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*Sunset Times*


February 2020



Senior Services of Effingham County will be **CLOSED** on Monday, February 17, 2020 to observe Presidents' Day.



**FEBRUARY 14, 2020**





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 13, 2020 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:  
**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 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.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)





Be a **Savvy Senior**



## Senior Medicare Patrol (SMP) Community "Shred-It" & Census Event

Midland Area Agency on Aging will host SMP Shred Events funded through the Senior Medicare Patrol SMP Program. A SMP Shred Event will be held at Senior Services Of Effingham County on **Thursday, February 20<sup>th</sup>, 2020**. During this shred event you are invited to bring your shredding items to the Senior Services Activity Center from **1-4 pm**. We will also host a presentation on Census 2020 which will begin at **2:00 pm**. Plan on coming to receive information on the SMP Program and how to Protect – Detect & Report Fraud, along with being able to shred unwanted confidential information, and learn what to expect with the 2020 Census & make sure that Illinois counts!!

**Refreshments will be served at 2:00 pm.**

## Community Care Program

**“....helping older people live independently”**

Did you know that 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 choices for your care 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 CCP 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 info call 1-800-283-4070 or call 217-347-5569.**



## 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 x. 1](tel:217-342-2464) 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 last years 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, and your bank routing and account number for direct deposit. (Blank check will work)

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

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

## Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on February 4<sup>th</sup> or February 18<sup>th</sup>. 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 11<sup>th</sup> at 12 noon.

### Transportation is available for:

You can use ECPT to go anywhere in Effingham county... visit friends and family, get groceries, go to the senior center...anywhere you would drive yourself. Just call ahead and go!

For all your transportation needs call 1-855-755-2478.



## 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

Wednesday, February 26<sup>th</sup> at 1:00 pm  
Come and enjoy "Addicted To Love" starring Meg Ryan and Matthew Broderick.

Popcorn and drinks will be served.  
Reserve a seat by calling 217-347-5569.

Maggie's and Sam's former partners are in love; she wants revenge and he wants his lost love back, so they work together to break up the happy couple.



### NAMI FAMILY SUPPORT

February 12, 2020 at 5:00pm

### MONTHLY FAMILY SUPPORT GROUP MEETING

When it comes to helping someone suffering from a mental illness, we all tend to overlook much needed support for ourselves. Are you trying to navigate the ever changing mental health help services available in your area? Do you need answers to the many mental health questions, or information on the latest treatment procedures and medications? This list goes on and on.

You are not alone and NAMI offers several free education classes to help you. Together as a group at our monthly Family Support meetings, we will help you look for the answers, share our experiences and knowledge acquired as we support our loved ones. All are welcome!

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

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.

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	Delores Schoenhoff – 1 hr
Joan Walker – 1 hr	Gerry Hoene – 2 hrs
Grace Boldt – 1 hr	Joyce Martin – 2 hrs
Debbie Borries – 1 hr	Christie Murphy – 5 hrs
Gustie Unkraut – 1 hr	Kate Walk – 2 hrs
Anne Bourgeois – 1 hr	Sara McKinney – 2 hrs
Trudy Robison – 3 hrs	Dalyne Sapp – 20 hrs



## Monthly Potluck

Please join us on February 6, 2020 at 11:30 am. **Aperion Care** will be providing meat loaf 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 talking to you about their facility services.

\*\* 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.

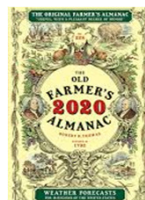
### Here are some other tips:

- 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 4<sup>th</sup>.

Donation of \$3.50 is suggested but you will not be denied for inability to make a donation.



### FARMERS ALMANAC WEATHER FORECAST FEBRUARY 2020:



Temperature 34° (avg.);  
precipitation 3.5" (2" above avg.);

**Feb 1-3:** Snow showers, very cold; **Feb 4-7:** Rain & snow, then sunny, cold; **Feb 8-11:** Rainy, quite mild; **Feb 12-16:** Flurries, then rainy, mild; **Feb 17-21:** Snow, then flurries, cold; **Feb 22-26:** Snow showers, very cold; **Feb 27-29:** Rainy, mild.

**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 6, 2020** from 9:30 AM until 11:30 AM.



February 2, 2020

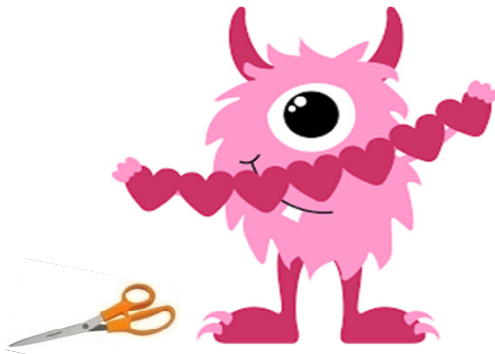


## Blood Pressure Screenings:

Monday, Feb 3 11:00 - 11:30 am Golden Circle Nutrition Ctr  
Tuesday, Feb 4 11 - 11:30 am Shumway Kluthe Center  
Wednesday, Feb 5 9 - 9:30 am Catholic Charities  
Thursday, Feb 6 10:30 - 11:30 am Senior Services of Effingham Co  
Thursday, Feb 13 11:30 - 12:30 Dieterich Civic Center  
Monday, Feb 24 11:00 - 11:30 am Altamont Municipal Bldg



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



## Crafter's Corner With Hilltop Skilled Nursing!

Join Trisha for making a craft on February 27<sup>th</sup> at 1:30 pm immediately following our monthly birthday party!



## 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.

## Defensive Driving Class

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.**

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!

# Blood Pressure Explained

Presented by:

Sheri Barnett, DNP, Nurse Practitioner  
with Prairie Heart Institute

February 19, 2020

11 a.m.

Senior Services of Effingham County Activity Center

Join Sheri as she discusses the consequences of high blood pressure and gives her 3-pronged approach to controlling it through medication, diet and exercise.

HSHS St. Anthony's will be providing a tossed salad, assorted croissant sandwiches, cookies, tea and lemonade.

Please call 217-347-5569 to make your reservation for this event!



HSHS  
St. Anthony's  
Memorial Hospital

## FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA from January 30  
To April 1, 2020 for families with income less than \$60,000.



### Simply complete these 4 easy steps:

- 1) Bring all forms listed below to Catholic Charities Office located at 1502 E. Fayette Ave., Teutopolis, IL 62467
- 2) Fill out interview sheet
- 3) Wait to be interviewed
- 4) We will contact you by phone to set up a return appointment to review and sign tax return (usually within 2 weeks)

### 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.



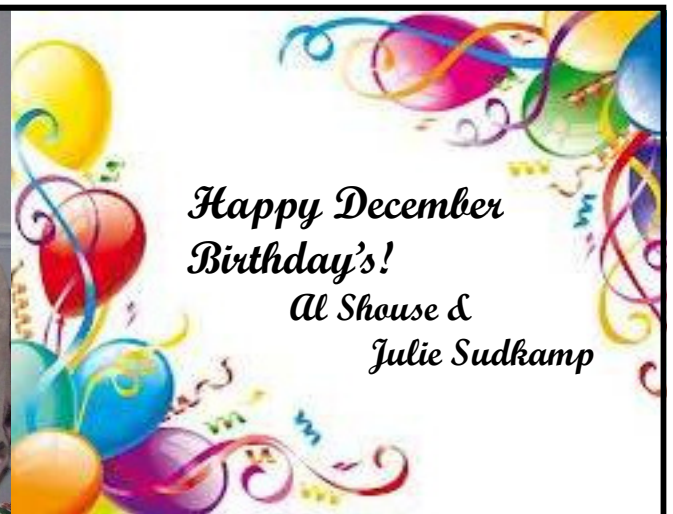
## February is American Heart Month

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 7<sup>th</sup> 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 27th 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!**



# NARFE

National Active and Retired Federal Employees Association

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 2<sup>nd</sup> Wednesday at 11:00 am at Senior Services of Effingham County.



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## 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

**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.cefseoc.org/CIPT/CIPT.htm>

## Effingham County Public Transportation

### Effingham Saturday Trips

- Feb. 1, 2020: Belleville, IL  
The Belleville Flea Market, Lunch at  
Eckert's Country Restaurant

\*\*\*\*\*

- Feb. 8, 2020: Mascoutah, IL  
Mascoutah Valentine's Day Craft & Vendor  
Fair, Lunch at Mascoutah Steak House

\*\*\*\*\*

- Feb. 15, 2020: East St. Louis, IL  
Casino Queen, Lunch at the Casino.

\*\*\*\*\*

- Feb. 22, 2020: Champaign, IL  
The Marketplace Mall, Lunch at the mall.

\*\*\*\*\*

- Feb. 29, 2020: No Trip Scheduled



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.



# Activity Calendar