



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

August 2018

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)



## Effingham County Fair



- Jul 28 – Lucas Oil Pro Pulling League 6:30 pm
- Jul 29 – Harness Racing 1:00 pm  
Twilight Parade 4:30 pm  
Talent Contest 7:00 pm  
Jr Miss Pageant 8:00 pm
- Jul 30 – Harness Racing 1:00 pm  
ITPA Tractor-Truck Pull 6:30 pm
- Jul 31 – Harness Racing 1:00 pm  
Little Miss Pageant 7:00 pm  
Queen Pageant 7:00 pm
- Aug 1 – Harness Racing 1:00 pm  
Illiana Pullers Assn./Illinois Hot Farm Stock Pullers Assn. 6:30 pm
- Aug 2 – Harness Racing 1:00 pm  
Rodeo 7:00 pm
- Aug 3 – Thoroughbred/Quarter Horse Racing 12:00 pm  
Scott Marek Band 7:00 pm  
Travis Tritt 8:00 pm
- Aug 4 – Demolition Derby 6:30 pm



### Don't forget the Senator's Health Fair

When: Wednesday, August 22, 2018  
Time: 9 am to 11 am  
Where: Effingham Armory  
1206 West Temple Avenue  
Effingham, IL 62401

- FREE Admission
- Door Prizes
- FREE Refreshments
- FREE Health Screenings

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)



## OLD SETTLERS REUNION

Bring your friends and family to the Effingham County Old Settlers Reunion on Saturday, September 29<sup>th</sup>, 2018 from 11:00 am until 3:00 pm for a fun filled historical day on the grounds of the Old Courthouse Lawn in Effingham. Numerous vendors will have displays, WWII re-enactors will be on hand and there will be contests for the young and old. Old tractor and car displays as well as numerous other exciting things to see and do. Great food is also available so, make plans to attend and learn more of your heritage.



## RULES of the ROAD CLASS

**Mark your calendar!**  
**A FREE Rules of the Road Review Course will be held on Friday, September 7<sup>th</sup>, 2018 at 9:30 am. Please call 217-347-5569 to register for the class.**



The Illinois Department on Aging encourages relatives and friends to make daily visits or calls to older adults living alone. When temperatures and humidity are extremely high, older adults and people with chronic health conditions should be monitored for dehydration and other effects of extreme heat. Additionally, older adults should eat lighter meals, take longer and more frequent rests, and drink plenty of fluids. Don't forget fresh water for those pets either!



## When is Labor Day 2018?

Well, I am glad you asked! Okay, I'll tell you. **Labor Day** in the USA falls on the first Monday of September. Which is September 3<sup>rd</sup> of this year. Our office will be **closed** in observance of this holiday but, we will reopen on Tuesday morning. If you have an emergency during this time, please call **1-800-283-4070**.

## SHIP

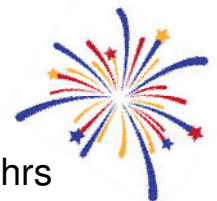
### Senior Health Insurance Program

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



"This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency"

## Senior Services would like to extend a BIG "Thank You" to our July volunteers



Sonja Martin – 1 hr  
Grace Boldt – 1 hr  
Christie Murphy – 6 hrs  
Cindy Martens – 9 hrs  
Gerry Hoene – 2 hrs  
Art Pike – 1 hr  
Della Stanford – 1 hr

June Harris – 5 hrs  
Frank Harris – 1 hr  
Sara McKinney – 4 hrs  
Kate Walk – 2 hrs  
Mary Edwards – 2 hrs  
Sharon Bludworth – 16 hrs  
Glenda Schwartz – 1 hr

# CENTRAL ILLINOIS PUBLIC TRANSIT

Is going to the ...



## SENIOR DAY!

Monday August 13, 2018

We will pick up at the Senior Center (209 S. Merchant St., Effingham, IL) At 8:30 am, and will return at 4:30 pm.

\*FREE Entry Into The Fair For Senior's 60+

\*FREE Transportation On The Bus For Seniors 60+

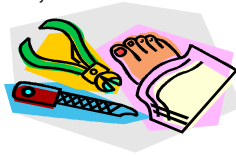
Anyone Under 60 May Ride For \$10!

Call Us Toll Free @ 1-855-755-2478 To Book Your Ride!

## Toe Nail Clinic

Bring your toes, tubs and towels to the Senior Center on August 21<sup>st</sup>. Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm on this day only! The fee for this service is \$15, payable to the technician.

\*\*\*If you can not make this date, Megan will also be holding a toenail clinic at the Altamont Municipal Building on August 14<sup>th</sup> at 12:00 pm.



## Happy June Birthdays!

Sonja Martin, Nina Poland, Nancy Meyer, Shirley Cheadle, and Elaine Shouse. Also, present but not pictured, June Harris.

## St. Anthony's Blood Pressure Screenings

Wednesday, Aug 1<sup>st</sup> 9-9:30 am – Effingham Catholic Charities

Thursday, Aug 2<sup>nd</sup> 10:30-11:30 am – Effingham Senior Center

Monday, Aug 6<sup>th</sup> 11-11:30 am – Golden Circle Nutrition Center

Tuesday, Aug 7<sup>th</sup> 11 – 11:30 am – Shumway Kluthe Center

Thursday, Aug 9<sup>th</sup> 11:30 – Noon – Dieterich Civic Center

Monday, Aug 27<sup>th</sup> 11-11:30 – Altamont Municipal Building



HSHS  
St. Anthony's  
Memorial Hospital

# Community Care Program

“...helping older people live independently”



Established in 1979 by Public Act 81-202, the Illinois Department on Aging Community Care Program helps senior citizens, who might otherwise need nursing home care, to remain in their own homes by providing in-home and community-based services.

This program is aimed at helping seniors maintain their independence and providing cost effective alternatives to nursing home placement. The Community Care Program provides services to any person who applies for the program and meets all current eligibility requirements.

## Who is eligible?

People who...

- Are 60 years old or older
- Are U.S. citizens or legal aliens
- Are residents of Illinois
- Have non-exempt assets of \$17,500 or less (Non-exempt assets do not include home, car, or personal furnishings.)
- Have an assessed need for long term care (scoring 29 points or higher on the "Determination Of Need" form).

NOTE: Although the level of income does not affect eligibility for the program, an income is established for each client to determine the client's ability to contribute to the cost of care.

**Call Senior Services today for an assessment, now serving 9 counties  
217-347-5569**

## 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.



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, August 9<sup>th</sup> in the Activity Center at 11:00 AM.

Each doctor has graciously donated this time in 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 complimentary lunch for you to enjoy and learn about ways they may help you as well.

**This month we are excited to present:** Tom Dust, P.A. (by special request)

**Lunch will be complimentary and provided courtesy of:** Hilltop Skilled Nursing & Rehab

\*\*\*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 100 individuals.



The City of Effingham and Effingham County announce the activation of "Effingham Alerts", an Emergency Notification system provided by Hyper-Reach Notification. This New system will alert those who sign up, of any threats to their specific location.

Residential Landline phones are automatically enrolled, but businesses, Mobile phones and email addresses are only included when you enroll. Residents and people who work in the city of Effingham or within Effingham County are encouraged to enroll now. Hyper-Reach allows individual Citizens to receive alerts for their home, office and for other addresses they care about such as those of elderly relatives or friends.

Kim Tegeler, who is with the City of Effingham Emergency Management Agency, will be doing a mini commercial at Dine With A Doc on August 9, 2018 and will be available after the program.



Please join us for cake & ice cream on Thursday, August 30<sup>th</sup> at 1:00 pm for those celebrating a birthday in August. Sponsored by Senior Services and Aperia Care.



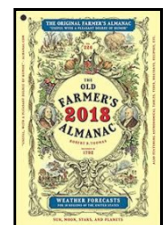
A special August Birthday gift will be given at the party compliments of Effingham Rehab & Healthcare Center.



THE OLD FARMER'S ALMANAC

FOUNDED IN 1792

August 2018



temperature 74° (3° above avg.)

precipitation 2" (1.5" below avg.)

Aug 1-9: Scattered t-storms, warm

Aug 10-18: Sunny, cool

Aug 19-31: Isolated t-storms, hot.



The Hobnob Harvest Market, a pop-up event of 100+ hand-picked vintage and handmade vendors, will be coming to the Effingham County Fairgrounds on September 7-8th in Altamont, IL. This event will feature amazing shopping plus live music, great food and beverages from Tuscan Hills Winery.

**Make your Benefit Access Program (formerly Circuit Breaker) Appointment today call 217-347-5569**




**JOIN US FOR SUCCESSFUL AGING IN THE 21<sup>ST</sup> CENTURY!**

Sponsored by: Aperion Care Center  
 When: August 16, 2018  
 Where: Effingham Senior Center  
 What Time: 11:00 am  
 Call: 217-347-5569 to confirm your lunch reservation today!



**Monthly Potluck – August 2nd at 11:30 am**

Please come to the Senior Center and join us for our Monthly Potluck. The Glenwood will be providing pork loin as the entrée for this event. 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 Senior Services at 217-347-5569 to make your reservation today.



\*\*\*HSHS St Anthony Hospital will be here 1 hour prior to meal for blood pressure checks.



**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!

**“Sing like no one is listening, love like you’ve never been hurt, dance like nobody is watching, and live like it’s heaven on earth.”**

**- Mark Twain -**

**Admit One**

**Senior Cinema**

Tuesday, August 28<sup>th</sup> at 1:00 pm  
Come and enjoy "Jailhouse Rock"  
starring Elvis Presley.  
Popcorn and drinks will be served.  
Reserve a seat by calling 217-347-5569.



**Admit One**

**NURSING HOME BINGO**

Will be held on Thursday, August 2<sup>nd</sup> at 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



National Alliance on Mental Illness

**NAMI Family Support – Effingham Region**

**Wednesday, August 8, 2018 at 5:00 pm**

**Monthly Family Support Group Meeting**

Do you need help supporting a loved one, family member, friend, neighbor, or have concerns about someone you know who is suffering from mental illness? WELCOME! This meeting will be held at the Effingham Public Library in the Workman Room. There will be finger foods and refreshments, and you are welcome to bring your own to share if you wish. Featured speaker will be Pastor Christine Cunningham. She will speak about spirituality with regard to overall health, mental wellness, healing and recovery.

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



The Illinois Long-Term Care Ombudsman Program strives to protect & 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 Terri Simpson, Regional Ombudsman, at 217-347-5569 or 1-800-283-4070.

**Build Your Own Sundae!**

**Hosted by Chelsie from Heartland Christian Village!**

**When: August 23, 2018**

**Where: Senior Center Activity Room**

**What Time: 1:00 p.m.**



**The National Active and Retired Federal Employees Association  
(NARFE)**

NARFE has been safeguarding and improving the earned rights and benefits of America's active and retired federal employees since 1921. NARFE represents some five million federal workers, retirees, and spouses and their survivors.

The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am here at the Effingham Senior Center.





**Take Off Pounds  
 Sensibly**

Are you ready to stop dieting and start making real changes with good choices? We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey. Come and join the TOPS (Take Off Pounds Sensibly) group here at the Senior Center. They meet every Wednesday morning at 9:00 am.

**EFFINGHAM COUNTY PUBLIC TRANSPORTATION IS AVAILABLE  
 FOR ALL OF YOUR TRANSPORTATION NEEDS:**



Tuesday Evening Meal, shopping, banking,  
 Wed & Friday Morning Coffee Club,  
 appointments, BINGO, etc ....



Call 24 hours in advance for your ride. 1-855-755-2478.

**Mark your calendar!**

**The next Breakfast In A Briefcase  
 will be held on October 18, 2018  
 at 8:30 am.**



**Come and Knit or Crochet  
 with us!**

Join the ladies every Monday Morning at 9:30 in the Activity Center for ideas that are shared, instruction to assist you, and just the great company of numerous talented individuals who have a great time getting together and sharing their wisdom. No previous experience is needed! Come and join the fun!



**“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

*The trick is to enjoy life. Don't wish away your days waiting for better ones ahead.*







## Effingham County Public Transportation Effingham Saturday Trips



Call 1-855-755-2478 to Reserve Your  
Seat Today!

- 08/04/18** – Arcola, IL: City Wide Yard Sales, Lunch at Dairy Queen
- 08/11/18** – Champaign, IL: Market Place Mall, Lunch at McAlister's
- 08/18/18** – Atwood, IL: Apple Dumpling Festival, Lunch at Flesor's Candy Kitchen
- 08/25/18** – Arthur, IL: Mennonite Relief Sale, Beachy's, Lunch at Yoder's



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

**CENTRAL ILLINOIS PUBLIC TRANSIT**

CIPT 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 217-774-1499 or via the web at <http://www.shelbycountyil.com/index.htm> and on the providers website at <http://www.cifseoc.org/CIPT/CIPT.htm>

# 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!!

<p style="text-align: center; font-weight: bold;">IN-COUNTY TRANSPORTS</p> <p style="text-align: center;">\$3 per one-way trip</p>	<p style="text-align: center; font-weight: bold;">MONTHLY PASS</p> <p style="text-align: center;">Monthly Pass \$35 Disabled Pass \$15</p>	<p style="text-align: center; font-weight: bold;">DISCOUNT TICKETS</p> <p style="text-align: center;">Book of 10 \$20 (No Expiration Date)</p>	<p style="text-align: center; font-weight: bold;">SENIORS</p> <p style="text-align: center;">Ride for Free Donations are accepted</p>
--	--	--	---

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.cifseoc.org/CIPT/CIPT.htm>

Menu

*Where the Only Things You  
Leave Behind Are Worries!*

THE  
GLENWOOD

*Amenities Include:*

*Large Apartments w/Walk-in Showers  
Private Patios & Walk-in Closets  
24-Hour Certified & Caring Staff  
Affordable Rates - All Utilities Included  
Free Local Transportation  
Pet Friendly & Much More!*

**Stop by for a tour,  
and enjoy a FREE  
meal with us!**



 **THE**  
**GLENWOOD**  
Assisted Living

14061 E. 1600th Ave., Effingham  
Corner of Rickelman & N. 4th St.

**217-347-8880**

[www.theglenwoodcommunities.com](http://www.theglenwoodcommunities.com)

# August Calendar