



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

February 2016

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

**Our office will be closed on Monday,  
February 15<sup>th</sup> in observation of Presidents'  
Day & on Thursday, February 25<sup>th</sup> for staff  
training.**



ECCOA Board of Directors & staff  
members would like to congratulate  
Jean Bohnhoff on her new position as  
the Director of the Illinois Department  
On Aging.

## *Best of luck!*

Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, many activities 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.seniorsservices-eccoa.org](http://www.seniorsservices-eccoa.org)



## Foot Clinic

Bring your toes, tubs, & towels to the Senior Center on Feb 2<sup>nd</sup> or Feb 16<sup>th</sup>. Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$10, payable to the technician.



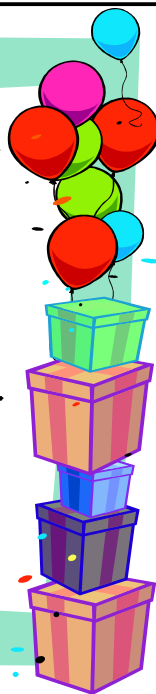
Please join us for cake and ice cream  
on Wednesday, February 24<sup>th</sup> at  
1:00 p.m.

for those celebrating  
a birthday this month.

Sponsored by the Senior Center,  
Martin's IGA and Brookstone Suites.

A special

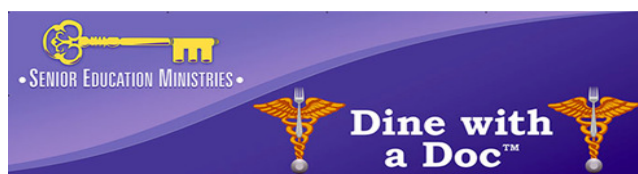
February Birthday gift will be  
given at the party compliments  
of Effingham Rehabilitation.



## NATIONAL HEART MONTH

### HEALTHY HEART TIP

Get regular, moderate physical activity!  
It helps lower blood pressure and helps  
your body control stress and weight.  
Start by doing what you can, even  
10 minutes can make an impact on  
your heart.



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, February 11, 2016 at 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 complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present: **Dr. Jessica Prange, MD**

Lunch will be complimentary and provided courtesy of: **HSHS St Anthony's Memorial Hospital**

**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 110 individuals.**



**Prairie**  
HEART INSTITUTE  
of Illinois





## Tuesday Night Meal

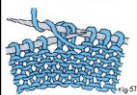
Join us for the Tuesday Night Meal on February 2<sup>nd</sup> at the Senior Center, where you will find good food and friends.

Please call (217) 347-5569 to make a reservation by the Monday before the meal.

For transportation, call Rides Mass at 1-877-667-6123. Meals are a suggested donation, but no one will be denied for inability to make a donation.

## *Interested in Knitting or Crocheting*

Join the ladies every Monday morning at the 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.



The next Rules of the Road Review Course will be held at the Activity Center on Friday, March 4<sup>th</sup>, 2016 starting at 9:30AM.

## **CRIME VICTIMS**

### *ASSISTANCE*



Remember if you are the victim of a scam or crime such as home repair fraud, foreign lotteries, and various other crimes, contact Tom Kern. Let him share his successes with you, and assist you in seeking justice for the crime committed against you!

Call today 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 or you can have the device installed and pay for the services independently.

## **Blood Pressure Checks**

Monday February 1<sup>st</sup> 11-11:30am Effingham Golden Circle Nutrition Site

Tuesday February 2<sup>nd</sup> 11-11:30am Shumway Kluthe Center

Wednesday February 3<sup>rd</sup> 9-10am Catholic Charities

Thursday February 4<sup>th</sup> 10:30-11:30am Effingham Senior Center

Thursday February 11<sup>th</sup> 11:30-12pm Dieterich Civic Center

Wednesday February 17<sup>th</sup> 11-11:30am Altamont Municipal building



**St. Anthony's**  
MEMORIAL HOSPITAL  
EFFINGHAM, ILLINOIS  
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

## Donations

In the monthly newsletter, Senior Services periodically publishes a wish list with its most needed items. The Activity Center couldn't keep its doors open without the generous help of donors. Whether the help comes in the form of services, money, or goods, it all is appreciated. The Center is a Not For Profit 501(c)3 organization; therefore all donations are tax deductible. Please see if you can help in any way. Also, please consider us in your will or as a beneficiary of a life Insurance policy. Or make the request that people give memorial donations to the center. You will be doing a great service for seniors in the community for many years to come.

**WISH LIST:** Napkins & Kleenex, Paper Towels, 8 oz. Hot & Cold Cups, Stir Sticks, Plastic Forks & Spoons, Cleaning Supplies, Trash Bags, Liquid Dish Soap.

We take all sorts of donations. If you need to know if yours is acceptable contact: Ann Bushue at 217-347-5569 or email her at [abushue@seniorservices-eccoa.org](mailto:abushue@seniorservices-eccoa.org)

**If you would like to make a monetary donation, please complete the form to the right and mail it along with your contribution to:**  
**E.C.C.O.A.**  
**PO Box 361**  
**Effingham, IL 62401**



### Senior Center Donation Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Donation Amount (\$): \_\_\_\_\_  
Donation Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### Long Term Care Ombudsman

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, or if you wish to volunteer, please call Terri Simpson, Regional Ombudsman at

217-347-5569

(all calls are confidential)

### Transportation



Transportation is offered in Effingham for medical appointments, grocery shopping, errands, visiting with friends and family, and much more. Please call Rides Mass Transit at 1-877-667-6123 to schedule your transportation appointment at least one day in advance.

Senior Services would like to extend a BIG  
"THANK YOU" to our January volunteers:  
Doesn't volunteering make you feel good?



*Thank You*



Colleen Sutton, 2 hrs

Evelyn Mann, 1 hr

Sonja Martin, 1 hr

Gerry Hoene, 2 hrs

June Harris, 1 hr

Christie Murphy, 6 hrs

Nina Poland, 9 hrs

Noel Hyde, 12 hrs

Jackie Morgan, 9 hrs

Joan Walker, 2 hrs

Ed Eckert, 1 hr

Sara McKinney, 9 hrs

Cindy Martens, 3 hrs

Jerry Katt, 9 hrs

Ruth Gier, 5.5 hrs

Jan Werner, 4 hrs



## 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.

"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"





Audibel will be at the Center to do free hearing tests, checkups, and minor repairs OF ALL BRANDS of hearing aids, as well as fitting for hearing aids at discounted prices. Kerri from Audibel will be at the Center on Tuesday, Feb 2<sup>nd</sup>, at 10:00 AM. Please call 347-5934 to make an appointment for your HEARING TEST as additional equipment is required for this test. Other services do not require appointments so feel free to stop in.

**FEBRUARY 2016:** temperature 35° (1° above avg.); precipitation 4" (1" above avg.);

**Feb 1-4:** Snowstorm, then flurries, cold;

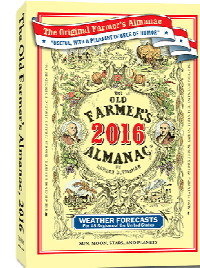
**Feb 5-9:** Snowstorm, then flurries, cold;

**Feb 10-15:** Rainy periods, mild;

**Feb 16-22:** Snow, then rainy periods, mild;

**Feb 23-26:** Snowstorm, then sunny, cold;

**Feb 27-29:** Rain to snow.



ITAC has added several new styles of phones to the selection of amplified phones for those family members with hearing problems, 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.

*Happy December Birthday's!*



Deloris Miller, Peggy Eident, Imogene Atkinson,  
Al Shouse, & Janet McMahon

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 of the month at 11:00 A.M. at Effingham Senior Center.





Do you have a loved one who has been diagnosed with mental illness? The National Alliance on Mental Illness (NAMI) of Effingham County is offering a **FREE** 12-week program called "Family-to-Family," for adults who are caregivers of loved ones struggling with mental illnesses.

The 12-week class begins on Tuesday, February 16, 2016 and concludes on Tuesday, May 3, 2016. Classes will be held at Centenary United Methodist Church, 203 Grove Ave., Effingham, Illinois from 6:30 p.m. to 9:00 p.m.

The goals of the classes include learning about our feelings and the facts about mental illness, understanding major depression, schizoaffective disorder, bipolar disorder, anxiety, and other mental health diagnoses, basics about the brain, medication review, communication skills, support groups and self-care, advocacy and fighting stigma, and learning about available resources.

For more information or to sign up for the class, call (217) 690-6583.

### **Breakfast In A Briefcase**

**Sponsor: Brookstone Estates**

**When: February 18th, 2016**

**Where: Effingham Senior Center**

**What Time: 8:30 am**

**Call: 217-347-5569**

**for reservations!**



### **HELP WANTED:**



Volunteers for:  
**The Cross at the Crossroads**

3 Hours Monthly

Call Kathy VanSant @ (217)342-4100

### **Did you know...**

Every four years the world allows time to catch up and this year it is called leap year 2016.

Have you ever wondered why the earth needs an extra day every fourth year?

What exactly is a leap day? The world is a mysterious place until someone explains the

simple phenomena experienced. Learn a few obscure facts about leap day and then head into leap year 2016 armed with knowledge.

### **What Is Leap Year?**

The definition of leap year according to the *Merriam-Webster Dictionary* is "a year in the Gregorian calendar containing 366 days with February 29<sup>th</sup> as the extra day." That makes perfect sense, but why does the earth need an extra day? The years that are not leap years are called common years. In common years, the calendar has 365 days. Leap day occurs to synchronize the solar year with the calendar year.

Keeping time aligned with the sun's rotation means that when its spring the sun is warming up the earth and planting can begin in temperate zones. Using a 365-day calendar creates an error of about .2422 days or approximately six hours. In 100 years, the earth would be 24 days ahead of the seasons. The earth has used the Gregorian calendar since 1582 with an error of 27 seconds that adds up to one day every 3,236 years. Leap year rectifies this error keeping the time of year and the path of the sun synchronized.

Julius Caesar invented leap year in 45 BCE, or rather, Sosigenes his astronomer did. The Roman calendar had 355 days. In order to keep seasons and festivals even with the calendar a 22nd or 23rd day was added every second year.

Eventually days were added to different months resulting in 365-day calendar. By: Forbes



## 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 assist you to live independently instead of premature nursing home placement, 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 provide you with services that might be right for you. Services include In-Home Homemaker Services, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, 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 and goals, and assist you in setting up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs.

**For more information call 1-800-283-4070 or call 217-347-5569.**



## Monthly Potluck – February 4th at 11:30 am

We will be starting a monthly pot luck in February. Willowbrook will be providing 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. At this event we will provide a speaker with a topic that can benefit those in attendance. Please call 217-347-5569 to make your reservation today.



Remember... Please make sure to sign up as well as cancel all reservations 24 hours in advance of the event. This will allow us to give a proper count to our sponsors for meals and/or giveaways.

Thanks for your cooperation!



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!



You are cordially invited to a...

## **Free Financial Seminar**

**March 16 11:00 a.m.**

**Lunch is  
included!**

**Sponsored by:**



To reserve your spot,  
please RSVP to:  
**217-347-5569** **www.fnbwaterloo.com**

**1<sup>st</sup> National  
Bank**

*I don't  
Love you  
Because you  
Are my Friend*



*You are  
My Friend  
Because  
I Love You*

Jim Rhodes, Certified Bob Ross Instructor, will be here at the Senior Center on Monday, Feb 1<sup>st</sup> at 10:00 am to guide you in painting. Bring your passion and see what you create. You will be totally amazed.



Happy  
*Valentine's*  
Day  
February  
14<sup>th</sup>



## **Think Spring!!!**

Groundhog Day  
February 2<sup>nd</sup>



### **EFFINGHAM COUNTY SUPPORT GROUP MEETING**

February 10<sup>th</sup> at 5:00pm at the Senior Center  
**BROWN BAG SUPPER & SUPPORT  
MEETING**

Meetings are held the 2<sup>nd</sup> Wednesday of each month. Bring your own brownbag supper and meet other caregivers supporting someone with a mental illness-husbands, wives, parents, siblings are all welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone in your struggle.



# **Rides Mass Transit District Effingham County Trips February 2016**



Let's go shop, eat, socialize and have fun! Invite family and friends to come see and do exciting things with you!

**February 6th-** Breakfast and shopping in Vincennes, IN

**February 13th-** Shopping and lunch in Urbana and go to the Spurlock Museum for Winter Tales (There is a \$5.00 fee for this event. It is a concert of American Indian Tales told in the winter.)

**February 20th-** Resale shopping and lunch in Charleston and Mattoon area

**February 27th-** Go out for Lunch and shopping in Terre Haute, IN at Honey Creek Mall

**To schedule a ride call 1-877-667-6123 by 3pm the Thursday before the trip.**

Let's get out and Ride. Seniors show your RMTD card and ride at no charge to you. If you are a senior and need a ID card please contact the Rides office at **1-877-667-6123**.

**If you are not a senior please call to check on availability and fare.**

# Willowbrook



*At Willowbrook we have found an innovative way of providing care and services to those with dementia.*

## Willowbrook Of Effingham

100 Blohm Avenue  
Effingham, IL  
217-342-3233

## Memory Support Residence

[www.willowbrookliving.net](http://www.willowbrookliving.net)

## Willowbrook Of Savoy

404 W Curtis Road  
Savoy, IL