



**Dr. John Sigle**  
Foot & Ankle Center of Illinois/  
Illinois Laser Center

# Foot & Ankle Center of Illinois Expresses Gratitude to Decatur!

**Article by:**  
**John M. Sigle, DPM, FACFAS**

I am both deeply grateful and thrilled to share some wonderful news with you. Thanks to the votes and incredible support from patients like you, the Foot & Ankle Center of Illinois has been honored with the "Readers' Choice Awards" for Best Podiatry Practice for the second year in a row; and I am humbled to have received the Best Podiatrist award.

To be recognized like this in such a meaningful way by the community we serve is truly the best kind of affirmation we could ever ask for. We have been serving the Decatur area for over ten years. All of our physicians and staff are passionate about helping you have healthy and beautiful feet. It's always a joy to end a person's foot pain; whether it's helping a young athlete return to sport, performing surgery that corrects a foot trauma or deformity, or improving an older adult's mobility to live an independent lifestyle.

These awards are a reflection of the journey we've taken together to improve your health. Your loyalty and trust in our services, and words of praise, are the reasons why

we received these honors. They are at the heart and soul of our practice.

We extend a sincere thank you to the Herald & Review for its recognition, but YOUR RECOGNITION is what makes this so special. We also give praise and thanks to Decatur Memorial Health and HSHS St. Mary's Hospital for giving us surgical privileges at their wonderful facilities. We always extend our appreciation to the referring physicians and nurse practitioners who trust us to care for you.

I, along with my colleagues Dr. Grant Gonzalez, Dr. Zach Janes, and support staff promise to provide the highest level of care, expertise, and dedication you've come to expect of us as we move forward.

Thank you again for these incredible honors. It's a real joy to serve this community, and we look forward serving you and your loved ones for many years to come!

*Dr. John M Sigle, Dr. Grant Gonzalez, and Dr. Zach Janes*

**If you are suffering from foot pain, call 217-787-2700 to schedule an appointment at one of our clinics located in Springfield, Decatur, Carlinville, or Shelbyville. Visit [myfootandanklecenter.com](http://myfootandanklecenter.com) to learn more about our services.**

## SOCIAL SECURITY COLUMN

# Q & A Session

*By Jack Myers, Social Security Public Affairs Specialist*

### General

#### Question:

What is the estimated average Social Security payment that a person receives each month?

#### Answer:

The estimated average monthly Social Security benefit for a retired worker in 2024 is \$1,907.00. The average monthly Social Security benefit for a worker with a disability in 2024 is \$1,537.00.

### Retirement

#### Question:

I'm trying to decide when to retire. Can Social Security help?

#### Answer:

The best place to start is to review your Social Security Statement (Statement) online by using your personal my Social Security account. The Statement provides you with estimates of benefits for you and your family as well as your earnings record and information you should consider about retirement and retirement planning. To create an account, please visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). The "right" time to retire is different for everyone and depends on your individual situation. To help you make your own decision, we offer an online fact sheet, When to Start Receiving Retirement Benefits, that highlights some of the factors to consider.

Find this publication at [www.ssa.gov/pubs/EN-05-10147.pdf](http://www.ssa.gov/pubs/EN-05-10147.pdf).



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**BEST of READERS' CHOICE AWARDS**  
Herald & Review  
**'24 Winner**

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**DR. JOHN SIGLE**  
**BEST PODIATRIST**

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