BBQ July 4, 2019

11:00 am to ??

Millstadt Community Center
102 South Jefferson, Millstadt, Illinois
(one block South of stoplight at IL 158 & IL 163)



Cadagin-Prosser
Financial Group, Inc.

Kevin Cadagin

Principal

kevin@cadprofg.com

www.cadprofg.com

Securities and advisory services through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser. Fixed insurance products and services offered by Cadagin-Prosser Financial Group, Inc.

Glen Carbon Office
6 Ginger Creek Parkway
Glen Carbon, IL 62034
Tel 618-656-0006

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

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

Father's Day Gift

Father's Day is June 16, and if you need something special for a gift consider a "prepaid meal ticket" for your father, grandfather, neighbor or friend. Meal tickets are \$4.50 each and may be used for noon meals in the Senior Center or receive the meals delivered to their home. They also make a great incentive for someone to start using the meal service. For more information call the Center at 476-3731.

Aluminum Cans

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

Contact

Patty Evansco at 476-3731



MILLSTADT TOWNSHIP SENIOR SERVICES



QUILT RAFFLE JUNE 21, 2019

At Senior Center

1st Prize - Handmade Queen Size Quilt

2nd Prize - Handmade Baby Quilt

3rd Prize - Toaster Oven

TICKETS \$1⁰⁰ 6 FOR \$5⁰⁰

Available at the Center

Many tickets are being sold for our Quilt A Rama drawing on June 21, 2019. The Quilt tops are Handmade and Hand Quilted Queen Sized Pieced Quilts.

Illinois Benefit Access

**Check your Income Limit
Eligibility for the License Plate
discount and/or Ride Free
Transit Card:**

**Your total income last year
must be less than**

- \$27,610 for a 1 person household (yourself only); or
- \$36,635 for a 2 person household (yourself and your spouse, or yourself and one Qualified Additional Resident); or
- \$45,657 for a 3 person household (yourself, your spouse and one Qualified Additional Resident, or yourself and two Qualified Additional Residents).

If you qualify please contact Millstadt Senior Center at 476-3731 and we can file for this discount for you.



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Lamberts Trip



You've probably seen the sign for the original Lambert's: Home of the Thrown Rolls. And yes, they really do throw rolls there. Somehow, they seem to know what kind of throw to toss, so very few rolls wind up on the floor.

On Wednesday, April 17th Glenda Skidis, Pat Morris, Betty Schranz, Jean Siegfried, Lucille Reese, Norma Burleson, Doris Adams, Homer and Betty Duncan, Pat Schaefer, Linda Whelan, and Carol Ashton left Millstadt Senior Center on the bus. They were chauffeured by volunteer Charlie Todd to Sikeston, Missouri for lunch and shopping.

They were sitting at their table, innocently watching the toy train circle the room near the ceiling. Suddenly there was a flash of golden brown that caught their attention and they quit talking and looked away from the train to see HIM. Standing there, legs set wide, carrying a tray of rolls like Atlas holding up the world, the roll thrower waited to see their hands rise. From across the room he threw them a toasty, hot roll and nailed every throw. Among other attractions were the pass-arounds that included macaroni and tomatoes, fried okra and fried potatoes.

While waiting for their food, Pat Morris told people at her table that about forty years ago her late husband Walter and her had come to Lamberts and enjoyed the roll so very much that Pat purchased several dozen to take to a party that evening. When she arrived at the party the rolls were stale, and Pat was so disappointed. Somehow the manager learned of this story and came over and apologized to Pat and presented her with a large bag of rolls to replace those she had gotten 40 years ago.

Earl and Agnes Lambert opened the first Lambert's in 1942.

Land of Lincoln Legal Aid will assist individuals of limited income, age 60 and above, with powers of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. - noon • By appointment only

Call 618-234-4410, ext. 7033 to make an appointment.

SERVING VETERANS OF ST. CLAIR COUNTY

Information and Assistance with claims to the Department of Veterans Affairs for benefits such as: pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

By appointment only • Mondays from 9 a.m. - noon

Call 618-234-4410, ext. 7033 to make an appointment.

AFFORDABLE HOUSING OPPORTUNITIES

The St. Clair County Housing Authority has one bedroom apartments for senior citizens (age 62 and older) in locations throughout St. Clair County. Waiting lists vary by location. Residents pay 30% of monthly income (after deductions) toward rent, up to a maximum rent established by location (ranges from \$270-\$464). Call 618-277-3290, ext. 7064 (Gloria), or 7061 (Cutha).

Model Railroad Club Forming

Mark A Bauer is forming a Model Railroad Club for Millstadt and surrounding communities. The club is registered as the Millstadt Model Railroad Club. The primary focus of this club is to make a modular model railroad display in partnership with Scout Troop 622 for use in the fall of 2019. This display (train layout) will be set up and operated at various local events and locations in December 2019. Looking for interested modelers or want to be modelers to work with the core group and the Scouts for what we hope to be an annual event. Contact Mark at 618 447 -1794 or mabauer87@gmail.com if you are interested in learning more.

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.

SENIOR TALK

Receive the Newsletter in the Mail!

**Subscriptions are \$30.00 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****

Conversation Pieces



Thelma Short and Evelyn Lucy put the last pieces in their "Conversation" 500-piece puzzle on Wednesday, June 5th. They have been working on it for 3 weeks, Evelyn said this has been the toughest one yet they have put together.

Thrift Store-New Extended Hours

The Penny Wise Thrift Store will offer extended hours on the third Saturday of the month starting this summer. Please watch the Newsletter for specific hours and other details.

Did You Know?

According to the U.S. government, 80-100 gallons of water per day per person.

If this was an average year, the average flow rate of the Mississippi River is 1.6 million gallons of water per second or 138,240,000,000 gallons per day.

Asparagus Puff

By: Beth Kwentus

Ingredients:

Crust

- ¾ C water
- 6 Tbls butter
- ¾ Cup flour
- ½ tsp salt
- 3 eggs
- ¼ C grated parmesan cheese

Topping

- 1 pound Asparagus, cut into 1 inch pieces
- 2 C chopped ham
- 2 Tbls butter
- 2 Tbls flour
- 1 ½ C milk
- ½ C shredded swiss cheese
- 2 Tbls parmesan cheese
- ½ tsp salt
- ¼ tsp pepper
- Preheat oven to 400°

Crust

Bring water and butter to a boil. Stir in flour and salt till it form into a ball. Let rest 5 Minutes. Stir in eggs 1 at a time. Stir in 3 Tbls parmesan cheese. Grease pie plate. Drop by tablespoon around the pie plate. Sprinkle with 1 Tbls Parmesan cheese. Bake at 400° for 30-35 minutes.

Topping

Cook asparagus in microwave for 3 minutes. Melt Butter. Stir in flour. Cook 1-2 minutes. Add Milk. Cook till thickened. Stir in cheeses until melted. Stir in salt and pepper, asparagus and ham. Place on top of crust. ENJOY!

Quick Lane AT MERTZ FORD mertzford.com

TIRE & AUTO CENTER 100 East Washington, Millstadt, IL | 618-476-3051

| | | |
|---|---|---|
| <p>Fresh 'n' Cool A/C Tune-up Service \$10 Off Offer Expires: 07/31/2019</p> <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 | <p>Four (4) Wheel Alignment \$20 Off Offer Expires: 07/31/2019</p> <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 <p><i>*Additional parts & vehicles requiring camber, caster shims extra</i></p> | <p>Fuel System Service \$10 Off Offer Expires: 07/31/2019</p> <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 |
| <p>Headlight Restoration Service \$20 Off Offer Expires: 07/31/2019</p> <ul style="list-style-type: none"> Removes scratches & discoloration Includes new, long-lasting protective layer | <p>Cooling System Service & Fluid Exchange \$20 Off Offer Expires: 07/31/2019</p> <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 | <p>Transmission System Service & Fluid Exchange \$20 Off Offer Expires: 07/31/2019</p> <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.

Village Board of Millstadt Meeting

April 22, 2019

Cable Service and Cell Tower: Village will go with 20 year lease extension with American Tower Cell Tower. The 20 year extension comes with a \$30,000 signing bonus. HTC, Sprint, and Verizon all use the tower. The Village had other offers but this is the best option. The 20 year lease includes rent in the amount of \$2,100, and additional four 5 year renewal terms. New expiration date will be July 31, 2045.

Streets, Alleys and Sidewalks: Resident voiced concern on sewer and curb project on South Jackson Street between West Laurel and W. White Street. Street is a mess and no work has been done on project for a month. Street is like a roller coaster and parking along area is difficult. Mayor Todd replied street would be roto milled and then oiled and chipped this summer.

Ordinances and Resolutions: Mike French stated Resolution 19-05 is for taking the recommendation on Good Energy Electrical as the agent to purchase electricity for the Village. Motion carried unanimously.

Mike French stated Resolution 19-06 is for taking the recommendation of Good Energy Gas for the Village. Motion carried unanimously.

Old Business: Village received grant for streetscape for the first 2 blocks of West Washington Street. That will include in front of Circle K and Subway. The project will go out for bids in the spring of 2020 and construction will start the summer of 2020.

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.

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

*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**
For Your Continued Support

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.

Your Help in This Matter is Greatly Appreciated

**Expert Repair - Professional Installation
High Efficiency Systems
Excellent Warranties**

DOW

HEATING and AIR CONDITIONING

Millstadt, IL

(618) 476-9604

**Residential
Commercial**



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

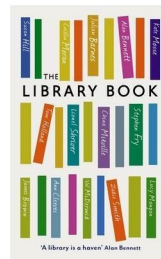
Millstadt Farmers Market

Farmers Markets have a long tradition in our area. For a more local flavor stop by the Millstadt Farmers Market, each Friday from 3:00-6:00 pm for fresh local produce. In May, Connie and Larry Schaefer had some fresh strawberries that were picked at the peak of ripeness. They were perfect on pancakes, shortcakes or on ice cream. Tammi Sutter had homemade breads, garlic butter, and "cooked cheese". Known as kock kasse by my grandmother, cooked cheese is a combination of cheeses, butter and cream all cooked together. Tammi uses the cooked cheese as a sauce for broccoli or it can be spread on bread. Fresh range free eggs were also available. Both brown and white eggs are available, depending on the chicken. Leghorns lay the white eggs and the Cuckoo Marans lay the large brown eggs. Stop by and visit with the Simply Delicious sales lady or with the lady selling her own handmade jewelry. Flower and vegetable plants are also available, along with fresh popped kettle corn. The list of vendors and produce changes in week so stop in often to see what's available, This year the Market is again located at the VFW parking lot. Randy Eckert has contacted local truck farmers and other vendors for a local blend of produce and other items for purchase.



Book Review

The Lost Girls of Paris



This Photo by Unknown
Author is licensed under
CC BY-NC-ND

This novel, while fictional, provides a bit of history that few readers are aware of. It tells the story of a group of female secret agents deployed from London to occupied Europe during WWII.

The author Pam Jenoff, said her greatest inspiration was, the heroism of the women and the desire to amplify the legacy of their contribution to the war.

Two other pieces of history compelled Jenoff to write the novel: first, the fact that (Britain's Special Operations Executive; SOE) networks collapsed resulting in arrests, disappearances and, in some cases deaths of both male and female agents. Second, while the downfall of SOE networks has been well documented, many questions remain about how they were compromised and betrayed, and Jenoff wanted to explore that aspect in her novel.

While Jenoff writes historical fiction, the themes of female empowerment and sisterhood, loss and redemption, are still relevant today.

Millstadt Township News

Jun 1 Recycling: Thank you Trinity Lutheran Church volunteers Butch Hettenhausen, Kenny Mueller, Mike Weis and Don Keck for helping to collect 1.66 tons of material.

Recycling is held the first Saturday of the month from 8:00 – 10:00 am at the Road District Bldg. rain or shine. The monthly fee for this service is \$330 and is paid by the Township.

Please consider recycling to help justify the cost.

Sat. Oct 5, 8:00-10:00am Mark your calendars – Shred Day with State Rep La Toya Greenwood

Large item drop off at the Township Bldg., at 820 S. Jefferson accepted item list on fence.



Home Services
Your Water Softener Store
 530 E Washington St.
 Millstadt, IL. 62260
618-334-7239 or 618-580-9889





WE NOW HAVE BOTTLE WATER!

House for Rent



Farm house for rent at 3620 Mueller Lane, Millstadt. Convenient location. Two bedroom, one bath. No pets, \$750.00 per month. Lease required. Phone 476-1698.

Millstadt Senior Center Meals Report May 2019

| | |
|--------|--|
| 884 | Congregate Meals |
| 1,063 | Meals on Wheels |
| 466 | One Way Rides |
| 22 | Days Open |
| 40 | Average Congregate Clients Per Day |
| 48 | Average Meals on Wheels Clients Per Day |
| \$3.03 | Average Collected from Congregate Diners |
| \$2.36 | Average Collected from Meals on Wheels Clients |
| \$4.50 | Suggested Donation |

The 2018 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

June 12

Aug. 14 • Oct. 9 • Dec. 11

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.)

Other services include: state ID cards and vehicle registration renewals.

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card.

Drivers age 75 and older are required to take a driving test to renew their driver's licenses.

All payments must be by checks or credit cards; cash will NOT be accepted.

Appointments required for all services.

Rules of the Road Class: 9:30-11 a.m.

Mobile Unit Hours: 10 a.m. - 1:40 p.m.

Please call 618-234-4410: Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.



EVERY THIRD THURSDAY
5 P.M. - 7 P.M.

ADULT COLORING NIGHT

READ RELAX RECOLOR

Cashew Chicken Salad Sandwiches

- 2 cups diced cooked chicken
- ½ c chopped cashews
- ½ c chopped apple
- ½ c chopped peeled cucumber
- ½ c mayonnaise
- ½ t sugar
- ½ t salt

Dash of pepper

6 kaiser rolls or croissants, split

In a large bowl, combine chicken, cashews, apple and cucumber.

In a small bowl, combine the mayonnaise, sugar, salt and pepper. Add to the chicken mixture and toss to coat. Place a lettuce leaf and ½ cup chicken salad on each roll or croissant. Makes 6 servings.

Abby's Cheesecake

CRUST:

- 1 1/2 cups graham cracker crumbs
- 1/2 cup butter, melted (1 stick)
- 1/3 cup powdered sugar

CHEESECAKE:

- 3 (8-ounce) packages cream cheese, softened
 - 4 eggs
 - 1 cup sugar
 - 1 teaspoon vanilla
 - 1 pint dairy sour cream (at room temperature)
 - 1 (21-ounce) can prepared cherry, blueberry or strawberry pie filling
 - 1. Heat oven to 350 degrees.
 - 2. Combine graham cracker crumbs, powdered sugar and melted butter. Press into bottom of 8-inch springform pan.
 - 3. In a large bowl, beat cream cheese, eggs, sugar and vanilla until smooth. Pour mixture over prepared crust.
 - 4. Bake at 350 degrees for 50 minutes (until center is set).
 - 5. Remove from oven and spread sour cream on top of cheesecake. Return to oven and bake an additional 5 minutes.
 - 6. Remove from oven and allow to cool. Spread desired topping on cheesecake.
 - 7. Chill overnight. Before serving, carefully remove sides from pan. Serves 16.
- Tip: To minimize cracking, place shallow pan half full of hot water on lower rack of oven during baking. And be sure the sour cream is at room temperature when you spread it on.

Rock Steady Boxing Information and Demonstration Thursday, June 13, 2019

10:00 am

Millstadt Township Senior Services

Rock Steady Boxing is an exercise program, the first and only of its kind, to dramatically improve the abilities of people with Parkinson's and help them continue to live as independent as possible.

The Rock Steady Boxing classes are currently held at the Senior Services Plus Wellness Center in Alton,

Illinois and are designed to attack the disease at its vulnerable neurological points. The program is focused on total body fitness and will include many different types of exercises, though the program is primarily centered on boxing skills that are non-contact boxing based fitness curriculum. Senior Services Plus is the first to bring this program to the region and Millstadt Senior Center Director Patty Evansco hopes there is interest to start this program at the Millstadt Center.

There has been many studies conducted to support that rigorous exercise, emphasizing gross motor skills, balance, core strength, and rhythm can positively impact our range of motion, flexibility, posture, and gait. There also are many studies to show that this style exercise is "neuro-protective," which means that it is a type of exercise that may actually slow the disease progression.

I am excited for this opportunity to help our community. We would like to add a Parkinson's Support Group every month here.

Rock Steady Boxing was founded in 2006 by a former Indiana county prosecutor, Scott C. Newman, who is living with Parkinson's.

The seed for what would eventually become Rock Steady Boxing was planted when Newman began intense, one-on-one, boxing training just a few years after he was diagnosed with early-onset Parkinson's at the age of 40. Newman witnessed the dramatic improvement in his physical health, agility and daily functioning through the intense and high energy workouts.

Newman's quality of life improved dramatically in a short time due to his fighting back against Parkinson's disease. Private donations and a personal passion to help others living with Parkinson's allowed Newman to open a small gym and boxing ring in a donated corner of a corporate employee gym as Rock Steady's first home.

Former world-champion professional boxer Kristy Rose Follmar was hired (and remains today) as the head trainer. Follmar made invaluable contributions to build the Rock Steady program during its infancy. Her professional experience as a boxer and fitness trainer, along with her infectious enthusiasm for helping those with Parkinson's, continues to help the program steadily grow.

As word of this unique program spread and the demand for the classes increased, Rock Steady created training programs to meet the fitness levels at all stages of Parkinson's — from the newly diagnosed to those who had been living with it for decades plus.

If you or someone you know is suffering from Parkinson's disease contact Millstadt Township Senior Services for more information on all the things it can do to help. Call 618-476-3731 or walk in at 102 South Jefferson, Millstadt, Illinois or visit <https://www.rocksteadyboxing.org>.



Millstadt Police Department

The Millstadt Police Department youth academy will be held the week of July 15 at the Millstadt Village Hall for youth ages 9-12. The academy will take place Monday through Thursday from 8:30-4:00 and on Friday 8:30-1:00. Applications will be available at the Police Department and Village Hall beginning June 4.

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>

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

Little Free Library

The Little Free Library, which looks like a giant bird house, is located in front of the Community Center and is open 24 hours a day. Donations of books may also be made at the library. It is based upon the theory that a borrower may take a book, read it, then return the book for others to enjoy. Books of kinds and for all age groups are available in the library. Stop by select a book or leave one for someone else to enjoy.



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

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

Millstadt Senior Walking Club May Days Walked

Frances Dickneite
Dot Edmison

5 days
3 days



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

Clothing Donations

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



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

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
- Casesys 476-7360
- Associated Bank 476-3040
- Michelle's Family Haircut
- Millstadt Garden Place
- Millstadt Baptist Church
- Lee's Home Center 476-1760
- Bonnie's Beauty Shop
- Training Room
- Handy Feed
- Country Financial
- Schuberts
- Coffee Mill Café 476-6540
- Divine Nail Salon
- Bliss Floral
- Smithton Village Hall
- Smithton Library
- Freeburg Township
- Freeburg Pharmacy
- Freeburg Library

Thank You For Providing This Service To Our Community

Golf Ball Drop Changed To Homecoming

It's time for the Annual Millstadt Senior Center Golf Ball drop on Saturday, August 31, 2019 at 7:30 p.m. in connection with the Millstadt Homecoming. Tickets are \$3.00 each or 2 for \$5.00 for a golf ball with a number on it. Each of these balls is loaded into a duffle bag and over 500 golf balls are dropped from a bucket truck onto our simulated green. The closest ball to or in the hole will win \$200.

Golf balls that fall into the hole will be lifted out and recorded in the order in which they were removed. The golf ball at the bottom of the hole shall be declared the first-place winner of each of the four prizes.

Should no golf balls fall into the hole, it will be necessary to measure surrounding golf balls to ascertain the closest to the hole.

For more information or to get a ticket please visit or call the Senior Center at (618) 476-3731



Laminating Tuesdays

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

Wish List

(This list is an ongoing list of items that we use daily. Your donations are appreciated)

Disposable Dessert Plates

Dawn Dish Soap

Cascade Pods

Ziploc Bags (Quart & Gallon)

Country Time Lemonade (Sams/Costco)

Lipton Gallon Tea Bags

Folgers Filter Packs (Sams/Costco)

Solo Cups (14 oz – 16oz)

Clorox Spray Cleaner

Kleenex

Trash Bags – 33 gallon and 13 gallons

Headliner fixed in Silver Van

Volunteers!

Quilters

Rosemary Matthews

Lois Potter

Judy Sutter

Pat Morris

Doris Adams

Joann Clemens

Mary Alice Schmitz

Joann Pisel

Beth Kwentus

Pat Schaffer

Judy Jacobs

Carol Osick

Janet Heil

Meals on Wheels

Allen Analla

Carol Osick

Cheryl Mueth

Cindy Bertelsman

Darlene Slovinski

Debbie Mertz

Jeannette Cory

Larry Osick

Lindy Knysak

Lois Potter

Marylou Peter

Nancy Kostelac

Ruth Morton

Sandy Muskopf

Susan Sager

Cheryl Pierpoint

John Morton

Peggy Mokriakow

George Mokriakow

Bob Borkowski

Marge Wachtel

Marilyn Borkowski

Renee St. Clair

Marsha Davis

Newsletter

Don Mueller

Jerry Schmitz

Kathy Schaeffer

Marlou Eckert

Kathy Diedrich

Gary Diedrich

Center

Mary Ann Conrad

Mary Heberer

Marti Gibson

Jean Colbert

Patty French

Thrift Store

Eileen Doerr

Janet Mueller

Michael Walter

Orville Mueller

Joann Clemons

Trudy Famula

Kelly O'Donnell

Debbie Mertz

Don Mertz

Margie Wietchal

Jim Bereitschaft

Kitchen

Betty McCombs

Cindy MacDonald

Carrie Kwentis

Betty Schranz

Collen Costello

Carol Terveer

Darlene Sandheinrich

Frances Dickneite

Helen Conley

Patty French

Jamie Bereitschaft

Lil Tracy

Lucille Reese

Mary McGinnis

Norma Burleson

Ralph Schneider

Bob Louis

Michael Walter

Volunteer Drivers

Charlie Todd

Recycling

Allen Analla

Darlene Slovinski

Bert Hucke

Bulletin Boards

Kathy Schaefer

Blood Pressures

David Koch

Millstadt Township Senior Services
Summer 2019 Wii Bowling League Schedule

| | 9:00 AM | 9:30 AM | 10:00 AM | 10:30 AM | Week |
|-----------|----------------|---------|----------|----------|------|
| 5/1/2019 | 1-2 | 3-4 | 5-6 | 7-8 | 1 |
| 5/8/2019 | 6-8 | 5-7 | 2-4 | 1-3 | 2 |
| 5/15/2019 | 5-4 | 1-8 | 7-3 | 2-6 | 3 |
| 5/22/2019 | 3-6 | 7-2 | 1-5 | 8-4 | 4 |
| 5/29/2019 | 7-1 | 4-6 | 3-8 | 5-2 | 5 |
| 6/5/2019 | 2-3 | 8-5 | 4-1 | 6-7 | 6 |
| 6/12/2019 | 4-7 | 6-1 | 8-2 | 3-5 | 7 |
| 6/19/2019 | 5-6 | 7-8 | 3-4 | 1-2 | 8 |
| 6/26/2019 | 2-4 | 1-3 | 5-7 | 6-8 | 9 |
| 7/3/2019 | 7-3 | 2-6 | 1-8 | 5-4 | 10 |
| 7/10/2019 | 1-5 | 8-4 | 7-2 | 3-6 | 11 |
| 7/17/2019 | 3-8 | 5-2 | 4-6 | 7-1 | 12 |
| 7/24/2019 | 7th/8th | 5th/6th | 3rd/4th | 1st/2nd | 13 |
| 7/31/2019 | Banquet | | | | |

**Team
Number**

Team Name

- 1 Alley Cats (JoAnn Pisel/Janet Pauketat)
- 2 Sassy Girls (Dot Edmondson/Thelma Short)
- 3 Odd Couple (Barb Louis/Bob Louis)
- 4 Spoilers (Lil Tracy/Bob Wheat)
- 5 Wild Cats (Frances Dickneite/Lois Potter)
- 6 Rock-N-Bowlers (Elaine Gregson/Cindy Walker)
- 7 Misfits (Marlene Bruehl/Betty Schranz)
- 8 Lucky Strikes (Rick Coleman/Norma Burleson)

Coin Purse Found



This coin purse was found outside the Senior Center on May 21, 2019. It appears to be from Seoul, Korea. It has money in it and we have it safe at Senior Center if you want to claim.



MILLSTADT VFW POST 7980

Fridays

**Serving Cod, Cat Fish, Walleye, Shrimp,
Crab Cakes and Salmon
Patties**

DIVINE NAIL SALON

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

Tuesday through Sundays 9:30 am – 7:00 pm

Walk-ins Welcome Closed Mondays

Manicures, Pedicures, Full Set and Fills for Acrylic,
Gel, Dip Nail Enhancements, Waxing

THANKS FOR OUR DONORS

**Carol Yost
Tom Ninnis
JoAnn Talent
Roberta Sheridan
Switzer Foods and Supplies
(Wine Glasses for Foundation Dinner)
Jack Kramer (Case of Copy Paper)
Kenneth Siebert (Monetary Donation)
Larry & Linda Stewart (Monetary Donation)
Elaine Morris
(Easter Treats for Meals on Wheels)
Millstadt IGA (Cheese Tray for Jewelry Sale)
Monroe County Electric Cooperative
(Monetary Donation)**

Pennywise Thrift Shop

Stop by the second floor Thrift Store at the Community Center for Christmas ornaments, wreaths, cookie cutters as well as clothing and other household items. Need a sweater to decorate for an "Ugly Sweater" contest, stop by the Pennywise Thrift Store for a red or green sweater to decorate. All donations support the Millstadt Township Senior Center. Shop local!



RECYCLING

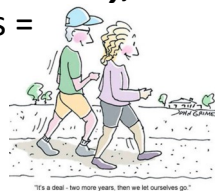
8 AM TO 10 AM

**1ST SATURDAY OF
EACH MONTH**

**AT TOWNSHIP SHED ON
EAST HARRISON STREET**

millStadt
Chamber Of Commerce
"Making Connections For Millstadt Business"

Walk In Our Senior Walk Path Tuesday, Thursdays, And Fridays. 10 laps = 1/4 mile. Grab your friends or walk alone! If you want us to keep a card on file so you can keep track of your progress.



June Birthdays

| | |
|-----------------------|------------------------|
| 1 Catherine Grandolas | Marilyn Dycus |
| 2 Delores Lang | 18 Carol Walker |
| 3 Joan Fishbien | Phillip Hohn |
| 4 Bertha Rodgers | 20 Rejean Soncasi |
| 9 Norma Eiskant | Robert Steele |
| Allene Caskey | 21 Darleen Sanheinrich |
| Barbara Kissel | Debbie Helfrich |
| 10 Amy Dietzel | 22 Colleen Costello |
| Allene Caskey | Nancy Kostelac |
| 11 Dorothy Miller | June Martin |
| Betty Schlattweiler | Allen Analla |
| Marie Dehler | Irene Skaer |
| Barbara Zollner | 23 Marlene Harsin |
| Elaine Ortmann | William Leyerle |
| 13 Diane Haas | 26 Ruth Wilhelm |
| 14 Joann Pollock | Lil Tracy |
| George Smith | Jim Eckert |
| Larry Huckle | 27 Jeanette Smith |
| 15 Jerry Paule | 28 Dale Labrier |
| Jane Graham | 29 Norma Blank |
| Byron Johnson | David Oelrich |
| Kathleen Lopinot | Jeanette Cory |

Millstadt Red Cross Blood Drive Schedule

July 11, 2019



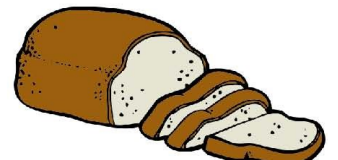
Saturday
From 7:30 -
at

Millstadt IGA Parking Lot
625 E. Washington
Millstadt



Donations of Baked Goods
are welcomed!! Call 476-7326

All proceeds to be used for
restoration & preservation
of the Old Millstadt
Water Tower.



Help save a Life!
GIVE BLOOD

3:00 pm – 8:00 pm (St James)

Join the
Friends of the
Old Millstadt Water
Tower
for a
Bake Sale & Tee
Shirt Sale



June 15
?

Township Supervisor
Denise Blaha
Village Mayor
Michael Todd
Director
Patty Evansco
Nutrition Staff
Sandy Sanders
Transportation (Drivers)
Ed Luecking
Executive Board
Charlie Todd, President
James Palovich
Al Lehr
Mark Todd
Ray Famula
George Blaha
Advisory Council Members
John Baltz
Carol Osick
Darleen Sandheinrich
Don Ortmann
Kathy Schaefer
Lillian Tracy
Jerry Schmitz
Pat Morris
Rich Brune
Barb Greene
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**.

US Department of Labor Energy Employees Occupational Illness Compensation Program Act (EEOICPA)

The Millstadt Senior Center recently received communication from the Paducah Resource Center regarding compensation and medical benefits to workers who became ill as a result of working in the nuclear weapons industry. The EEOICPA has two parts, Part B and Part E. Part B of the EEOICPA covers current and former workers who have been diagnosed with cancer, chronic beryllium disease, beryllium, or silica while working at a covered Atomic Weapons Employer (AWE) facility, during a specified time period. Individuals or their survivors found eligible under Part B may receive a lump sum compensation of \$150,000 and medical expenses for their covered condition.

Part E of the EEOICPA covers DOE contractor and subcontractor employees whose occupational exposure to a toxic substance at a covered DOE facility during a covered time period was a significant factor in causing, contributing to, or aggravating their claimed illness. Workers found eligible under Part E receive payment of their medical expenses for their covered illness and may also be eligible for impairment and/or wage loss compensation. Eligible survivors may receive a lump sum compensation payment of \$125,000 and may also receive additional compensation if the worker experienced wage loss due to the accepted condition.

Below is a list of covered facilities:

Allied Chemical Corp. Plant
American Machine and Metals, INC
Argonne National Laboratory-East
Armour Research foundation
Blockson Chemical Co. (Building 55 and related activities)
C-B Tool Products CO.
Crane Co.
Dow Chemical Corporation (Madison Site)
ERA Tool and Engineering Co.
Fansteel Metallurgical Corporation
Fermi National Accelerator
General Steel Industries
Great Lakes Carbon Corp.
GSA 39th Street Warehouse
International Register
Kaiser Aluminum Corp.
Lindsay Light and Chemical Co.
Metallurgical Laboratory
Midwest Manufacturing Co.
Museum of Science and Industry
National Guard Armory
Podbeliniac Corp.
Precision Extrusion Co.
Quality Hardware and Machine Co.
R. Krasburg and Sons Manufacturing Co.
Sciaky Brothers, Inc.
Swenson Evaporator Co.
W.E. Pratt Manufacturing Co.
Wycoff Drawn Steel Co.

For additional information about the EEOICPA or to schedule and appointment for claim-filing assistance, contact the Paducah Resource Center toll-free at (866) 534-0599

Millstadt Township Crews Will Begin Oiling And Chipping Roads Next Week

On Monday June 10th, Monday June 24th, Monday July 8th and Monday July 15th crews will work on township roads.

The roads will not be closed, but drivers are encouraged to use an alternate route.



Are You Interested In Learning To Play Different Cards Games?

Evelyn Lucy is organizing a Learning "Card Club" on Tuesdays from 1:00 pm to 3:00 pm. She will be teaching how to play the game Canasta. If you would like to sign up please contact the Senior Center at 476-3731.



Rohr Milford

Rohr, Milford A. "Buddy" 92, of Millstadt, IL passed away at his home on Monday, April 30, 2019. He was a Sergeant in the St. Louis Metropolitan Police Department, retiring on July 2, 1983.

He was preceded in death by his parents, Milford and Rose (nee Jedlicka) Rohr and a step-son Victor G. Nichols III. Sg. Rohr is survived by his wife of 65 years, Geraldine Rohr (nee Maechling); brother Gene Rohr of Florissant, MO; daughter Diane (Michael) Heuvelman of Crestwood, MO and son Steven (Ann) Rohr of Crestwood; granddaughters Kelsey and Katlyn Heuvelman of Crestwood and Clare Rohr; grandsons Sam and Ben Rohr of Crestwood and Brian (Wendy) Nichols of Newport News, VA; great-grandsons Grant and Mason Nichols.

After graduating from Roosevelt High School, he joined the Army Air Force and was honorably discharged in November 1945.

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



**James Beine
Yvonne Henson
Iris Irene Hight
Rohr Milford
David W. Reynolds
Melvin Henry Thomas**

Melvin Henry Thomas

Melvin Henry Thomas, 84, of Millstadt, Illinois, born August 12, 1934 in East St. Louis, Illinois, passed away, Thursday, May 16, 2019 in St. Louis, Missouri.

Mel graduated from East Side High School in East St. Louis, Illinois. While attending East Side, he was an All-State tackle in 1952 for the football team and excelled as a member of the track and field team. He was awarded an athletic scholarship to play football at the University of Missouri. After being injured his freshman year he returned home, married and had 3 children. He then completed his education.

He graduated as a member of the first graduating class at the newly formed Southern Illinois University in Edwardsville, with a Bachelor's in Business Administration. He went onto work for Proctor & Gamble in St. Louis and Cincinnati for over 20 years.

Mel was an avid outdoorsman and enjoyed hunting and fishing. In his younger years he rarely turned down an opportunity to play golf, tennis or enjoy boating.

Later in life he never missed a chance to smoke a good cigar. His caring and generous spirit continued after his passing, as his wishes were to become a donor with Mid America Transplant in St. Louis.

He was a loving husband, father, and grandfather, who will be missed by all who knew him.

He was preceded in death by his parents, Henry C. and Sarah D., nee Grosvenor, Thomas. Surviving to cherish his memory are his loving wife of 62 years, Shirley A. Thomas, nee Dietsch, of Millstadt, Illinois, his children, David C. (Joy) Thomas, of Waterloo, Illinois, Carol Lawrence, of Belleville, Illinois, and Susan (Tom) Antonovich, of Rockford, Illinois; his grandchildren, Cory J. (Karen) Lawrence, Jamie M. (Zachary Slocum) Lawrence, Megan S. (Kevin) Haiges, and Courtney E. Bengel; his beloved dog, Wags; and many other relatives and friends. Memorials are appreciated to the HSHS St. Elizabeth's Foundation.



Iris Irene Hight

Iris Irene Hight, nee Garrott, 86, of Millstadt, IL, passed away suddenly at her home on May 10, 2019, in Millstadt, IL.

She was born April 24, 1933, in Union County, IL, the daughter of Lester and Maude (Ury) Garrott.

She was a graduate of SIU Carbondale and was employed by the University of Illinois in the Illinois extension service until she started a family and became a homemaker her remaining years.

She married Harley D. Hight on May 25, 1957 at the Big Creek Baptist Church south of Anna, IL.

She was a member of this church at a young age and is presently a member of Westview Baptist Church in Swansea, IL.

Along with her husband, she is survived by her son David Hight of Dayton, OH; sisters-in-laws Helen Miller and Joyce Fuiten; and brother-in-law Larry (Rosemary) Hight.

She is preceded in death by her parents; brother Orrin (Colleen) Garrott and brother Carl Garrott - a casualty of WWII.

Iris was a cheerful and loving person who enjoyed being around other people and having family get-togethers, as she liked to cook. She also was a beloved Sunday school teacher, active in church, and did volunteer work.

In lieu of flowers, memorial contributions may be made to: Alzheimer's Association or Millstadt Senior Center, Meals on Wheels.

Interment at Mount Evergreen Cemetery in Millstadt



James Beine

James W. Beine, born Nov. 1, 1939, died Saturday, May 18, 2019. He was preceded in death by his first wife, Mary Ellen Diekemper; and a brother, Gerald (Gillette) Beine. Surviving are his wife of 50 years, Kathy, nee Cochran, Beine; four children, Roch (Julie) Beine, Brenda (Orie) Davis, Bridget Sonnenberg, and Belinda Beine; eight grandchildren, Parker, Alayna,



Tyler, Orie, Tessa, Maleanie, Quentin and Nicole. Bill (Robin) Beine; a sister, Kaye (Jim) Toennies; a brother-in-law, William (Shari) Cochran; and a sister-in-law, Martina (Marvin) Wiegman. For many years, he was an enthusiastic outdoorsman who loved training and working his hunting dogs. His real love was battling the elusive trout; he caught his last trout on his birthday in 2018. He was a long time member of Trout Unlimited and an avid fly tyer. He spent many years with his wife as husband-wife wedding photographers, and was a lifetime member of the Professional Photographers of America and Illinois Professional Photographers, and a member of a group of photographers dedicated to the study of Photoshop (PUG), "thank you Steve". He was a member of St. Louis Brews, St. Clair Beekeepers, the Illinois Federation of teachers, and an NSF consultant to the writers of the BSCS Blue Version HS Biology Book. He and Kathy spent many hours enjoying their five acres, while Kathy was engrossed in plants, Jim was interested in his show rabbits, the Shitake farm, his apple, peach, pear, and cherry orchards, grape vines and blackberry bushes. "Special thanks and prayers to all who guided us through those rough times in 1968, especially to her sister, Martina and husband Marvin, to the Stock and Faulbaum families, and to my wife for the unbelievable job of adopting a ready made family." Remembrances can be made to the Kathy and Jim Beine Scholarship Fund for Camp Ondessonk Campers. Services: JB donated his body to St. Louis University Medical School.

Yvonne Henson

Yvonne K. Henson, 64 years of Festus, MO. formerly of IL, passed away on Thursday, May 16, 2019 at Festus Manor in Festus, MO. She was born April 7, 1955 in Red Bud, IL. Yvonne was a conductor for the Union Pacific Railroad. She enjoyed playing horseshoes, Bowling and Cardinal baseball. Surviving are her daughter, Jennifer (Kevin) Crist, two grandchildren, Ellis Scott and Katelyn Pulcher, her mother, Ellavee Pulcher, nee Rice, her four sisters, Jane (Leroy) Washausen, Charlotte (Don) Mehrtens, Diane Pulcher and Rhonda Little, her brother, Sherman Dean (Suzanna) Pulcher, she is also survived by nieces, nephews along with other relatives and friends. She was preceded in death by her husband, Richard Henson, her son, Christopher Scott Pulcher, her sister, Joyce Wright and her father, Sherman Pulcher. In lieu of customary remembrances, the family requests with gratitude that memorial contributions be directed to the family.

David W. Reynolds

David Reynolds, 46, of Millstadt, IL, passed away on Saturday, May 11, 2019 at his residence in Millstadt, IL. Visitation will be, at Friday, May 17, 2019, 3:00 pm - 6:30 pm at Leesman Funeral Home - Millstadt, IL. Funeral Services will be held on Friday, May 17, 2019, 6:30 pm, at Leesman Funeral Home - Millstadt, IL.

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