



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

August 2019

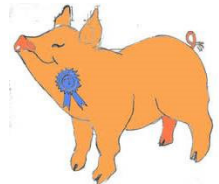
To join the Sunset Times email list please email [abushue@seniorservices-eccoa.org](mailto:abushue@seniorservices-eccoa.org) or check out our webpage at [www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)



## Effingham County Fair



- Jul 27 – Lucas Oil Pro Pulling League 6:30 pm
- Jul 28 – Harness Racing 1:00 pm  
Twilight Parade 4:30 pm  
Talent Contest 6:30 pm  
Jr Miss Pageant 8:00 pm
- Jul 29 – Harness Racing 1:00 pm  
Hasting's Filters/Dust & Son Truck & Tractor Pull 6:30 pm
- Jul 30 – Harness Racing 1:00 pm  
Little Miss Pageant 7:00 pm  
Queen Pageant 7:00 pm
- Jul 31 – Harness Racing 1:00 pm  
Hasting's Filters/Dust & Son Truck & Tractor Pull 6:30 pm
- Aug 1 – Harness Racing 1:00 pm  
Rodeo 7:30 pm
- Aug 2 – Harness Racing/Western/Kids Racing 12:00 pm  
Emily Ann Roberts 7:00 pm  
Josh Turner 8:15 pm
- Aug 3 – Demolition Derby 6:30 pm



### When is Labor Day 2019?

Well, I'm glad you asked! **Labor Day** in the USA falls on the first Monday of September. Which is September 2<sup>nd</sup> of this year. Our office will be **closed** in observance of this holiday, but we will reopen on Tuesday morning, September 3<sup>rd</sup>. If you have an emergency during this time, please call our toll free number, 1-800-283-4070.



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

**When:** Wednesday, August 7, 2019  
**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)



## St. Anthony's Blood Pressure Screenings

Thursday, Aug 1<sup>st</sup> 10:30-11:30 am – Senior Services of Effingham County

Monday, Aug 5<sup>th</sup> 11-11:30 am – Golden Circle Nutrition Center

Tuesday, Aug 6<sup>th</sup> 11-11:30 am – Shumway Kluthe Center

Wednesday, Aug 7<sup>th</sup> 9 – 9:30 am – Catholic Charities

Thursday, Aug 8<sup>th</sup> 11:30 – Noon – Dieterich Civic Center

Monday, Aug 26<sup>th</sup> 11-11:30 am – Altamont Municipal Building



HSHS  
**St. Anthony's**  
Memorial Hospital

## RULES of the ROAD CLASS

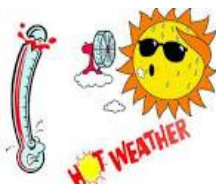
**Mark your calendar!**  
**A FREE Rules of the**  
**Road Review Course**  
**will be held in the**  
**Activity Center on Friday,**  
**September 6<sup>th</sup>, 2019 at 9:30 am.**



## **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, August 20<sup>th</sup>**. Come and join us for some **FUN!**

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!



## **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  
Trudy Robinson – 9 hrs  
Christie Murphy – 9 hrs  
Gerry Hoene – 2 hrs  
Kate Walk – 6 hrs  
Dalyne Sapp – 16 hr  
Debbie Borries – 2 hrs  
Sara Niebrugge – 2 hrs  
Karen Wilson – 2 hrs



Shirley Cheadle – 2 hrs  
Grace Boldt – 2 hrs  
Sharon Bludworth – 4 hrs

## **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!



# 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.



## CENTRAL ILLINOIS PUBLIC TRANSIT

Is going to the



**SENIOR DAY** at the fair is Monday August 12, 2019

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.

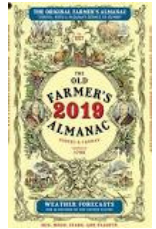
\*FREE Entry Into The Fair For Senior's 60+

\*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!

## August 2019



temperature 73° (avg.)  
precipitation 6" (2" above avg.)

**Aug 1-11:** Scattered t-storms, warm

**Aug 12-17:** Sunny, hot

**Aug 18-25:** T-storms, warm

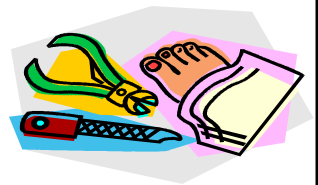
**Aug 26-31:** Rain, then sunny, cool.



Donna Perkey, Donna Feldhake, Nina Poland, Sonjia Martin, Patty Winn, Nancy Meyer, Elaine Shouse & Shirley Cheadle.

## Toe Nail Clinic

Bring your toes, tubs and towels to the Senior Center on August 6<sup>th</sup> or August 20<sup>th</sup>. Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm on these dates! The fee for this service is \$15, payable to the technician.

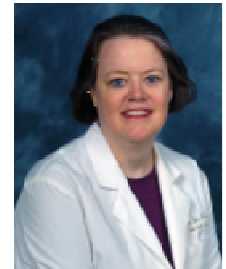


\*\*\*If you can not make this date, Megan will have a toenail clinic at the Altamont Municipal Building on August 13<sup>th</sup> at 12:00 pm. She will also be at the Toledo Senior Life Center August 14<sup>th</sup> at 9:00 am and Casey Senior Center at 1:00 pm.



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 8<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: Christine Toevs, MD, MA, FACS, FCCM**

**Lunch will be complimentary and provided courtesy of: Odd Fellow-Rebekah Home**



\*\*\*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.



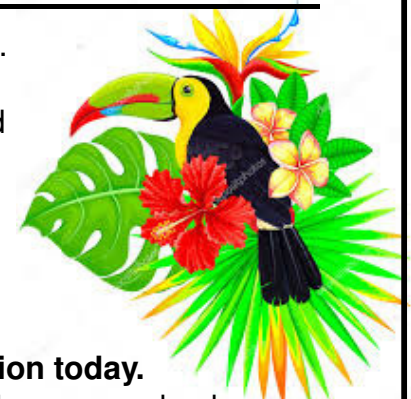
## Summer Luau Potluck on August 1<sup>st</sup> at 11:30 am



Please come to the Senior Center and join us for a Potluck Luau. Stanfield Chiropractic will be providing hawaiian ham 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.



Don't miss out on hawaiian bingo following lunch!!!



**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.



Please join us for cake & ice cream on Thursday, August 29<sup>th</sup> at 1:00 pm for those celebrating a birthday in August. Sponsored by Senior Services and Aperion Care.



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



## Crafter's Corner with Hilltop Skilled Nursing!

August 29<sup>th</sup> at 1:30 pm  
Immediately following our Monthly Birthday Party!

\*\*\*For this craft, please bring in a small flower pot, tea cup, child's shoe, or anything decorative that you would like to plant a succulent in.



Admit One

## Senior Cinema

Tuesday, August 27<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 1<sup>st</sup> at 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



### NAMI Family Support – Effingham Region Wednesday, August 14, 2019 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 Heartland Human Services, 1200 N. 4<sup>th</sup> St, Effingham. Enter the North doors and follow the sign. There will be finger foods and refreshments, and you are welcome to bring your own to share if you wish. Featured speaker will be Bev Drake, with Team of Mercy Suicide Support Group, a not for profit group that assists survivors who have lost loved ones to suicide. She will be speaking about local services offered and related information.

## 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.



**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.



## Savvy Senior Pie Palooza!

Please join us on August 26<sup>th</sup> at 1:30 pm for some Niemerg's pie and a presentation on Senior Scams!

We will be reviewing:

- 4 ways to protect your Social Security information
- Identifying and avoiding robocall scams
- Shield your information

**Please call 217-347-5569 to register for this presentation!**



# Do **YOUR** part....

## Protect yourself and your Social Security Information!

Social Security numbers are the skeleton key to identity theft. And what better way to get someone's Social Security number than by pretending to be from Social Security? The Social Security Administration (SSA) estimates that scammers call thousands of Americans every day, looking to gather personal information, steal benefits or both.

The Federal Trade Commission (FTC) reported a surge in late 2018 in scams involving fake SSA employees calling people with warnings that their Social Security numbers had been linked to criminal activity and suspended. The caller asks you to confirm your number so he or she can reactivate it or issue you a new one, for a fee. This is no emergency but a ploy to get money and personal data: Social Security does not block or suspend numbers, ever. This con is sometimes executed by robocall – the recording provides a number for you to call to remedy the problem. In another version, the caller says your bank account is at risk due to the illicit activity and offers to help you keep it safe.

On the other hand, you might get a call from a supposed SSA representative bearing good news – say, a cost-of-living increase in your benefits. To get the extra money, you have to verify your name, date of birth and Social Security number. Armed with those identifiers, scammers can effectively hijack your account, asking SSA to change the address, phone number and direct deposit information on your record and thus diverting your benefits.

### Warning Signs:

- You get an unsolicited call from someone claiming to work for SSA. Except in rare circumstances, you will not get a call from Social Security unless you have already been in contact with the agency.
- The caller asks for your Social Security number-again, something an actual SSA employee wouldn't do.
- A call or email threatens consequences, such as arrest, loss of benefits or suspension of your Social Security number, if you do not provide a payment or personal information.

### What YOU Should Do:

- Do hang up if someone calls you out of the blue and claims to be from SSA, **DON'T interact and DON'T engage**, simply hang up and contact your local police department.
- Do be skeptical if a caller claims to be an "Officer with the Inspector General of Social Security." Scammers work hard at sounding official—and often will use actual government titles to make themselves seem authentic and important.
- Do install a robocall-blocking app on your smartphone, or sign up for a robocall-blocking service from your mobile network provider.

## Resources available to report scams and receive help:

- |  |  |  |                                      |
|--|--|--|--------------------------------------|
| ✓ FBI's Internet Crime<br>Complaint Center<br><a href="http://www.ic3.gov">www.ic3.gov</a> | ✓ Illinois Attorney General<br>Senior Fraud Helpline<br>1-800-243-5377 | ✓ Illinois Elder Abuse<br>1-866-800-1409 | ✓ AARP Fraud Watch<br>1-877-908-3360 |
|--|--|--|--------------------------------------|

✓ **Your local City & County Police Departments-Effingham County Sheriff's Office: (217) 342-2101**



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 6-7<sup>th</sup> 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!**

Please join us for roast beef and a delicious potato casserole!

Sponsored by: Willowbrook Memory Support Residences

When: August 15, 2019

Where: Effingham Senior Center

What Time: 11:00 am

Call: 217-347-5569 to confirm your lunch reservation today!



## **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.



## **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 -**



# Willowbrook

ALZHEIMER AND DEMENTIA CARE RESIDENCES



Willowbrook Memory Support Residences celebrates 9 years in Effingham!



We are locally owned and we want to show you how we have an innovative way of providing specialized care and services to those with dementia

<p><b>Willowbrook Memory Support Residences of Effingham</b></p> <p>100 Blohm Ave. Effingham, IL 217-342-3239</p> <p><b>Willowbrook Memory Support Residences of Marshall</b></p> <p>1002 N. 2nd St. Marshall, IL 217-293-1246</p>	<p><b>Willowbrook Memory Support Residences of Savoy</b></p> <p>404 W. Curtis Rd. Savoy, IL 217-607-8932</p> <p><b>Willowbrook Memory Support Residences of Vandalia</b></p> <p>1124 Sunset Dr. Vandalia, IL 618-431-2125</p>	<p><b>OUR RESIDENTS RECEIVE THE BEST OF OUR ALL INCLUSIVE SERVICES</b></p> <ul style="list-style-type: none"> <li>• Residences with Small Populations</li> <li>• Medication Management by Licensed Nurses</li> <li>• Housekeeping/Laundry</li> <li>• Assistance with Activities in Daily Living</li> <li>• Individualized Health/Well-Being Plans</li> <li>• Family Support and Education</li> <li>• Three Home Cooked Meals a Day</li> <li>• Private Suites with Private Baths</li> <li>• Experienced Management and Staff Trained in Dementia Care</li> <li>• Transportation Services for Medical Appointments</li> <li>• 24 Hour Nursing Care Services</li> </ul>
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If you are a caregiver for someone with dementia, we would love to invite you to our *Forget-Me-Not Café* at Tuscan Hills Winery on the last Tuesdays of the month from 12-2 p.m. This is a dementia social initiative that offers enrichment to the lives of those living with the challenges of dementia.

*Forget-Me-Not Café* features a simplified menu with special pricing, as well as engaging entertainment and the opportunity to interact with others without concerns about embarrassment, misunderstanding, or stigma.



July 30th- Musician Brad Darr  
August 27th- Musician Don Croft  
September 24th- Musician Russ Howard  
October 29th- Harvest Memories Activities

Menu



## Effingham County Public Transportation Effingham Saturday Trips



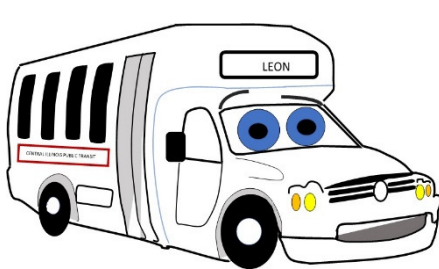
Call 1-855-755-2478 to Reserve Your Seat Today!

**08/03/19** – Mt. Vernon, IL: **Market Days at Veteran's Park** (presented by SSM Health Good Samaritan Hospital), **Gordman's/Mall**. Lunch at The Grille.

**08/10/19** – Springfield, IL: **History Comes Alive! Tour** (the last day!) Meet Abe Lincoln & Mary Todd Lincoln while exploring Lincoln's Springfield!, Lunch at Long Nine Junction.

**08/17/19** – Belleville, IL: **Flea Market**, "Southern Illinois' Premier Indoor/Outdoor Market – Over 600 tables and 300-400 vendors selling antiques, collectibles, merchandise – old and new", Lunch at Chick-fil-A.

**08/24/19** – East St. Louis, IL: **Casino Queen**, Lunch at the Casino.



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.shelbycounty-il.com/index.htm> and on the providers website at <http://www.cefsoc.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!!

**IN-COUNTY  
TRANSPORTS**  
\$3 per one-way trip

**MONTHLY PASS**  
Monthly Pass \$35  
Disabled Pass \$15

**DISCOUNT  
TICKETS**  
Book of 10 \$20  
(No Expiration Date)

**SENIORS**  
Ride for Free  
Donations  
are accepted

#### 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!!**



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.cefsoc.org/CIPT/CIPT.htm>



## August Calendar