

From Below The Tower



Patty Evansco

January went so quickly; I do not know about you, but I have not gotten used to writing 2022 yet.

Valentine's Day is here, and suggestions for doing something special for those we love are all around us. While it is important to express our appreciation for others, it is also important to think about the way we treat ourselves.

When was the last time you did something for yourself? This month consider being kinder to yourself than you have ever been.

Whether you take a day to enjoy fun activities, splurge on a specialty coffee, soak up nature, or simply cook a heart-healthy dish that tastes delicious, be your own Valentine by loving yourself in some special way, big or small.

Did you realize that in 2023 the Senior Center will have its 40th Anniversary? During the upcoming year we will be organizing an anniversary celebration for next year.

My yard is an animal attractant. I do not have any trash or food out; I do not even cook how could they smell food. I know it must be the pecan trees. This month, in addition to the normal raccoons, possums, squirrels, cats, rabbits, and skunks that come through my yard, I had a red fox. Why do they pick me? Is there a message here? I'm not sure but I think there might have been an armadillo in the yard yesterday. They always come during the night.

We thank Schnucks, Panera and the Food Pantry in Belleville. They donate many loaves of bread and dozens of doughnuts, all kinds of cakes and pies. There is something for everyone. I am amazed how much there is available and grateful we can feed so many people.

The good thing about February is that it is just before March and with March, we look forward to longer days and more sunshine. February is short and we can get through it. Don't forget to come and celebrate "Fat Tuesday" on March 1st.

We are working on having Bunco late in the spring or early summer. I will keep you updated.

Happy Valentines Day!

Patty

Taste of Ott's

Join us @ Ott's Tavern
& Restaurant

(20 E. Washington, Millstadt)

For an Evening out!

Dinner will be: Shrimp Cocktail,
Medallions of Beef, Loaded
Mashed Potatoes, Broccoli, Roll
w/Butter, Black Forest Dessert,
with milk, tea and coffee.

Bonus: Chocolate Covered
Strawberry—Champagne Toast!

Mon., February 14th

at 4:30 p.m.

Enjoy great food, prizes,
and fellowship!

Suggested Contribution \$5.00 /meal
RSVP to Senior Center (618) 476-3731
by Feb. 11, 2022 (Limited to 50)

This meal is subsidized by
AgeSmart, must be 60 or over to
attend.

Happy
Valentine's Day

Community Person Of The Year



Chamber President Heather Erwin, Past President, Ashley Reeder, Community Person of the Year Ralph Schaefer and his wife Kathleen.

Ralph Schaefer is Millstadt Chamber of Commerce "Community Person of The Year"!

On January 19, 2022, at their Annual Dinner, The Millstadt Chamber of Commerce presented the Community Person of the Year award to Mr. Ralph Schaefer.

Ralph served with the Millstadt Jaycees during the 70's and 80's. He also spearheaded the planting of 2,000 Christmas Trees and maintaining them by mowing and pruning the trees. This area is now known as the Millstadt Nature Park. He has consistently been an active volunteer for St. James Parish. Ralph has served on the Millstadt Park District for numerous years and was responsible for planting trees and flowers on Millstadt Village Property. He coached Little League Baseball, Soccer, and managed Millstadt Jaycees Soccer Camps.

Ralph is a regular blood donor at the Millstadt Red Cross Blood drives and an active member of the Millstadt Sister Cities since its inception.

For over 40 years, Ralph has been a proud active member of the Millstadt Fire Department; overseeing its exterior plant management and having prime responsibility for their children's tour and education on fire safety and equipment.

He has been a volunteer helper on every Millstadt Parks Biathlon and recent volunteer for the Friends of the Old Millstadt Water Tower's Half Marathon and 5K Run.

Inclement Winter Weather Policy

Senior Services will post cancellations on local television stations (Channel 2, 4, and 5). A recording will also be listed on Senior Center telephone and postings on Facebook.

Millstadt CCSD #160 Primary Center Kindergarten Registration



Millstadt Primary Center Kindergarten registration is currently underway through February 14, 2022. Please call (618)476-7100 ext. 1021 to receive packet or make pickup/drop off appointment.

Sandra M. Bereitschaft Foundation



The Sandra M. Bereitschaft Foundation was founded in 2014 to honor the memory of Sandra who delivered over 1,000 Meals on Wheels (MOW) to clients.

The only objective of the SMBF is to promote and sustain the Millstadt Senior Center MOWS Program for years to come.

The SMBF welcomes all donations. Thank-you to all our donators and supporters! Donations may be sent to SMBF, Post Office Box 41, Millstadt, IL 62260.

AARP Tax-Aide Program

Wednesdays and Fridays Only; February 2 - April 13; Drop off 8:30am to 9:30 am, by appointment only.

IRS-trained AARP volunteers will complete Federal and State tax returns at no charge for seniors aged 50 and older. This free service will run on **Wednesdays and Fridays only** from February 2– April 13, 2022. The program is intended for the completion of average tax returns that can be completed in 1 hour or less. If you have rental property, or if your return is overly complex, it is advisable to use the services of a paid tax professional.

To enable our volunteers to complete your tax return more easily, please bring the following:

- Last year's Federal and State tax returns - 1099s
- All original documents for 2021 taxes - Social Security Statements
- Social Security in written form - Photo ID
- Town's property tax bills for your house and/or auto

To book an appointment:

Those interested in booking an appointment can call 618-476-3731 or visit the Senior Center during normal business hours.

Jan. Taste of Ott's



Darlene Slovinski and Alan Analla having fun at Ott's!



Earl and Eileen Doerr join friends Janet Mueller and Celeste Krausz for Taste of Ott's.



David and Pat Oelrich enjoying dinner .



Ladies Night Out at Taste of Ott's!

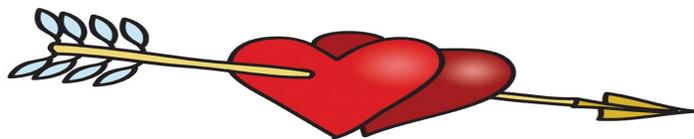


First time attendees Pat Mineer, Larry Lantz, Sandy and John Rutkowski enjoying dinner at Taste of Ott's!

This Is How You Celebrate Your 92nd Birthday At Millstadt Senior Center!



It was a celebration for the books as Frances enjoyed friends and family at her 92nd birthday party. "So happy to see my family all together for me." Frances Dickneite was looking bright and vibrant as she celebrated. Frances enjoys spending time with her family, word searches and a can of Milwaukee's Best in the evening before bedtime.



Thank You

The Senior Center fiscal year closed on September 30, 2021. We served 35,729 meals, and in 2018 we served 20,845. On March 13, 2020 we served 20 meals in our dining room and didn't open it back up again until July 6, 2021. Our dining room was closed for 18 months, but with the help of our dedicated staff and volunteers we did not have to close and were able to provide meals everyday Monday through Friday to our clients.

January 2022

THE OPTIMIST CLUB OF MILLSTADT IS PROUD TO ANNOUNCE WE WILL BE



millStadt OPTIMIST CLUB

AWARDING: **5 \$1,000 SCHOLARSHIPS** THIS YEAR!!!!

- These scholarships will be available to students for education beyond high school for their first year of attendance as a full-time student at an accredited College or Vocational Trade School.
- Applicant must be a graduate of Millstadt Grade School and/or reside within the Millstadt School District.
- Applications are available at the counselor's office at Belleville West School, Althoff Catholic School, Freeburg High School, and Gibault in Waterloo.

Completed applications are due April 1, 2022

Accredited Trade School examples:

- | | |
|----------------------|--------------------------------|
| Art | Fashion/Design |
| Automotive Shop | Forestry-Wildlife Conservation |
| Advertising/Media | Legal Programs |
| Business Programs | Machine Shop |
| Computer/ Internet | Marine Technician |
| Computer/ Internet | Medical Healthcare/Nursing |
| Carpentry /Wood Shop | Photography |
| Culinary | Secretarial |
| Dance,Music,Voice | Veterinary Technician |
| Electrical | |
| Fashion/Design | |
| Forestry-Wildlife | |
| Conservation | |
| Legal Programs | |
| Electrical | |



Saturday, February 12, 2022

11:00 A.M. Till 2 P.M.

MILLSTADT SENIOR CENTER

102 South Jefferson Street, Millstadt, IL

Pork Steaks—Brats
1/4 Chicken—Pulled Pork

Questions call 618-476-3731

NO RIBS! NO PRE-ORDERS!

Sides—Potato Salad—Cole Slaw—Baked Beans—Mac & Cheese
PLATES AND SANDWICHES AVAILABLE

Carry Outs Only ~ Baked Goods Also Available
Proceeds to Benefit Millstadt, Smithton and Freeburg Meals on Wheels

Cleaning Lady Wanted

I have several seniors that are looking for a Cleaning Lady that would come in once a month. If you are interested in this position, please contact Patty Evansco at (618) 476-3731.

Notary Services Are Provided Free At The Senior Center

Tech Time

Drop-In Tech Help

Friday, February 28 10:30 am



Free of Charge

Having trouble navigating your laptop, iPhone, Android, or other device? Come in to get some help from our tech expert Mike Capell.

Thanks To Our Bingo Sponsors For February

We appreciate our January Bingo sponsors.

Tuesday, Feb. 8 - Ott's

Tuesday, Feb. 15 - IGA

Tuesday, Feb. 22 - Hoffen Funeral Home

Friday, Feb. 25 - Garden Place



CONGREGATE DINING

We invite you to enjoy a deliciously prepared lunch.

The suggested donation for the meal is \$5.00, however each person is responsible for determining what he/she can contribute as a suggested contribution. Persons under 60 years of age are required to pay the full cost of the meal (\$11.50). No one will be denied a meal due to lack of donation.



Millstadt Township Senior Services is open:

Monday through Friday
8:00 a.m. – 2:00 p.m.

(Lunch is served at 12:00 Noon)

Transportation is available upon request. To make arrangements please call.



Millstadt Police Department

“To protect and serve” the logo we see on police vehicles as a constant of reminder of their role in the community. On December 19, Sargent Adam Romero responded to a call for assistance from St. Clair County Sheriff’s department at an Imbs Station Road for an occupied house fire.

Arriving ahead of the Millstadt Fire Department and Ambulance Service, Sgt. Romero opened the rear door of the residence and was met with a heavy wall of smoke, per Millstadt Police Chief Alan Hucke.

Sgt. Romero tried to contact the occupant by yelling loudly and announcing his presence. He heard a person yelling from inside the house. The occupant was directed to a window by the officer, however, neither one could force the window open. Sgt. Romero, using his department issued fire extinguisher, broke out the window. By that time, two St. Clair County deputies arrived and helped Sgt. Romero assist the occupant from his burning residence.

Later, the 63-year-old-man said this about his rescue, “He saved my life, and his professionalism and courtesy were outstanding.”

Chief Hucke said Romero’s actions “speak highly of our profession and department.” Well done Sgt. Romero!

Smithton Meals

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

Baby Quilts For Sale



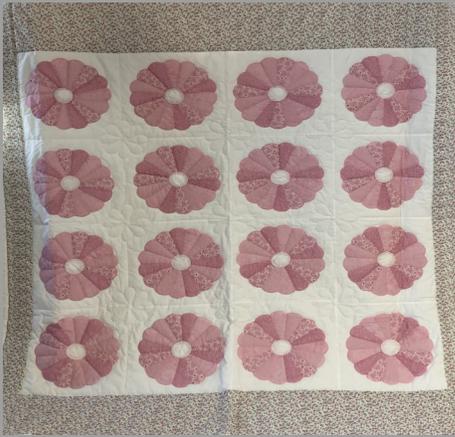
We have beautiful baby quilts (boys and girls) available for sale. Price Range \$35 - \$100
The quilters have been busy during the pandemic making some very cute baby quilts that would make a nice gift for a baby shower. Call or stop by the Sen. Center (618) 476-3731

SAVE THE DATE
Sat., Feb. 19th, 2022
Annual Sandra M. Bereitschaft Foundation Dinner @ Mertz Motors

IMPORTANT NOTICE!!!!
SENIORS (60 or older) - HEATING ASSISTANCE
 HAS BEEN SCHEDULED FOR
WED., FEB. 16th
 BEGINNING AT 9:00 AM
MONTHLY INCOME LEVEL
ONE PERSON - \$2,147.00
TWO PERSONS - \$2,903.00
***MUST HAVE COPIES OF THE BELOW INFORMATION**
 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
(WE CAN MAKE COPIES FOR YOU IF NEEDED)
MILLSTADT TOWNSHIP SENIOR SERVICES
 Make an appointment (618) 476-3731



MILLSTADT TOWNSHIP SENIOR SERVICES



QUILT RAFFLE June 17, 2022

At Senior Center

1st Prize - Handmade Queen Size Quilt

2nd Prize - Porch Swing

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. 23, 2021. The Quilt tops are Handmade and Hand Quilted Queen Sized Pieced Quilts.

FREE ICE CREAM SUNDAE

**MUSIC BINGO WITH PRIZES
RAFFLE DRAWINGS
CELEBRATE "FAT TUESDAY"
TUES., MAR. 1st
12:30-1:30PM
Millstadt Senior Center**

Bag Tournament Results

1/6/2022

1. Ralph Schneider/Norma Burelson
2. Marlene Bruehl/ Lucille Reece
3. Evelyn Weber/Rick Coleman
4. Shirley Rinck/Darleen Sandheinrich

1/13/2022

1. Dorothy Bagsby/Evelyn Weber
2. Darleen Sandheinrich/Lucille Reece
3. Rick Coleman/Ralph Schneider
4. Lil Tracy/Thelma Short
5. Doris Chaput/Norma Bureson

1/20/2022

1. Evelyn Weber/Rick Coleman
2. Kim Oplet/Lil Tracy
3. Doris Chaput/Lucille Reece
4. Ralph Schneider/Dorothy Bagsby

1/27/2022

1. Toni Schneider/Thelma Short
2. Rick Coleman/Barbara Kwentus



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

Special Thanks To

- Concordia Church - Floraville UCC
 - Millstadt Baptist Church
 - St. James Catholic Church
 - St. Michaels Catholic Church
 - Trinity Lutheran Church
 - Zion Evangelical Church
- For Your Continued Support

Expert Repair - Professional Installation

High Efficiency Systems

**Residential
Commercial**

DOW

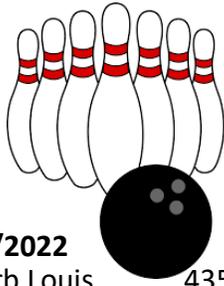
HEATING and AIR CONDITIONING

Millstadt, IL

(618) 476-9604



Wii Bowling



12/29/2021

1. Lil Tracy 464
2. Dorothy Bagby 473
3. Thelma Short 523
4. Norma Burleson 575
5. Janet Pauketat 599
6. Rick Coleman 793

1/19/2022

1. Barb Louis 435
2. Lil Tracy 491
3. Dorothy Bagsby 510
4. Marlene Bruehl 516
5. Janet Pauketat 563
6. Thelma Short 594
7. Rick Coleman 630
8. Norma Burleson 632

1/5/2022

1. Dorothy Bagsby 470
2. Lil Tracy 534
3. Rick Coleman 540
4. Thelma Short 545
5. Norma Burleson 562
6. Janet Pauketat 639
7. Marlene Bruehl 647

1/26/2022

1. Rick Coleman 753
2. Norma Burleson 739
3. Thelma Short 610
4. Marlene Bruehl 578
5. Barb Louis 540
6. Janet Pauketat 538
7. Dorothy Bagby 494
8. Lil Tracy 463

1/12/2022

1. Lil Tracy 464
2. Dorothy Bagby 530
3. Norma Burleson 601
4. Janet Pauketat 612
5. Marlene Bruehl 627
6. Rick Coleman 670
7. Thelma Short 677



QUILT-A-RAMA

St. James Ladies CCW
Millstadt, IL
is sponsoring a
Quilt-A-Rama

Tickets are \$25.00 each.

One Queen Quilt each month in 2022
will be given away. Drawing to be held
the 1st Monday of each month.
Winning ticket is returned to barrel!

For Tickets Contact:
Kathy Gass - CCW Pres./St. James Parish
405 W. Madison
Millstadt, IL 62260
(618) 971-6208



DIVINE NAIL SALON

735 West Washington Street - 87 Millstadt, Illinois
(618) 476-6275

Monday thru Saturday 10:00 am - 7:00 pm
Walk-ins Welcome Closed Sundays

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

15% Off Seniors (60+) Must Have Coupon

Dining Out



New Athens, IL

Thursday, Feb. 24th

4:00 PM

Call Center For Reservations 618-476-3731

Millstadt



HOMETOWN
PROUD

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



MEALS ON WHEELS AMERICA
2021 MEMBER



1. "Conversation Heart" candies have grown popular on Valentine's Day because of the cute messages that are written across them. What company first produced these?
2. How many roses are sent on Valentine's Day each year, approximately?
3. How many heart shaped chocolate candy boxes are purchased on Valentine's Day?
4. The most flowers are sent on what other holiday besides Valentine's Day?
5. True or False: Red roses symbolize friendship.
6. True or False: The most red roses in America are produced in the state of Florida.
7. In what year did Hallmark begin making Valentine cards?
8. What US state produces the most chocolate?
9. This star from "The Brady Bunch" was born on Valentine's Day.
10. True or False: Hershey Kisses now come in mint truffle flavor.

- VALENTINE'S DAY TRIVIA ANSWERS**
1. Necco; 2. About 50 Million; 3. 35 Million; 4. Mother's Day;
 5. False, Yellow Roses; 6. False, California; 7. 1916;
 8. Pennsylvania (Home of Hershey Chocolate Co.);
 9. Florence Henderson; 10. True



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>

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.

MONTHLY EVENTS

FEBRUARY 2022

Read All About It!

Visit us online or on Facebook for more information!

Valentine's Day Bake Sale Fundraiser!

- Order forms due Feb 4
- Find order forms on our website!
- Pick up Feb 12
- Join us all day to make Valentine's Day Cards and for a Raffle!
- All proceeds go to our new Millstadt Library

Race to the Next Chapter Virtual 5K

- March 7 - 25
- Visit our website for more details!

New Building and Annexation Informational Open House

- February 24
- In-Person at 7:00 p.m.

Blind Date with a Book!

- All month long, check out a mystery book!

Knitting & Crochet Night

- Every Tuesday Night
- 5:30 p.m. to 7:30 p.m.
- In-Person & Zoom via Facebook Event

Crafternoons

- Every Tuesday at 4:00 p.m.
- Join us for crafts and activities.
- All children welcome!
- In-Person and Weekly Craft Kits available

Youth Story Time

- EVERY Wednesday at 11:00 a.m. in-person

ComBo: Comic Book Club for Children

- Every First Wednesday, February 2
- In-person, anytime from 4 p.m. to 8 p.m.

Family Movie Program

- Thursday, February 10
- In-person at 5:30 p.m.

G&P: Games and Puzzles Club - ALL AGES

- Every Third Wednesday, February 16
- In-person from 4:00 p.m. to 8:00 p.m.

GraNo: Graphic Novel Club for Teens/Adults

- Every Third Thursday, February 17
- In-person from 6:00 p.m. to 7:00 p.m.

Book Club

- Saturday, February 26
- 10:30 a.m. to 11:30 a.m.
- In-Person & Zoom via Facebook Event
- *Watching You* by Lisa Jewell

115 West Laurel Street

618-476-1887

@MillstadtLibrary on Facebook

www.millstadt-library.org

VALENTINE'S DAY BAKE SALE!
Please have order forms returned by Friday, February 4. All items will be available for pick up Saturday, February 12 from 10:00 a.m. to 2:00 p.m.

JOIN US FOR CARD MAKING AND \$1 RAFFLES!	ALL PROCEEDS WILL HELP BUILD THE NEW LIBRARY!	SATURDAY FEBRUARY 12 10:00 A.M. TO 2:00 P.M.
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Questions? You can ask us by phone: 618-476-1887 or ask us/email your order form to millstlib@gmail.com



IT'S STORY TIME

EVERY WEDNESDAY AT 11:00 A.M.
In-Person!
An interactive read aloud event for Pre-K and Youth!



Please join us at the library for an upcoming Open House to learn about our New Millstadt Library and Annexation Referendum.

FEBRUARY 24 AT 7 P.M. & MARCH 24 AT 7 P.M.

Get your questions answered and learn how you can be a part of this once in a lifetime opportunity!

Tributes And Memorials

Tribute and memorial gifts may be made to Millstadt Township Senior Services by calling (618) 476-3731 or by mailing a check made payable to Millstadt Township Senior Services, 102 South Jefferson Street, Millstadt, IL 62260.

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



www.fnbwaterloo.com

Dates to Remember

- February 2**, Ground Hog's Day
- February 12**, BBQ at Millstadt Senior Center, Carry outs only. 11:00-2:00 pm
- February 14**, Valentine's Day. Wear red!
- February 19**, SMBF Dinner
- March 2**, Ash Wednesday
- March 9**, Blood Drive at St. James. 3:00-8:00 pm

Smithton Library News

The Smithton Library offers Notary Services by appointment only. Please call 618-233-8057 to schedule an appointment.

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 Dec 31. If you do not have a printer at home the Center will be happy to make a copy for you.

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



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



Waterloo | Red Bud | Millstadt | Columbia
Reflections at Garden Place ~ Columbia



www.gpliving.com

618-476-1440

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

2022 Medicare Premiums, Deductibles, and Cost-Sharing Amounts

Part A (Hospital Insurance)	Beneficiary pays:
Hospital Deductible	\$1,556/benefit period
Hospital Copayment	\$0/day for days 1-60
	\$389/day for days 61-90
	\$778/day for days 91-150
Skilled Nursing Facility Copayment	\$194.50/day for days 21-100
Part A Premiums*	\$499/month for those with fewer than 30 quarters of Medicare-covered employment
	\$274/month for those with 30-39 quarters of Medicare-covered employment
Part B (Medical Insurance)	Beneficiary pays:
Annual Deductible	\$233
Part B Premium for those with incomes below \$91,000 if single, \$182,000 if married**	\$170.10/month
	A small % of beneficiaries who are subject to the "hold harmless" provision will pay less, as the increase in their Social Security benefits will not be large enough to cover the increased Part B premium.
Most Part B covered services, including doctors' visits, outpatient therapy, durable medical equipment, and outpatient mental health services	20% of amount Medicare approves

* Most people with Medicare do not pay a monthly premium for Part A because they have (or a spouse has) 40 or more quarters of Medicare-covered employment (meaning they worked at a job where they paid into Medicare).

** See November 21, 2017 [Federal Register](#) for an explanation of the "hold harmless" provision. Also note, Medicare Advantage plans may charge an additional monthly premium. Those with incomes higher than these amounts will pay an Income Related Monthly Adjustment Amount (IRMAA); see [Medicare Costs at a Glance](#). Source: Centers for Medicare & Medicaid Services, [2022 Medicare Parts A & B Premiums and Deductibles](#), November 12, 2021.

This resource was supported in part by grant 90MINC0002-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official ACL policy.

Updated November 2021



Aging Mastery Program® Join the adventure for FREE!



Freeburg Library will be running the Aging Mastery Program®!

The **Aging Mastery Program® (AMP)** encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

The program is FREE, but spaces are limited. Sign up now!

The program runs: **Wednesdays, FEB 2-APR 6 from 10:00AM - 3:00PM**



If interested, please call 314.862.4859 ext 24
Freeburg Area Library District
407 S Belleville St,
Freeburg, IL 62243

DO YOU NEED HELP?

The Millstadt Senior Center is here to provide essential services. If you are a senior in need: Call 618-476-3731.

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



THANKS FOR OUR DONORS

Monetary Donations

- Bob and Barb Louis
- Nancy Kostelac
- Lester and Joyce Waller
- Carol and Linda Speichinger
- Edgar and Sharon Stallmann
- William Cheney
- Pat Vogel
- JC Auto Sales

In Memory of Bertha Rodgers

- Pat Morris
- David and Suzanne Haas (Supplement Lunch Program for those who cannot afford)
- Anonymous Donor
- Brenda Holifield (Donation for Bingo Prizes)
- Roy-El Catering Inc. (from the Roy-El Family)
- Schnucks (Belleville West)
- St Louis Bread Company (Belleville Crossing & Telegraph Road)
- Bob Engelbretson
- Scott & Becky Courtney (stamps)

- Your contributions help support
- Newsletter Printing
- Volunteer gifts
- Seasonal decorations
- Bingo Prizes
- Corn Hole Prizes
- Bowling Prizes
- Quilter Appreciation
- & many other programs here.

Along with your donations, we hope to be able to get back to our regular fund raising pace with events as the Purse and Jewelry Sale, Bunco (twice a year), Golf Ball Drop, Quilt Raffle & BBQ this year.

Free COVID-19 Tests

Free COVID-19 at-home tests are available to be shipped directly to your home. It's a matter of entering your name and address information at COVIDtests.gov. These tests are rapid antigen "at-home" or "self" tests. Four at-home tests will be shipped to each address. The tests can be taken anywhere and results are given within 30 minutes.

Scammers are already out there, so beware. If you get a phone call requesting information to mail tests to you-Hang Up

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.



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

Fresh 'n' Cool A/C Tune-up Service \$10 Off Offer Expires 06/30/22 <ul style="list-style-type: none"> • Inspection of Hoses, Lines, Condenser, Compressor & Vent Temperature Output • Top-Off A/C system • with R-134a/Freon • Install synthetic compressor oil • Install tracer dye • Clean & Deodorize ventilation system 	Four (4) Wheel Alignment \$20 Off Offer Expires 06/30/22 <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><small>*Additional parts & vehicles requiring camber, caster shims extra</small></p>	Fuel System Service \$10 Off Offer Expires 6/30/22 <ul style="list-style-type: none"> • Cleans fuel injectors • Cleans throttle body • Cleans plenum and air intake • Cleans intake valves and ports • Removes combustion chamber deposits • Corrects balance of fuel and air in system
Headlight Restoration Service \$20 Off Offer Expires 06/30/22 <ul style="list-style-type: none"> • Removes scratches & discoloration • Includes new, long-lasting protective layer 	Cooling System Service & Fluid Exchange \$20 Off Offer Expires 06/30/22 <ul style="list-style-type: none"> • Clean contaminants from cooling system • Remove rust, scale & corrosion from cooling system fins • Clean rust from coolant lines • Replenish depleted coolant additives 	Transmission System Service & Fluid Exchange \$20 Off Offer Expires 06/30/22 <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.



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Jeff Prati
Financial Advisor
548 E Washington Suite 1
Millstadt, IL 62260
618-476-7216

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For Each Time It Is Provided

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

BIBLE TALK

THE JOURNEYS BEGIN

Hello. "Grace and peace to you from God our Father and the Lord Jesus Christ." (Paul's greeting to the church of God in Corinth. See 1st Corinthians 1:3).

As we begin Acts 13, there are a few notes I would like to share. About two-thirds of the book of Acts is about Paul, God's emissary to spread the good news of Christ. "The Holy Spirit said, set apart for me Barnabas and Saul for the work which I have called them." (Acts 13:1-3).

You will learn other disciples accompanied Saul on other mission journeys as well, and the journeys were not always easy. In Jesus's own words: "This man is my chosen instrument to carry my name before the Gentiles and their kings and before the people of Israel. I will show him how much he must suffer in my name." (See Acts 9:15-16).

As for Barnabas: He was Joseph, a Levite from Cyprus who the apostles called Barnabas." (See Acts:36).

As you may know from other studies, in Jesus's day, Jews and Gentiles were enemies. Yet, Saul continues his very unpopular mission as instructed. To share the Good News to everyone to the ends of the earth. In God's own words: "I have made you a light for the Gentiles that you may bring salvation to the ends of the earth." (Acts 13:47).

Acts 13:48-52. Gentiles were elated by the Good News, but the Jews were unwilling to share their God with their enemies and exiled Paul and Barnabas from their region. This reaction did not deter the disciples. They were filled with joy and the Holy Spirit. They had more roads to travel and new believers yet to meet.

Note: Did you catch this in verse 9? "Then Saul, who was also called Paul." From this point, Luke will refer to him by the name known to us today, Paul.

NOTE: there are two Antioch's mentioned in the Bible, both in Turkey: Syrian Antioch and Pisidian Antioch mentioned in Acts 13:13-14. Both cities were significant to the early Christian Church. Syrian Antioch is often referred to as The Cradle of Christianity.

Paul authored nearly two-thirds of the New Testament and is considered to have done more to spread the Good News than any person other than Jesus himself. The Good News is for ALL people on earth. We are loved and forgiven our sins IF WE BELIEVE. John 3:16-17.

Thank you for studying with me today. There is so much more to come! Blessings and peace to all.

Pat Morris

Bible Study At Senior Center

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

Mondays @ 10 AM



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Senior Center Menu & Senior Talk On Line

Township Website: millstadttownship.org.
Click on Senior Svcs (located on the left-hand side of the page).

Listing of Senior Center Items will appear.

Click on the item you would like to view.

Village of Millstadt Website: villageofmillstadt.org.

Double click on

"Find it Fast" (located on the right-hand side of the page).

Click on "S" or scroll down to "S"

and click on the Senior Center Item you would like to view.

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

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Thursday	Small Margaritas \$3.50 27 oz. Margaritas \$6.00	
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Old Millstadt Water Tower

Restoration Slated for 2022

After almost nine years since the organization was formed, the Friends of the Old Millstadt Water Tower has signed a contract for the exterior painting of the Old Millstadt Water Tower. The Millstadt Village Board passed a resolution of support of the project at the December 13, 2021 meeting.

Work on the project will begin sometime in 2022. In keeping with the original colors for the Tower, the exterior will be painted silver/grey with the Millstadt logo in black. Sometime later, the interior of the tank will need to be sandblasted and painted.



Maguire Iron, one of the top elevated tower painting companies in the country, located in Sioux Falls, SD, will be doing the work. They offered terms of 50 percent at time of completion, with the balance due twelve months later. Darin Clarke, the Maguire representative, visited the Tower in July, and has been helping finalize details of the contract. "He has been very helpful to our organization. We've learned a lot about the restoration process," stated Betty Keller Timmer, president of the Friends.

COVID-19 has slowed the Friends' fund raising efforts. They were able to sponsor the Tin Man Half Marathon/5K race in May of 2021, and the Rally Around the Tower Car Show four months later in September. Indoor activities were put on hold. The Friends are currently planning their annual bowling fundraiser for January 29 at Bel-Air Bowl in Belleville, followed by the annual trivia night/silent auction scheduled for March 19 at the St. James Parish Center in Millstadt. The Half Marathon/5K race will be held on May 22.

The Friends received several generous donations, including a Preservation Heritage Fund Grant from Landmarks Illinois (\$5,000) in January 2021, and a matching donation from the Millstadt Historical Society in March. Individuals also donated more than \$59,000 in 2021.

In October, the St. Clair County Historical Society presented a 2021 Historic Site Award to the Tower, which will be displayed after the restoration is completed.

The Friends of the Old Millstadt Water Tower is a 501 (C) 3 charity. Donations may be made by sending checks, payable to Friends of the Old Millstadt Water Tower and mailing to P. O. Box 335, Millstadt, IL 62260. Online donations may be made by visiting the Friends' website, www.millstadtwatertower.org, and going to the "Support Shop" tab, then choose the "Give a Generous Gift" tab, and finally the "Donate" icon.

"We've come a long way in reaching our goal, which now is \$280,000 for the exterior. We are currently at \$257,000. We will need at least another \$50,000 to finish the interior, but we have a little time to get there. We appreciate everyone's support and look forward to finishing the job and keeping the Tin Man on the Millstadt horizon for many more years," concluded Keller Timmer.

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
- Malissa Weber, FNP-C 476-3373
- Millstadt Pharmacy 476-1701
- Millstadt Village Hall 476-1514
- Millstadt VFW 476-1180
- Mertz Motors (618) 476-3051
- St. James Catholic Church 476-3513
- Trinity Lutheran Church 476-3101
- Zion Evangelical Church 476-1778
- Dr. Steve Knoernchild 476-3344
- Concordia UCC 476-3377
- St. Paul Church, Floraville 473-2285
- Dr. Kevin Schmidt 476-3261
- St Michaels Church – Paderborn 473-2798
- First National Bank of Waterloo 476-3334
- Caseys 476-7360
- Associated Bank 476-3040
- Michelle's Family Haircut
- Millstadt Garden Place 476-1404
- Millstadt Baptist Church
- Lee's Home Center 476-1760
- Bonnie's Beauty Shop
- Training Room
- Handy Feed
- Country Financial
- Schuberts
- Divine Nail Salon
- Bliss Floral
- Hoffen Funeral Home
- Smithton Village Hall
- Smithton Library
- Freeburg Township
- Freeburg Pharmacy
- Freeburg Library
- Country Mart—Freeburg 539-3163
- Villas of Holly Brook, Belleville, IL

Thank You For Providing This Service To Our Community

Notary Services Are Provided Free At The Senior Center

Senior Talk

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Name: _____

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102 South Jefferson Street, Millstadt, IL 62260

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

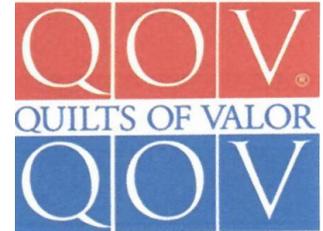
Millstadt Red Cross Blood Drive Schedule



Mar. 9, 2022
 May 4, 2022
 July 6, 2022

3:00 pm – 8:00 pm St. James
 3:00 pm – 8:00 pm St. James
 3:00 pm – 8:00 pm St. James

Quilts of Valor



Each month, Millstadt Township Senior Services will nominate and hold presentation ceremonies for service members and veterans who have been

touched by war. They are presented a comforting and healing Quilt of Valor. This quilt is given regardless of the conflict, declared war or otherwise in which they served. These Quilts of Valor are lifetime awards, stitched with love, prayers, and healing thoughts.

These quilts are awarded by the "Stars of Honor/Illinois" chapter and sponsored by Warm N Cozy Quilt Shop in Columbia, Illinois.

Each quilt cost \$250 to complete. Your tax-deductible gift buys fabric for quilt tops, backing, and pays for batting and shipping. Contributions of any amount are appreciated. You can drop off your donations at Warm N Cozy Quilt Shop in Columbia, go to the Quilt of Valor website at QOVF.org and list Stars of Honor/Illinois to keep your donation local, or mail directly to Dona Rector, Stars of Honor Group Leader at 5937 Saxtown Road, Millstadt Illinois 62260. If you have any questions, you may contact her at (618) 960-4778. You are also welcomed to become a member of the Group. Members group sew, quilt, bind and present Quilts of Valor. Membership is \$10 a year and \$5 for an optional QOV pin. The local group is called Stars of Valor. To join visit the Quilts of Valor Foundation at QOVF.org or contact Dona Rector at the above number.

Anyone can nominate a service member by visiting the Quilts of Valor website at QOVF.org. The person nominated will be added to the QOV database and assigned to the appropriate group governing that area.

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

Feb. Birthdays

- | | |
|----------------------|------------------------|
| 1 Minnie Blackburn | 14 Rose Rivet |
| 1 Janet Hollinberger | 14 Kathryn Skorich |
| 1 Lois Todd | 15 James Kostelac |
| 2 Susan Hodgson | 15 Vianne McDaniel |
| 3 William Ditch | 15 Carol Neff |
| 4 Barbara Burch | 16 Judy Butzinger |
| 4 Mary Lou Peter | 16 Kenneth Schaefer |
| 5 William Bowen | 17 Marvin Skaer |
| 5 Robert Miller | 18 Jeffrey Analla |
| 6 Elizabeth Tucker | 18 Aline Schloemann |
| 7 Theresa Christie | 19 Eileen Brovan |
| 7 Thelma Short | 19 Lauren Hollinberger |
| 8 Constance Schaefer | 20 Marcella Klein |
| 8 Connie Thompson | 20 Wanda Mueller |
| 9 Mark Bauer | 22 Bernie Schilling |
| 9 Loretta Bearden | 23 Mary Muskopf |
| 9 Helen Mueller | 24 Carol Kinzinger |
| 9 Rita Orlet | 24 Frances Wagner |
| 10 Sharon Stallman | 25 Linda Bacon |
| 11 Marlene Bruehl | 26 Shirley Baltz |
| 11 Galen Derosse | 27 John Penn |
| 12 Sally Neff | 28 Jim Bay |
| 12 Joan Oller | 28 Ruth Rieso |
| 12 Karen Rhoda | 29 Rick Cummins |
| 12 David Smith | 29 Lucille Reece |

During The Month of Jan.

Our Volunteers Donated **654** Hours To
The Millstadt Senior Center
 If Paid at Minimum Wage, the
 Dollar Value Would be **\$7,848**
THANK YOU VERY MUCH

This Program Would Not Be Possible Without Each Of You!
 For Your Dedication, In The Spirit Of Giving
 Please Remember To Report Your Volunteer Hours
 Would you like to join our group of Volunteers?
Please Stop By The Center To Sign Up
Or See Patty In The Office

Volunteers!

Office (45 hours)

Doris Chaput
Jean Colbert
Maryanne Conrad
Kathy Schaefer
Karen Witte

Drivers (10 hours)

Dave Albers
Jamie Bereitschaft
Marsha Davis
Sandy Dressler
Marlou Eckert
Patty Evansco
Michelle Huckle
Beth Kwentus
Charlie Todd

Smithton (8 hours)

Pam Andrews
Jerry Cosby
Julie Cosby
Sharon Patterson

Newsletter (43 hours)

Gary Diedrich
Kathy Diedrich
Marlou Eckert
Don Mueller
Pat Morris
Kathy Schaefer

Meals on Wheels (188 hours)

Dave Albers
Aaron Arras
John Baltz
Cindy Bertelsman
Jackie Brenner
Paula Burch
Randy Burk
Cindi Clements
Becky Courtney
Scott Courtney
Cindy Czech
Marsha Davis
Marlou Eckert
Donna Gaulrapp
Joyce Herman
Elle Heiligenstein
Donna Huckle
Gary Huwer
Barnie Jorns
Don Kessler
Tracy Kessler
Nancy Kostelac
Jerry Koudelka
Millie Koudelka
Beth Kwentus
Rich Kwentus
Leon Lang
Bob Louis
Fern Lundsford
Jackie McKay
Chris Michael
John Morton

Ruth Morton
Dave Muskopf
Sandy Muskopf
Cheryl Mueth
Vicki Pellmann
Jessie Pettijohn
Marylou Peter
Cheryl Pierpoint
Richard Rist
Susan Sager
Marianne Schaefer
Mona Scheibel
Faye Schilling
Carol Siebert
Charlie Todd
Marsha Twellman
Karen Witte

Kitchen (334 hours)

Aaron Arras
John Baltz
Colleen Costello
Cindy Czech
Frances Dickneite
Marlou Eckert
Brenda Holifield
Carol Holthaus
Donna Huckle
Ed Luecking
Chris Michael
Marsha Nelson
Kim Oplet
Marylou Peter
Michelle Rist
Richard Rist
Carol Siebert
Madonna Stapf
Carol Terveer
Fran Wagner
Mike Walter
Molly Belosi
Sawyer Belosi
Tess Belosi
Caiden Capell
Lainey Capell
Lily Capell
Mylee Davis
Claire Emig
Quinn Grommet
Shelby Scharf
Jack Simpson
Loren Steele
Brady Todd

Quilting (26 hours)

Doris Adams
Teresa Barbier
Joann Clemens
Judy Jacobs
Beth Kwentus
Faye LaBrier
Lois Potter
Judy Sutter

VILLAGE OF MILLSTADT

DECEMBER 13, 2021

The meeting was called to order by Mike Todd, with the following trustees answering to roll call: Randy Burk, Mike Capell, Ray Famula, and Dustin Trankle. Trustees Mike French and Mark Todd were absent. The Pledge of Allegiance was recited. A motion was made by Ray Famula to approve the November 22nd minutes. Mike Capell seconded the motion. The motion carried unanimously.

COMMITTEE ON ACCOUNTS: Mike Capell stated he reviewed the bills. Mike Capell made a motion to pay the bills. Ray Famula seconded the motion. The motion carried unanimously.

PERSONNEL: Mayor Todd stated he received a letter stating contract negotiations with the Fraternal Order of Police will begin in the spring.

PUBLIC WORKS: SEWER: Dustin Trankle stated there was new software installed at the sewer plant and they are working through some glitches, but it is going well.

STREETS, ALLEYS AND SIDEWALKS: Randy Burk stated the streetscape project is waiting for the handrails for the entrances to some of the buildings. Mayor Todd asked how long before they are in. Scott Baltz answered ten weeks. Scott added he did a walk-through of the project and only minor adjustments were needed. Mayor Todd stated they are still working on applying for the DCEO grant. If awarded, the streetscape project could continue one block to the east and one block to the west. If the Village does not receive the DCEO grant, the ITEP grant will be applied for and, if awarded, will continue the streetscape project for two blocks to the west.

PUBLIC BUILDINGS, MAINTENANCE, AND EQUIPMENT: Mayor Todd stated the bids were in for the three vehicles the Village no longer needs. The Ford Crown Victoria was awarded to Bill McDaniel for \$4,300; the Dodge Durango was awarded to JC Auto Sales for \$820; the Chrysler 300 was awarded to Michael Harter for \$678. Adam Romero will be coordinating pick-up with high bidders.

ORDINANCES AND RESOLUTIONS: Mayor Todd stated Resolution 21-11 is for the Friends of the Old Water Tower Contract. Randy Burk made a motion to approve Resolution 21-11 and allow the Friends of the Old Water Tower to move forward with the contract. Dustin Trankle seconded the motion. The motion carried unanimously.

Mayor Todd stated Ordinance 1247 is for hearing SU-54 Schlegel/Gasser. It is for a mixed use in a B1 district at 218 West Madison Street. The Zoning Board recommended approval. Mike Capell made a motion to approve Ordinance 1247. Randy Burk seconded the motion. The motion carried unanimously.

Mayor Todd stated Ordinance 1248 is for hearing V-189 Schlegel/Gasser. It is for a variance for parking requirements at 218 West Madison Street. The Zoning Board recommended approval. Mike Capell made a motion to approve Ordinance 1248. Ray Famula seconded the motion. The motion carried unanimously.

Mayor Todd stated Resolution 21-12 is to apply for the DCEO grant. Randy Burk and Tracy Holmes have been working on getting all the information needed for the application. Mike Capell made a motion to approve Resolution 21-12. Ray Famula seconded the motion. The motion carried unanimously. Randy reminded the trustees that everyone needed to sign the Resolution.

PARKS, POOL AND RECREATION: Mayor Todd stated the trustees all received the swimming pool report. The pool lost \$12,239.18 which is better than the past year and heading in the right direction. It is a service the Village provides to the community. Hopefully, next year will be better; it was doing well until Covid-19 and will hopefully continue to get better. Mayor Todd stated he is working on getting new lounge chairs and may have another public entity that may donate for extra chairs. There is a leak on one of the water meters that needs to be fixed before the pool opens; the meter keeps defaulting. Hopefully, the sales company will replace it.

Mayor Todd stated DMS submitted pay estimate #1 for work at Tuffy Mueth Field. The work seems to be going well. The fence posts have been laid out and irrigation is being put in. The light poles will be the last thing to go in and the dozers have moved to Field 1 to push dirt. Mike Capell made a motion to approve the DMS pay estimate of \$81,472.50. Ray Famula seconded the motion. The motion carried unanimously.

CEMETERY: Scott Baltz stated he has not had any updates on the new sign.

COMMUNITY CENTER: Ray Famula stated the Senior Center Christmas party will be on Thursday, December 23rd at 10am. Brunch will be served, and the Zion Kitchen Band will perform. Ray stated the elevator has been having issues with the electric board since the last power outage. Tracy Holmes stated she will talk with Patty Evansco because that could be an insurance claim.

TIF: Mayor Todd stated there would be a Joint Review Board Zoom meeting on Tuesday, December 14th. The Village Office has the information for anyone wanting to attend that meeting.

PUBLIC SAFETY: Emergency Service and Disaster Agency – Scott Baltz stated it sounded like the sirens were working properly when they were tested the previous Tuesday.

OLD BUSINESS: Mayor Todd stated the Field 3 score board has been installed. Mayor Todd stated the Lighted Parade as well as the Weihnachtsfest were very successful.

NEW BUSINESS: Mayor Todd stated the CDBG grant is coming up. Applications are due March 11, 2022. The Village usually uses it for sidewalk and curb on one block. If awarded, this one may be used for a block of East Laurel Street.

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

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AVOID ISOLATION THIS WINTER

KEEP THE SEASON BRIGHT WITH THESE 3 TIPS FROM THE NATIONAL INSTITUTE ON AGING



TIP 1. STAY SOCIAL

"Schedule time each day to stay in touch with family, friends, and neighbors in person, by email, social media, voice call, or text. Talk with people you trust and share your feelings."

TIP 2. STAY CONNECTED

"Use communication technologies such as video chat, smart speakers, or even companion robots to help keep you engaged and connected. If you're not tech-savvy, sign up for an online or in-person class at your local public library or community center to help you learn."

TIP 3. STAY MOVING

"Stay physically active and include group exercise, such as joining a walking club or working out with a friend. Adults should aim for at least 150 minutes (2 1/2 hours) of activity a week that makes you breathe hard."



YOU ARE NOT ALONE. IF YOU WOULD LIKE MORE INFORMATION, EDUCATION, OR WOULD LIKE TO DISCUSS SUPPORT, PLEASE CALL: (618) 282-5950

Rummy Club Jan. 2022 224 Games



- Frances Dickneite
- Loren Steele
- Brenda Holifield
- Rick Coleman

- 92
- 56
- 46
- 32

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MILLSTADT SENIOR Wii BOWLING WEDNESDAYS

9:00 A.M.

Do Not Need a Partner to Join
Can't Bowl? We will show you how to bowl with Wii
Bowling and get a free lunch your first time.
Come in and Bowl and Stay for a Great Lunch.
Looking Forward to Meeting You

Gentle Chair Yoga Every Mon. & Fri.

Mon. @ 10:00 am & Fri. @ 9:30 am @
Senior Center. Instructor: Joyce Herrmann
Yoga can be a great way to exercise the
aging body. In this gentle yoga class, students use a
chair & Joyce helps to modify positions for comfort &
concerns. Please call 618-476-3731 to first-time
register! No Charge!



TRANSPORTATION NOTICE

Due to the increased usage of the Senior Transportation Service and drive time, we will be doing Doctor appointments as follows:

- *Belleville Doctors will be done on Mondays and Wednesdays from 8:00 am to 11:00 am
- *Shiloh/O'Fallon Doctors will be done on Tuesdays and Thursdays from 8:00 am to 10:30 am.

Please schedule future appointments accordingly

Oasis, in Partnership with AgeSmart, Presents

FREE Virtual Health Classes

To register, please call Oasis at 314.862.4859 ext. 24 or visit stloasis.org

VIRTUAL CLASSES	LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS
<p>Thursdays JAN 13 - FEB 24 9:30AM - 12:00PM</p> <p>Tuesdays FEB 15 - MAR 29 9:30AM - 12:00PM</p> <p>Wednesdays MAR 9 - APR 20 1:00PM - 3:30PM</p>	<p>This interactive workshop is designed to empower adults living with chronic conditions. Participants will discover strategies to improve their quality of life while managing the symptoms of their conditions. Free informational book and CD. Workshop is 6, 2.5-hour sessions. The goals of this program include:</p> <ul style="list-style-type: none"> — Learning to problem-solve and set health-related goals — Understanding important foods to incorporate in your diet — Starting or maintaining an exercise program — Creating a personal self-management program
VIRTUAL CLASSES	TAI CHI FOR ARTHRITIS FOR FALL PREVENTION
<p>Mon & Wed JAN 10 - FEB 16 10:00AM - 11:00AM</p> <p>Tue & Thu JAN 25 - MAR 3 9:30AM - 10:30AM</p> <p>Mon & Wed FEB 23 - MAR 23 10:00AM - 11:00AM</p> <p>Tue & Thu MAR 15 - APR 21 9:30AM - 10:30AM</p>	<p>This exercise program can help lower risk for falling. The program incorporates a series of gentle, pain-free movements and is evidenced based; it has been proven by medical studies to improve the health of older adult participants. 1-hour sessions. Use code: "AgeSmart21" to get the class free! The goals of this program include:</p> <ul style="list-style-type: none"> — Improving balance, strength, flexibility, and stamina — Improving relaxation, vitality, posture, and immunity — Increasing functional fitness — Creating a sense of achievement
VIRTUAL CLASSES	AGING MASTERY PROGRAM® (AMP)
<p>Thursdays JAN 13 - MAR 24 1:00PM - 3:00PM</p>	<p>This interactive program encourages aging mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. Guest speakers will discuss different topics. Workshop is 10, 2-hour sessions. The goals of this program include:</p> <ul style="list-style-type: none"> — Make/maintain changes in health behaviors, financial well-being, and enrichment in later life — Incentives for taking steps that improve your well-being — Meet new friends, provide support and encouragement to peers
VIRTUAL CLASSES	MATTER OF BALANCE
<p>Wednesday JAN 19 - MAR 16 10:00AM - 12:00PM</p> <p>Tue&Thurs MAR 22 - APR 19 1:00PM - 3:00PM</p>	<p>This interactive workshop is designed to help individuals address the fear of falling. Participants increase activity levels through a short exercise component, discuss risk factors, and learn strategies to keep them on their feet. Free participants workbook. Workshop is 8, 2-hour sessions. The goals of this program include:</p> <ul style="list-style-type: none"> — Taking steps to reduce your fear of falling — Developing new friendships and communication skills — Discussing fall-reduction strategies — Increasing your strength and balance



- Forever Postage Stamps
- 7 inch dessert plates
- 10 inch paper plates
- Ziploc Bags (Quart/Gallon)
- Fold Top Sandwich Bags
- Latex Gloves Medium, Large & XL
- Boxes of Kleenex
- Paper Towels
- Lysol Spray
- Clorox Spray
- Bingo Prizes

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Brad Glaeser
Owner
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618-476-1135 Home
Millstadt, IL 62260
"No Job Is Too Small"
bglaeser@hotmail.com

FISH FRY FRIDAYS
4pm—8pm
Millstadt VFW Post 7980
200 Veterans Drive
618-476-1180 - Take Out or Call Ahead

Saturday, March 12th

TRIVIA NIGHT



Father Freund Parish Center
423 West Madison
Millstadt, IL



Silent
Auction

Doors open 6:30 p.m.
 Play starts at 7:00 p.m.
 \$15 per person (includes 10 mulligans)
 6 - 8 people per table
 Bring your own snacks & beverages
 soda available for purchase
 (popcorn provided)



For reservations or information
 contact:

Stacy Woehlke

Call/text 618-719-5512

E-mail: trivia@zionmillstadt.com



Proceeds benefit
 Zion Evangelical
 Church



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



John Adams
Pamela Fix
Larry Garland
Shirley Gebhardt
Shirley Glass
John Hatzl
Dawn Weber

Township Supervisor

Travis Jones

Village Mayor

Michael Todd

Director

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Marlou Eckert

Don Mueller

Mary Heberer

Jerry Schmitz

Judy Jacobs

millstadt

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, Breadeoux Pizza & Schuberts From Millstadt
"The Center is a Great Place to Enjoy Yourself Through Fellowship & Celebrations With 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.

Dawn Weber

Dawn Elizabeth Weber, nee Adkins, 65, of Smithton, IL, born February 17, 1956, in East St. Louis, IL, died Saturday, January 22, 2022, at her home.

Dawn grew up in Belleville, attending Signal Hill Grade School and Belleville West High School. Since 1975 she considered Smithton to be her Hometown.

She devoted herself to raising her two sons, and she became very active in their early and ongoing education, serving as room mother for years at the grade school. After being elected to serve on the Smithton District 130 Board of Education, she worked to improve education for the entire Smithton community, and she contributed significantly to the negotiations of the initial collective bargaining agreement and subsequent contract renewal for the local educators that recognized the teachers' union.

After several years spent working part time at Weber's Service, Dawn was employed by the Touring Cyclist, eventually working as the manager of the Fairview Heights store. While managing the bike shop, Dawn organized and directed the Annual Fairview Heights Biathlon for ten years.

Health and fitness were always important to Dawn, and she regularly rode her bicycle hundreds of miles each week on the roads around Smithton as her favorite training exercise. She participated in biathlons for years, often placing quite high in the results of the cycling portion. She chose to become a vegetarian early in life, remaining "meat free since '83".

Dawn was elected to and served a term as a Trustee on the Smithton Village Board, after which she was instrumental in the formation of the Smithton Public Library, serving on the three-member Steering Committee that worked to organize and pass the referendum that established the Smithton Public Library District. She worked for years as a library volunteer on Monday nights.

After 19 years at the bike shop, Dawn sought employment closer to home. She worked for nine years at the challenging job that she most loved as the church secretary for St. John the Baptist Catholic Parish in Smithton, until serious health issues forced her into retirement.

Dawn was preceded in death by a son, William Joshua "Josh" Weber in 1995; her parents, Ray and Carolyn, nee Palmer, Adkins; two brothers, Kim Adkins and Jay Adkins; her father-in-law and mother-in-law, William and Mary, nee Quirin, Weber; and her sister-in-law, Cathy Weber Rickard.

Surviving her are her husband William F. Weber, whom she married on June 28, 1975; a son, Jacob (Stephanie) Weber; two granddaughters, Sofia Weber and Eva Weber; a brother, Lee (Carmi) Adkins; and many nieces and nephews.

In lieu of flowers, memorials may be made to St. John the Baptist Catholic Church, Smithton, IL. Arrangements were handled by Renner Funeral Home.



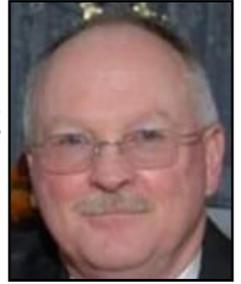
Larry Garland

Larry G. Garland, 71 years old of Millstadt, IL, passed away on Friday, January 21, 2022 at Freeburg Care Center, Freeburg, IL. He was born August 12, 1950, in Lepanto, AR. Larry retired from Kerry Ingredients in Millstadt, IL. Larry enjoyed golfing and playing pool.

Surviving are his wife, whom he married May 25, 1974 in Floraville, IL, Susan Ann Garland, nee Etling of Millstadt, IL, his daughter, Sarah E. (Joshua) D'Atri of Millstadt, IL, his grandchildren, Olivia and Emma, his sisters, Mary Arnt of Phoenix, AZ., & Cheryl Gordon of Cedar Hill, MO, his brothers, Allen Garland of Smithton, IL., and Bruce W. Garland of Bloomsdale, MO, along with other relatives and friends.

He was preceded in death by his parents, Cecil E. & Emma, nee Barber, Garland, his son, Joshua D. Garland, his brothers, Cecil E. Garland, Cecil L. Garland & Joseph Garland and his sisters, Eva M. Persh & Dorothy F. Clement, his brother, Glen Garland.

In lieu of customary remembrances, the family requests with gratitude that memorial contributions be directed to The National Multiple Sclerosis Society, 1867 Lackland Hill Parkway, St. Louis, MO. 63146. Arrangements were handled by Leesman Funeral Home in Millstadt, IL.



Pamela Fix

Pamela Fix, 69 years, of Smithton, IL, passed away on January 4, 2022 in Lebanon, IL. She was born October 27, 1952, in Cahokia, IL to Edmund Jr. and Margaret (Hindrichs) Rybacki.

Surviving her is her Husband, Elmer Fix of Smithton, IL, cousins; Russy Haas Jr., and Jenny Lee (Virginia) Novack, brothers and sisters-in law; Herman Fix, Lawrence (Tammy) Fix, Albert (Barbara) Fix, Leroy (Lori) Fix, sister-in-laws; Angela (Mark) Voss, and Virginia (Martin) Weidenbenner, along with other relatives and friends.

She was preceded in death by her parents. In lieu of customary remembrances, the family requests with gratitude that memorial contributions be directed to the St. Michael's Church in Paderborn, IL. Arrangements were handled by Leesman Funeral Home.



All Kitchen Volunteers Are Required To Complete The State Food Safety Food Safety Training

State Food Safety is providing free training for all Senior Center volunteers. This Disaster Relief Food Safety Training is **required** for all food handler volunteers. Please visit

<https://www.statefoodsafety.com/CustomPortal/DisasterRelief#/> to complete the course and print out the certificate. If you are unable to do online by yourself, please let me know and we will set up a group time for all to do together. Thank you for all you do for the Senior Center. This training is very informative as well as interesting.



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Shirley Glass

Shirley Ann Glass, nee McClure, 79, of Millstadt, IL, died January 16, 2022, in Mascoutah, IL. She was born December 15, 1942, in Mound, AR.

She is survived by her children Helen (Dave) Siebenberger and Michele (Jeff) Griffin; grandchildren Jennifer (Josh) Schmitz, Jessica (Alex) Schmidt, Stephanie (Todd) Rick, Jaclyn Griffin (Reginald Williams), Hanna Griffin, and Madison Griffin; great grandchildren Bailey and Simon Rick, Elliot and Blayne Schmitz, and Harland Williams; brother Bob (Kathy) McClure; nieces; nephews; and cousins.

She was preceded in death by her husband Robert A. Glass; son-in-law Floyd H. Poelker; parents Herman O. & Annie V. (nee Jackson) McClure; brother Billy W. McClure; and sister-in-law Carol Sue Reeder.

Her faith was revealed in her daily life, helping others in her business dealings. Shirley was born into a long life of service to others. Her father was her mentor and his description of her was a "Go-Getter". Family was very important to Shirley all her life and she was blessed with 2 daughters, 6 granddaughters, 3 great granddaughters, and 2 great grandsons. Shirley never missed an opportunity to help, guide, and love each one of them.

Shirley enjoyed living at The Legacy and The Cambridge House Assisted Living and really enjoyed all the activities, events, musical sessions, numerous holiday events, and trips. All the staff and residents were very special to her. Shirley never met a stranger she didn't love.

As an expression of sympathy the family prefers memorial contributions to: Zion Evangelical Church in Millstadt, IL. Arrangements were handled by Quernheim Funeral Home in Waterloo, IL.



Shirley Gebhardt

Shirley Rose Lisch Gebhardt, nee Conrath, 92, of Belleville, IL, born January 30, 1929, in Belleville, IL, passed away Sunday, January 2, 2022, surrounded by her loving family, at Cedar Ridge Health and Rehab Center, Lebanon, IL.

Shirley was a devout Catholic and was totally dedicated to her family. After raising her own nine children, she cared for many other children in the community. She worked as a housekeeper at St. Elizabeth's Hospital, Belleville, IL, for nearly 20 years. Shirley loved to sing and traveled far and wide with her loving husband, Hans. For many years, Saturdays were reserved for "Conrath Sibling Saturday." They attended mass then shared a meal and a fun activity during these gatherings.

She was preceded in death by her parents, John G. and Helen A., nee Rudolph, Conrath; two grandsons, Kyle Biegler and Benjamin Biegler; two sisters, Connie (Leo) Wagner and Ruth A. Conrath; two brothers, Willard J. (Ann) Conrath and John H. Conrath; and the father of her nine children, Russell A. Lisch.

Surviving are her husband of 16 years, Hans T. Gebhardt Jr., whom she married on October 13, 2005; nine children, Gary A. Lisch, Nancy A. (John) Biegler-Theismann, Russell J. (Catherine) Lisch, Janet C. Switzer, Connie L. (Jim) Barenkamp, Patricia K. (William) Weier, Jody E. (Tony) Rask, Kathy M. Hunter, and Robert M. (Tracey) Lisch; 18 grandchildren; 17 great-grandchildren; two step-children, Heidi Gebhardt and Ted (Erin) Gebhardt; four step-grandchildren; a sister-in-law, Mary Beth Conrath; many nieces and nephews; her lifelong friend, Judy (Vince) Bemowski; and a special friend, Tanya Richter and family. The family would like to thank the loving caregivers of Family Hospice, the staff at Cedar Ridge Health and Rehab Center, especially the Activities Department, and Msgr. William McGhee.

Memorials may be made to the Poor Clare Monastery, St. Augustine of Canterbury Catholic Church, or Family Hospice.

Arrangements were handled by Renner Funeral Home, Belleville, IL.



John Adams

John Gerald Adams, 87, of Millstadt, Illinois, passed away Sunday, January 2nd, 2022. He was born in East St. Louis, Illinois on April 13th, 1934 to George M. and Cleo G. (Brown) Adams.

He is preceded in death by an infant son John Jr., his parents, in-laws Vincent and Margaret Jarosik, siblings and their spouses Edward Adams, Mary (James) Geiger, Margaret (Robert) Schnittger, siblings-in-law and their spouses Ed Connor, Bobbie (Jack) Belz and Sonny (Elaine) Jarosik.

John is survived by his wife of 62 years, Mary (Jarosik) Adams of Millstadt, Illinois; children, Theresa (David Sr.) Baker of Smithton, Illinois, Karen (Doug) Clary of Smithton, Illinois, Kenny (Michelle) Adams of Fayetteville, Georgia; grandchildren David (Vicki) Baker Jr., Theresa (Drew) Dossett, George (Christa) Adams and Jeanna (Jackson) Williamson; great-grandchildren Avery and Ryan Baker, Della Dossett, Lotti Adams and Forrest Williamson; brother, Robert (Barbara) Adams; sister-in-law Frances Connor and many nieces, nephews and friends.

John served in the United States Army then upon discharge, worked in the telephone industry for over 30 years at Western Electric (AT&T) in St. Louis, Missouri

He was a member of St. James Catholic Church in Millstadt. He enjoyed spending time his family, wood working and his St. Louis Cardinals.

Memorials may be made in John's memory to St. James Catholic Church, 405 W Madison St, Millstadt, Illinois 62260



John Hatzl

John Joseph Hatzl, 48, of St. Louis, MO, passed away on Wednesday, January 5, 2022 in St. Louis, MO. He was born on March 29, 1973 in Belleville, IL to Robert and Sharlene (Kuenne) Hatzl. They survive him and reside in Millstadt, IL.

John is also survived by his siblings, Jean (David) Neumeyer of Belleville, IL, Robert C. (Lori) Hatzl of Palm Coast, FL, Donna (Mark) Davinroy Belleville, IL, and Michael Hatzl of Hamel, IL; and his nieces and nephews, Christopher (Tabitha) Hornbustel, Benjamin Neumeyer, Jamison Hatzl, Cory (Katrina) Hatzl, Erynn Hatzl, Joshua (Kalysa) Davinroy and Maria Davinroy.

John was a graduate of Althoff Catholic High School in Belleville, IL and he also attended Southern Illinois University in Edwardsville. In years past, he worked for Gateway Industrial Power as a service manager. He was currently employed with Estes Trucking Company in St. Louis.

He was talented soccer player and played throughout his life, on multiple teams and leagues. He was also an avid outdoorsman, enjoying fishing and biking. John was a friend to many and will be truly missed by all who knew and loved him.

Memorial donations may be made to St. Patrick Center, a non-profit organization to help combat homelessness in the St. Louis area.

Arrangements were handled by Lake View Funeral Home, Fairview Heights, IL.

