



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## April 2019

To join the Sunset Times email list please email [abushue@seniorservices-eccoa.org](mailto:abushue@seniorservices-eccoa.org) or  
check out our webpage at [www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)

## *Treasure your health, come to the* **2019 Senior Health & Information Fair**

Date: Thursday, May 2<sup>nd</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)



## **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.



## Crafter's Corner with Hilltop Skilled Nursing!



Come join us on April 9<sup>th</sup> at 2:00 p.m. in the Activity Center. We will be making photo coasters. We will provide everything but the picture! So all you need to bring with you is a photo printed on paper from your computer at home.



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 2<sup>nd</sup> or Tuesday, April 16<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 9<sup>th</sup> at 12:00 noon.

## Monthly Potluck – Thursday, April 4<sup>th</sup> at 11:30 am

Please join us for our monthly potluck on Thursday, April 4<sup>th</sup> at 11:30 am. For the entrée, Evergreen Nursing & Rehab will be serving “make your own” sandwiches. They will be providing bread, chicken salad and an assortment of meats, cheeses and condiments. They will be playing games and giving away prizes. 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.





The Next Rules of the Road  
Class to be offered at the Senior Center will  
be on Friday, May 3<sup>rd</sup>, 2019 at 9:30 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 – 16 hrs  
Janet Pagel – 1 hr  
Sue Green – 2 hrs  
Gerry Hoene – 2 hrs  
Karen Langham – 7 hrs  
Gerry Hoene – 2 hrs



Shirley Cheadle – 2 hrs  
Karen Wilson – 2 hrs  
Kate Walk – 6 hrs  
Ruth Shadwell – 3 hrs  
Dalyne Sapp – 4 hrs  
Sara McKinney – 6 hrs



### Senior Cinema

Tuesday, April 23<sup>rd</sup> at 1:00 pm  
Come and enjoy "Miracle in the  
Rain" Starring Jane Wyman.  
Popcorn and drinks will be served.  
Call 217-347-5569  
for a reservation.



### Nursing Home Bingo

Will be held on Thursday, April 4<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



HSHS  
St. Anthony's  
Memorial Hospital

Monday, April 1: 11-11:30 am Effingham Golden Circle  
Tuesday, April 2: 11-11:30 am, Shumway Kluthe Center  
Wednesday, April 3: 9-9:30 am, Catholic Charities  
Thursday, April 4: 10:30-11:30 am, Effingham Senior Center  
Thursday, April 11: 11:30-12 pm, Dieterich Civic Center  
Monday, April 22: 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!!!



**MARK YOUR  
CALENDAR!**

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

### **Wednesday, May 1, 2019**

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



### **Thursday, May 2, 2019**

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



### **Thursday, May 9, 2019**

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



### **Thursday, May 23, 2019**

- Pirate Pasta Luncheon:  
11:30 am
- Music provided by "Bill  
Passalacqua": 12:00 pm



### **Thursday, May 30, 2019**

- Monthly Birthday  
Celebration:  
1:00 pm



CONNECT, CREATE, CONTRIBUTE MAY 2019

## **Older Americans Month 2019 “Connect, Create, Contribute”**

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.

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. We are pleased to announce the 2019 theme, Connect, Create, Contribute, which encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.

To learn more about activities and events planned for Older Americans Month, or to find ideas about what you can do to “Connect, Create, Contribute”, contact Effingham Senior Services @ 217-347-5569.



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 11, 2019 in the Activity Center from 11:00 am until 1:00 pm.

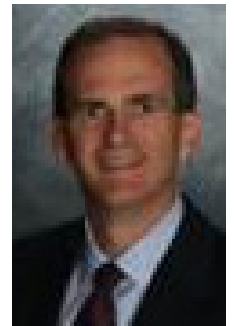
Each doctor has graciously donated their time in an effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing a complimentary lunch for you to enjoy and learn about ways they may help you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

This month we are excited to present:  
Dr. Rodney Stanfield, DC



Lunch will be complimentary and provided courtesy of: Evergreen Nursing and Rehabilitation

**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.**



## 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.

**The Senior Center did not have any birthdays in February so....**

**This is all who came to just CELEBRATE the day!  
(you should join us next month)**

**HAPPY BIRTHDAY!**

Please join us for cake and ice cream on Thursday, April 25 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.



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

Come join Vaneta Gilio from The Glenwood for Successful Aging In The 21<sup>st</sup> Century! She will be making a presentation on stress management.

This event will take place on Thursday, April 18, 2019 at 11:00 am in the Activity Center. The Glenwood will be providing roast pork loin, baked beans & coleslaw, rolls, & a cookie.

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



## BINGO!

You are invited to come and play BINGO with  
Chris Kessler from Sarah Bush Lincoln!!!  
He will be calling bingo in our activity center beginning  
at 2:00 pm on Tuesday, April 16<sup>th</sup>.  
Come and join us for some **FUN!**



### Effingham County Support Group Meeting

**April 10, 2019 at 5:00pm**

### Monthly Family Support Group Meeting

Do you need help supporting a loved one, family member, friend, neighbor, or have concerns about someone you know suffering from mental illness? Are you trying to navigate the ever changing system to get help?

WELCOME, we've all been there. We don't claim to have all the answers, but together we will help you look for them, and share our experiences... You are not alone.

Finger foods, and refreshments will be there, & you are welcome to bring your own to share if you wish.

Before the meeting, we will also have scheduled speaker, Honorable Judge Kimberly Koester, Chief Judge of the Fourth Judicial Circuit.

This meeting will be held at Heartland Human Services, 1200 N. 4<sup>th</sup> Street, Effingham. Enter the north doors & look for the NAMI sign.

### Old Farmer's Almanac

**APRIL 2019:** temperature 55° (avg.); precipitation 2.5" (1" below avg.)

**Apr 1-4:** Rain and snow, then sunny, cool

**Apr 5-7:** Showers, warm

**Apr 8-12:** Sunny, cool

**Apr 13-18:** T-storms, then sunny, cool

**Apr 19-22:** Sunny, warm

**Apr 23-30:** A few showers, 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 Senior Services of Effingham Co.





## 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](https://www.facebook.com/effinghamcountytransportation)

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.cefseoc.org/CIPT/CIPT.htm>

## Effingham County Public Transportation Effingham Saturday Trips

- Apr. 6, 2019: Lebanon, IL  
(Charles) Dickens Fest & lunch at  
The Cobblestone Eatery & Drinkery



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- Apr. 13, 2019: Alton, IL  
Argosy Casino & lunch at the Casino



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- Apr. 20, 2019: Springfield, IL  
White Oaks Mall & lunch at the Mall or  
Golden Corral



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- Apr. 27, 2019: Decatur, IL  
Scovill Zoo (Tickets are \$6.95/adults,  
\$4.95/Child 2-12, \$5.95 for Age 65+)



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



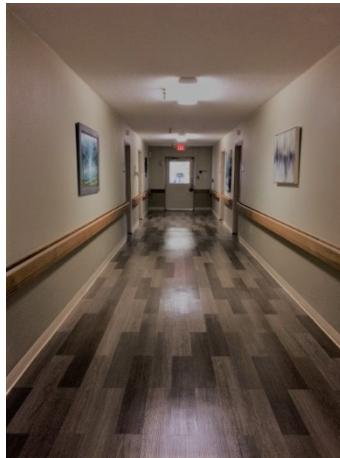
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Please insert menu page.



# EVERGREEN

A HELIA HEALTHCARE FACILITY  
*bringing you home*



## Newly Remodeled Rooms and Bathrooms

***Come join us for a tour of our newly updated  
therapy wing.***

1115 N. Wenthe Drive  
Effingham IL 62401  
(217) 347-7121



Please insert activity  
calendar here.