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*Step up to the plate for your health  
come to the*

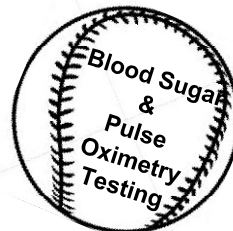
# 2018

## Senior Health & Information Fair

Date: Thursday, May 3<sup>rd</sup>

Time: 8:30 – 11:30 am

Place: Effingham Senior Center



Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, and many activities and trips are designed for people of all ages.

Operating hours are Monday through Friday – 8:00 am to 4:00 pm

Closed for lunch daily from 11:30 am to 12:00 pm

Phone: 217-347-5569 or toll free 1-800-283-4070 after hours and on weekends

[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)



## Family Caregiver Symposium

Wednesday, April 11, 2018

10:00 am – 2:00 pm

Thelma Keller Convention Center

1202 N, Keller Dr.

Effingham, IL 62401



Cost is \$15 per person



\*\*\*Pre-registration is required. For more information call Trisha Katt at (217)347-7179 ext. 1062

The Next Rules of the Road Class to be offered at the Senior Center will be on Friday, May 4<sup>th</sup>, 2018 at 9:30 am.



Take Off Pounds Sensibly.  
Meets here in the Activity Center every Wednesday morning at 9:00 am! Come join us!

## Tuesday Evening Meal

Join us at 5:00 pm on the first Tuesday of each month for the Tuesday Evening Meal at the Senior Center, where you will find good food and friends. Please call (217)347-5569 to make a reservation by the Monday before the meal. For transportation, call Effingham County Public Transportation (ECPT) at 1-855-755-2478. Meals are a suggested donation of \$3.50, but no one will be denied due to inability to make a donation.



**Bring your toes, tubs, and towels to the Senior Center on Tuesday, April 3<sup>rd</sup> or Tuesday, April 17<sup>th</sup>. Megan, who is a State of Illinois Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$15, payable to Megan.**

\* Megan will also be trimming toenails at the Altamont Municipal Building on April 10<sup>th</sup> at 12:00 noon.

## Monthly Potluck – Thursday, April 5<sup>th</sup> at 11:30 am

Please join us for our monthly potluck on Thursday, April 5<sup>th</sup> at 11:30 am. Evergreen Nursing & Rehab will be providing the entrée and playing some fun spring games with you. Prizes will be given away. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2 quart size dish.



\*Please call 217-347-5569 to make your reservation today.

MARK YOUR  
CALENDAR!

## We Are Celebrating Older Americans Month In May..... Mark Your Calendars:

### Wednesday, May 2, 2018

- Mother's Day Potluck:  
11:30 am
- a gift to all mothers  
from the Glenwood



### Thursday, May 3, 2018

- Senior Center Health &  
Information Fair :  
8:30–11:30 am



### Thursday, May 10, 2018

- Dine with a Doc: 11:00 am
- Super Bingo: 12:30 pm



### Thursday, May 24, 2018

- Home Run Luncheon:  
11:00 am
- Music provided by "The  
Smokehouse Gang": 12:00 pm



### Thursday, May 31, 2018

- Monthly Birthday  
Celebration:  
1:00 pm



ENGAGE AT EVERY AGE: MAY 2018

## Older Americans Month 2018 "Engage At Every Age"

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start.

While Effingham Senior Services provides services, support, and resources to older adults year-round, Older Americans month is a great opportunity to show special appreciation! We will continue to provide opportunities for elders to come together and share their experiences with one another, as well as with individuals of other generations.

To learn more about activities and events planned for Older Americans Month, or to find ideas about what you can do to "Engage At Every Age", contact Effingham Senior Services @ 217-347-5569.

 **“Exercise With Imogene”** 

Start your morning off right! Come to the senior center and exercise with Imogene. Low impact aerobic type movements done to music on CD. What a great way to begin your day!  
**Every Tuesday & Thursday morning at 9:00 am**

Senior Services would like to extend a **BIG “Thank You”** to our **March volunteers!** Doesn't it make you feel good to volunteer?

Christie Murphy – 9 hrs  
 Faye Pearson – 2 hrs  
 Jan Pagel – 1 hr  
 Ed Eckert – 1 hr  
 Grace Boldt – 2 hrs  
 Julie Sudkamp – 1 hr  
 Gerry Hoene – 2 hrs



Colleen Sutton – 3.5 hrs  
 Mary Edwards – 12 hrs  
 June Harris – 13 hrs  
 Kate Walk – 6 hrs  
 Joan Walker – 1 hr  
 Dalayne Sapp – 16 hrs  
 Sara McKinney – 2 hrs



**Nursing Home Bingo**

Will be held on Thursday, April 5<sup>th</sup> at 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes! Sponsored by Senior Services & Evergreen Nursing & Rehab.

**St. Anthony's Events**



**Blood Pressure Checks**

Monday, April 2: 11-11:30 am Effingham Golden Circle  
 Tuesday, April 3: 11-11:30 am, Shumway Kluthe Center  
 Wednesday, April 4: 9-9:30 am, Catholic Charities  
 Thursday, April 5: 10:30-11:30 am, Effingham Senior Center  
 Thursday, April 12: 11:30-12 am, Dieterich Civic Center  
 Monday, April 23: 11-11:30 am, Altamont Municipal Building

**Long Term Care Ombudsman Resident.....Advocate**



The Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and quality of life for those who reside in long-term care facilities. If you have a concern, complaint or question regarding long-term care please call our Regional Long Term Care Ombudsman, Terri Simpson at 217-347-5569 today!  
 All calls are confidential.

**Are you interested in Knitting or Crocheting?**

Join the ladies every Monday morning in the Activity Center for ideas that are shared, instruction to assist you, & just the great company of numerous talented individuals who have a great time getting together & sharing their wisdom. No previous experience is needed! Come & join the fun!!!





Dine with a Doc® is a FREE program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for Thursday, April 12, 2018 in the Activity Center from 11:00 am until 1:00 pm.

Each doctor has graciously donated their time in an effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing a complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present:  
Nancy Sehy, RN by special request



Lunch will be complimentary and provided courtesy of:  
The Villas of Holly Brook

**Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569. Seating will be limited to 90 individuals.**



**HAPPY FEBRUARY  
BIRTHDAY!  
NEAL BOBO**

## SHIP (Senior Health Insurance Program)



Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217)347-5569 to make an appointment.

**★ HAPPY ★  
BIRTHDAY!**

**Please join us for cake and ice cream on Thursday, April 26 at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services, and Aperion Care. A special April Birthday gift will be given at the party compliments of Effingham Rehabilitation & Health Care.**

## **Community Care Program**

*"... Helping older people live independently"*



Did you know that ECCOA Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are: Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are your direct linkage to all the information you need regarding community based services that can give you many added benefits that enhance your quality of life. As you prepare to retire or if you become disabled, the staff members in our offices will assist you with the services that will allow you to remain in your own home, and keep you out of a nursing home, as long as nursing home placement is not necessary for you. We will send out staff to your home at no cost to discuss your needs and goals, and to help you choose what services might be right for you. Services include In-Home Service, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Senior Companion. If you qualify for services, the staff member will work with you to determine your needs, set up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs. For additional information or to make a referral for someone you feel could benefit from the program call 217-347-5569. Call Today.... We can assess your needs and keep you at home.



Make your appointment for Benefit Access Program today at (217) 347-5569 to see if you qualify for a reduced license sticker.



## **Emergency Home Response Service: (EHRS)**

**EHRS is a Community Care Program core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.**



Emergency Home Response Service (EHRS) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the participant that will automatically link the older adult to a professionally trained staffed support center. For more information on Emergency Home Response Services in your community, contact Senior Services at 217-347-5569

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program. This service is now available for cell phones too.



National Alliance on Mental Illness

**NAMI SWI- EFFINGHAM REGION**

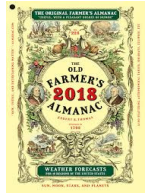
**April 11, 2018 at 5:00pm**

**BROWN BAG SUPPER & SUPPORT MEETING**

This meeting will be held at the Effingham Public Library in the Workman Room. Bring your own brown bag supper and meet other caregivers supporting someone with a mental illness, are all welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone supporting a friend or loved one struggling with this terrible disease.

Before the meeting, Matt Gauen will be speaking to us about the Nami Llama. NAMI SWI's mascot, an inspiring story of how it came about and what it's come to symbolize at several NAMI events.

**Old Farmer's Almanac**



**APRIL 2018:** temperature 54° (1° below avg.); precipitation 4.5" (1" above avg.)

**Apr 1-7:** Rain and snow, then sunny, cool

**Apr 8-15:** Rain, then sunny, warm

**Apr 16-22:** Showers, turning cool

**Apr 23-25:** Sunny, warm

**Apr 26-30:** T-storms, then sunny, cool

**The National Active and Retired Federal Employees Association (NARFE) represents Some five million federal workers, retirees, Spouses, and their survivors.**

The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am at Effingham Senior Center. For more information contact Barb Carie at 217-347-7536.



**SUCCESSFUL AGING IN THE 21<sup>ST</sup> CENTURY**

**Come join Chelsie Hille from Heartland Christian Village for Successful Aging In The 21<sup>st</sup> Century! She will be speaking on why she thinks Heartland Christian Village is one of the highest ranked senior living Communities in the area and answering questions about the many services they provide.**

This event will take place on **Thursday, April 19, 2018 at 11:00 am** in the Activity Center. Heartland Christian Village will be providing chicken tenders, mashed potatoes & gravy, green beans, cole slaw, rolls, & a cookie.

**Please call 217-347-5569 to make your reservation!**



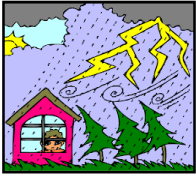
**Brain Boost Lunch & Jam!**

Please join us on April 25<sup>th</sup> at 11:30 am. Kelly Willenborg, a Certified Brain Health Gerontologist, will be making a presentation on what you can do to improve you thinking skills, providing us with lunch, & live entertainment!

Kelly will be providing chicken cordon bleu, red potatoes, california blend, rolls & butter. After the meal, Matt Poss & Jeremy Adam will be entertaining you with live music!

Please call 217-347-5569 to make your reservation today!





## Thunderstorms & Severe Weather



A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

### **Know The Difference:**

**Severe Thunderstorm Watch** - Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

**Severe Thunderstorm Warning** - Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The information in this section, combined with timely watches and warnings about severe weather, may help save lives.

### **Be Prepared:**

- Learn about your local community's emergency warning system for severe thunderstorms
- Discuss thunderstorm safety and lightning safety with all members of your household
- Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail
- Make a list of items to bring inside in the event of a severe thunderstorm
- Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches
- Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home
- Consult your local fire department if you are considering installing lightning rods
- Get [trained in first aid](#) and learn how to respond to emergencies
- Put together an [emergency preparedness kit](#):
  - Water—one gallon per person, per day
  - Food—non-perishable, easy-to-prepare
  - Flashlight
  - Battery-powered or hand-crank radio
  - Extra batteries
  - First aid kit
  - Medications (7-day supply) and medical items
  - Multi-purpose tool
  - Sanitation & personal hygiene items
  - Copies of personal documents
  - Cell phone with chargers
  - Family & emergency contact information
  - Extra cash



## ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a FREE program REQUIRED and GOVERNED by Illinois Law. There are no fees and no hidden costs. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!



# Having Trouble Finding a Ride?

Let **ECPT** take you where you need to go!

Call to Schedule Your Ride Today!

**1-855-755-2478**


**GET ON THE BUS & RIDE WITH US!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> Ride for Free Donations are accepted
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**DISPATCH HOURS**  
Monday-Friday from 6am-6pm  
**TRANSPORTATION HOURS**  
Monday-Saturday from 6am-8pm

**Effingham County Public Transportation**  
GET ON THE BUS AND RIDE WITH US

**OPEN TO EVERYONE!!**

Find us on:  **facebook.**

Effingham County operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (217)342-4990 or via the web at <http://www.ccfseoc.org/CIPT/CIPT.htm>

## Effingham County Public Transportation Effingham Saturday Trips



- Apr. 7, 2018: Champaign, IL  
Shopping & Lunch at the Market Place Mall

\*\*\*\*\*

- Apr. 14, 2018: Casey, IL  
Moonshine, then Casey to see the "Big" things, Lunch at Whittling Whimsy Cafe

\*\*\*\*\*

- Apr. 21, 2018: Vandalia, IL  
Old State Capitol and Fayette County Museum  
& Lunch at Capital View Steakhouse

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- Apr. 28, 2018: Springfield, IL  
Henson Robinson Zoo,  
(Tickets are \$6.25/adults, \$4.75 for Ages 62+)



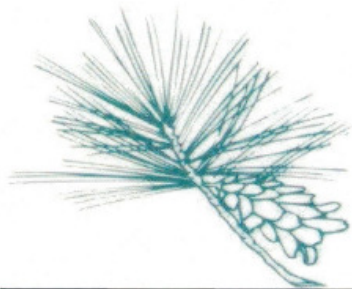
Saturday trips will be canceled by noon on the Friday before, if ice, snow, or extreme cold is in the forecast.

To schedule a ride contact ECPT at  
**1-855-755-2478**  
by 3 pm on the Thursday before the trip.



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# Evergreen

## Nursing & Rehabilitation Center



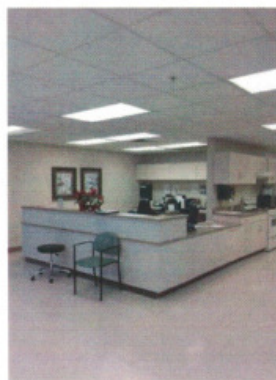
Medicare Suites are private and include:  
Flat panel TV's, mini-fridge and recliner

### We Offer:

- ❖ Rehab to Home
- ❖ Physical, Occupational and Speech Therapy
- ❖ Respite Care
- ❖ End of Life Care
- ❖ Adult Day Care
- ❖ Wound Care
- ❖ Social Services
- ❖ Activity Programs
- ❖ Therapeutic Diet
- ❖ IV Therapy (MID & PICC Lines)

### Additional Services Available:

- ❖ Pharmacy Services
- ❖ Beautician/Barber Services
- ❖ Transportation
- ❖ Medicare Certified
- ❖ Medicaid Certified
- ❖ Nurse Practitioner on Staff (Full-Time)
- ❖ Private Dining



*Stop in and  
tour today!*

1115 N Wenthe Drive. Effingham. Illinois  
(217) 347-7121

Please insert activity  
calendar here.