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or check out our webpage at
www.seniorsservices-ecco.org

Sunset Times

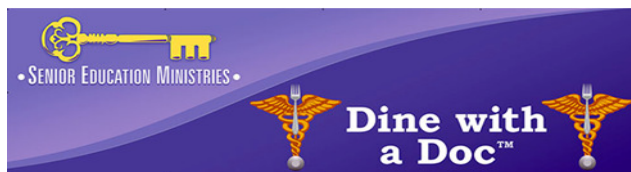
February 2019



Senior Services of Effingham County will be **CLOSED** on Monday, February 18, 2019 to observe Presidents' Day.



FEbruary 14, 2019



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 14, 2019 at the Activity Center from 11:00 AM until 1:00 PM.

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: **Dr. Navi Arora, MD**

Lunch will be complimentary and provided courtesy of:
Hilltop Skilled Nursing & Rehabilitation Center



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.

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 1-800-232-1790
www.seniorsservices-ecco.org





Caregiver Support Program

...helping family and friends
care for seniors

The Illinois Department on Aging and Aging Network have and will continue to focus on helping caregivers who reside throughout the United States. One in four households (25%) takes on the role of providing care to older family members and friends. Family caregivers serve as a critical component in providing the long term care needs of older adults. Eighty-five percent (85%) of all long term care services are provided by unpaid caregivers. If the work of these family caregivers had to be replaced by paid home care staff, the estimated cost would be \$45 to \$94 billion per year. The care giving role often evolves over time. The caregiver takes on more and more responsibilities, not realizing how involved he or she has become. For others, care giving comes in a time of crisis, unplanned and unexpected. A sudden illness can turn an independent older person into someone who needs assistance on a daily basis.



FREE TAX ASSISTANCE Suzette Brumleve Memorial Effingham Public Library



The Effingham Public Library is pleased to partner with the AARP Tax Aide Program in providing free tax preparation and return assistance for any low to moderate income tax payers at the library on Tuesdays in February, March and April.

Those interested in using this free tax service should call the library's Reference Desk, Monday through Friday, at [217-342-2464](tel:217-342-2464) x. 1 to make an appointment.

AARP Tax Aide Program requires that participants bring:

Photo id for the taxpayer and spouse, Social security card or some official document showing the social security number of any, individual appearing on the tax return, a copy of your 2016 Tax Return, All income forms: W-2, 1099-Misc, 1099R, Railroad, SSA, etc., Royalties, interest and dividend statements, Health insurance documents, Business income and expense records, Real estate taxes paid records, Charitable contributions records, Any other deductible expense records.

Registration for is required. To register, call the library Monday through Friday at [217-342-2464](tel:217-342-2464) x1.

For more information, contact Catherine Bailey, Programming Outreach Manager at [217 342 2464](tel:217-342-2464) or catherine@effinghamlibrary.org.

Red Velvet Cupcakes

- 1 pkg. (2-layer size) red velvet cake mix
- 1 pkg. (3.9 oz.) JELL-O Chocolate Instant Pudding
- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- ½ cup butter or margarine, softened
- 1 pkg. (16 oz.) powdered sugar (about 4 cups)
- 1 cup thawed COOL WHIP Whipped Topping
- 1 oz. BAKER'S White Chocolate, shaved into curls



PREPARE cake batter and bake as directed on package for 24 cupcakes, blending dry pudding mix into batter before spooning into prepared muffin cups. Cool.

BEAT cream cheese and butter in large bowl with mixer until blended. Gradually beat in sugar. Whisk in COOL WHIP. Spoon 1-1/2 cups into freezer-weight resealable plastic bag; seal bag. Cut 1 small corner off bottom of bag. Insert tip of bag into top of each cupcake to pipe about 1 Tbsp. frosting into center of cupcake.

FROST cupcakes with remaining frosting. Top with chocolate curls. Keep refrigerated.

Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on February 5th or February 19th. Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$15, payable to the technician.



♥ Megan will also be trimming toenails at the Altamont Municipal Bldg on February 12th at 12 noon.

Transportation is available for:

Tuesday Evening Meal And Wednesday & Friday Morning Coffee Club call: 1-855-755-2478 in advance for your ride.



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"



Senior Cinema

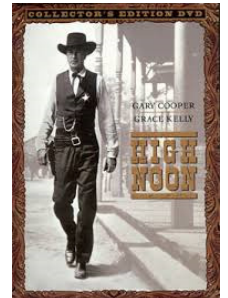
Tuesday, February 26th at 1:00 pm

Come and enjoy "High Noon" starring Gary Cooper & Grace Kelly.

Popcorn and drinks will be served.

Reserve a seat by calling 217-347-5569.

This is the classic tale of a lawman who stands alone to defend a town of cowardly citizens against a gang of revenge-seeking criminals. In the greatest showdown in the history of cinema, the lawman stands to lose not only the town but his new wife.



PLEASE REMEMBER TO CHECK ON FAMILY & FRIENDS DURING COLD WEATHER, JUST A PHONE CALL **CAN** MATTER.



NAMI FAMILY SUPPORT

February 13, 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 speakers, Karen Greuel & Vanessa Doedtman, from the Ballard Nature Center. They will speak on activities & events offered there.

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

P2D2

Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and for your convenience you can get rid of your OLD, EXPIRED or UNWANTED medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired meds today!



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.

Interested in Knitting or Crocheting?



Come & 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.



Illinois Telecommunications Access Corporation

ITAC has several new styles of phones for selection by 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!

What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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 **Terri Simpson, Regional Ombudsman, at 217-347-5569 or 1-800-283-4070.**



♥ Ombudsman services are confidential and free.

Senior Services would like to extend a BIG "THANK YOU" to our January volunteers:

Karen Wilson – 1 hr	Sara McKinney – 2 hrs
Karen Langham – 7 hrs	Sonja Martin – 4 hrs
Grace Boldt – 1 hr	Kate Walk – 2 hrs
Dalyne Sapp – 15 hrs	Sue Green – 2 hrs
Ed Eckert – 1 hr	Gerry Hoene – 2 hrs
Christie Murphy – 13 hrs	Gustie Unkraut – 1 hr

Thank You!



Monthly Potluck

Please join us on February 7, 2019 at 11:30 am. **Aperion Care** will be providing pulled pork 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 qt size dish. Come join in on the fun and GOOD food!



Erin Miller from Aperion Care will be making a presentation on the difference between alzheimer's and dementia.

**** St Anthony's will be taking blood pressures at 10:30 am.**

Please call 217-347-5569 to register today!

Cold Weather Safety For Older Adults


If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

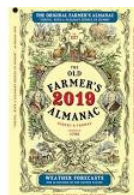
Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps **to keep** you warm.
- Put on a hat and scarf. ...
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.



Tuesday Night Meal is a fun time! If you plan to attend or you need to cancel please remember to call  217-347-5569 by noon on Tuesday, February 5th. Donation of \$3.50 is suggested but you will not be denied for inability to make a donation.



FARMERS ALMANAC WEATHER FORECAST FEBRUARY 2019:



Temperature 33° (3° above avg.);
precipitation 1.5" (1" below avg.);

Feb 1-4: Snowy periods, cold; **Feb 5-6:** Showers, mild; **Feb 7-11:** Flurries, cold; **Feb 12-15:** Rainy periods; **Feb 16-20:** Flurries, cold; **Feb 21-28:** Showers turning warm.

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



BINGO IS FUN, IT IS A GAME
FOR ENJOYMENT AND
SOCIALIZATION.....A TIME
TO SHARE WITH FRIENDS,
AND YOU CAN WIN!



SAVE THE DATE:

Rules of the Road Review Course will be held at the Activity Center on March 1, 2019 from 9:30 AM until 11:30 AM.



February 2, 2019



Blood Pressure Screenings:



HSBS
St. Anthony's
Memorial Hospital

Monday, Feb 4 11:00 - 11:30 am Golden Circle Nutrition Ctr
Tuesday, Feb 5 11 - 11:30 am Shumway Kluthe Center
Wednesday, Feb 6 9 - 9:30 am Catholic Charities
Thursday, Feb 7 10:30 - 11:30 am Senior Services of Effingham Co
Thursday, Feb 14 11:30 - 12:30 Dieterich Civic Center
Monday, Feb 25 11:00 - 11:30 am Altamont Municipal Bldg



What is Tai Chi?

Tai Chi is slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. It is gentle and not strenuous, but it has been shown to have a positive effect on muscle strength, flexibility, and balance. Classes are being held at the Ron Diehl Center. Monday and Wednesday morning from 8:00 to 9:00 am.



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.

We are all born to
Dance
It's good for the soul!

"Cupid Shuffle" on into the Senior Center for some line dancing!

Join the Line Dancers every Tuesday morning at 10:00 a.m. here in our Center, whether you are a beginner or an advanced dancer. Come join in the fun & learn a new step or two!

Defensive Driving Class

February 19 & 20, 2019

Certified Instructor - Dave Maxey

- No pass or fail test taken
- Certificate is good for 3 years
- Insurance discounts upon completion



We have a limited number of spots to fill, so if you are interested in taking the Defensive Driving Class, please call 217-347-5569 to register.

If the February class fills, you can be put on a list for the next available class.

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, fun, and friends. Please call (217) 347-5569 to make a reservation by the Monday before the meal. For transportation, call ECPT at 1-855-755-2478. Meals are a suggested donation, but no one will be denied for inability to make a donation.

CELEBRITY BIRTHDAYS in FEBRUARY

1st – Clark Gable
2nd – Farrah Fawcett, Ayn Rand
3rd – Morgan Fairchild, Norman Rockwell
4th – Alice Cooper, Rosa Parks
5th – Henry “Hank” Aaron
6th – Zsa Zsa Gabor, Babe Ruth
7th – Laura Ingalls Wilder
8th – James Dean, Jack Lemmon
11th – Eva Gabor, Burt Reynolds
12th – Abraham Lincoln, Charles Darwin
14th – Jack Benny, Jimmy Hoffa
15th – Susan B. Anthony
17th – Michael Jordan, Arthur Kennedy
18th – Yoko Ono
19th – Smokey Robinson
22nd – George Washington
23rd – Peter Fonda
26th – Johnny Cash
27th – Elizabeth Taylor

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. 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 Homemaker Service, 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 additional information call 217-347-5569.



Chocolate Facts!

- Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.
- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.



"Away in a meadow all covered with snow
The little old groundhog looks for his shadow

The clouds in the sky determine our fate
If winter will leave us all early or late."

- [Don Halley](#)



A Medicare Minute ...

Medicare Part D – Prescription Drug Coverage: When To Enroll & When Am I Eligible

- Anyone who has Medicare Part A or Part B is eligible for Part D – Prescription Drug Coverage.
- Initial Enrollment Period – 7-month window surrounding month of entitlement to Medicare.
7 Month window = 3 months prior to Medicare Eligibility, the month of, and 3 months after Medicare Eligibility. For most of the population, your eligibility date occurs at age 65. However, for those who have been determined disabled by SS, your Medicare eligibility date will be determined by SS.
- If the beneficiary doesn't enroll when they are first eligible, they may pay a late enrollment penalty if they join a plan later. The penalty will be paid for as long as the beneficiary has Medicare prescription drug coverage. **You only get one chance to sign up for Medicare D Prescription Drug Coverage without a penalty.**
- The only time there is no penalty is if the beneficiary has **Extra Help** or other **creditable drug coverage**.
- Medicare Part D Open Enrollment period is October 15 – December 7 each year.
- There may also be Special Enrollment Periods.
- For more information, you may contact Medicare by calling 1-800-633-4227 or visit their website at www.Medicare.gov.
- You may also contact a Senior Health Insurance Program (SHIP) Specialist near you.



FREE “DROP-OFF” TAX PREPARATION

@ Catholic Charities-Effingham VITA
for families with income less than \$60,000.

Simply, fill out the interview sheet, and drop-off your tax
Info 9am-noon and 1-3pm, weekdays, Monday-Friday,
starting Thursday, January 31, 2019.

Please bring the following items:

A copy of last year's tax return,
taxpayer's proof of identity,
all forms, W-2, 1098, and 1099,
info for other income,
ID # for child care provider,
info for deductions and credit,
proof of account for direct deposit of refund (e.g. voided check),
social security cards and/or ITIN notices/cards for you, your spouse and dependents.

If you have questions or need further information, please call (217) 857-1458.





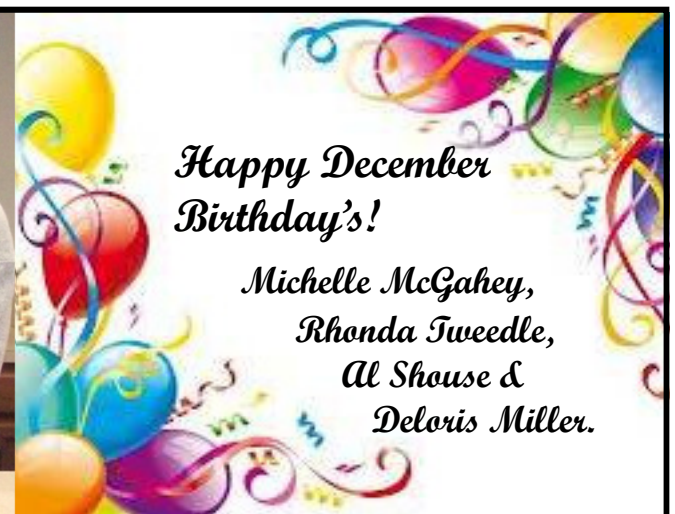
February is American Heart Month

Heart Disease is the #1
Cause of Death!



About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or stroke in the future.

➔ Friday, February 1st is the American Heart Association's National Wear Red Day. Senior Services of Effingham County challenges everyone to wear red on this day and honor those affected by heart disease.



CELEBRATE! CELEBRATE! CELEBRATE!

Please join us for cake and ice cream on Thursday, February 28th at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services and Aperion Care. A special February Birthday gift will be given at the party compliments of Effingham Rehab & Health!

CELEBRATE! CELEBRATE! CELEBRATE!



National Active and Retired Federal Employees Association

NARFE

The National Active and Retired Federal Employees Association (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 2nd Wednesday at 11:00 am at Senior Services of Effingham County.



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24-Hour Skilled Nursing
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Transportation to Appointments

Schedule your tour today!

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St. Elmo, IL 62458
T: 618-829-5551
aperioncare.com**

Golden Circle Menu

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
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DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Saturday from 6am-8pm

Effingham County Public Transportation

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

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.cesec.org/CIPT/CIPT.htm>

Effingham County Public Transportation Effingham Saturday Trips



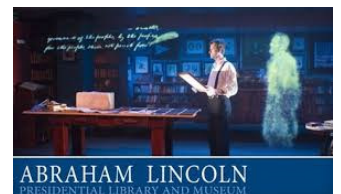
- Feb. 2, 2019: Mt. Vernon, IL
Times Square Mall, Lunch at Bandana's

- Feb. 9, 2019: Belleville, IL
Belle Clair Expo Ctr. – Indoor Yard Sale,
Lunch at Chick-Fill-A

- Feb. 16, 2019: Champaign, IL
Marketplace Mall, Lunch at Alexander's
Or the Mall.

- Feb. 23, 2019: Springfield, IL
Lincoln Museum, Old State Capital,
Lunch at D'Arcy's.

Belle-Clair
FAIRGROUNDS & EXPO CENTER



Effingham County Public Transportation reserves the right to cancel any scheduled trip due to weather conditions. If there is to be a cancellation, ECPT will try to notify the participants by noon the day before the scheduled trip.

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



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Activity Calendar