



SENIOR SERVICES
Effingham County

209 S. Merchant
Effingham, IL 62401

Sunset Times

July 2018

To join the Sunset Times email list please email abushue@seniorservices-eccoa.org or check out our webpage at www.seniorservices-eccoa.org

Senior Services will be CLOSED on Wednesday, July 4th in observance of the of the Fourth of July Holiday!



“Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance.”

—President Theodore Roosevelt

Happy Independence Day!!!



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, July 12th in the Activity Center beginning at 11:00.

Each guest speaker has graciously donated their time in effort to listen, hear, and answer your 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: Linda Siemer, FNP

Lunch will be complimentary and provided courtesy of: Evergreen Nursing & Rehab 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, 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





SAVE THE DATE

Wednesday, August 22, 2018

FREE Senior Health Fair!

Where: Effingham Armory,
1206 W Temple Ave,
Effingham, IL
9:00 -11:00 a.m.



Brought to you by Senator Righter, Senator Rose,
Representative Halbrock, & Representative
Cavaletto.



KEEPING THE HARD OF HEARING COMMUNITY CONNECTED



ITAC has several free amplified phones for selection 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.



National Alliance on Mental Illness

NAMI – Effingham Region

Wednesday, July 11th 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 suffering from mental illness? Are you trying to navigate the ever changing system to get help? You are WELCOME to join our meeting.

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

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

Before the support meeting, Mary Ann Becker will be speaking to us about “THRIVE” by Le-Vel a daily 3-step nutritional plan.



Tuesday Evening Meal

Join us at 5:00 pm on Tuesday, July 3rd for the Tuesday Evening Meal at the Senior Center, where you will find good food & 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 of \$3.50, but no one will be denied due to inability to make a donation.

POTLUCK

Please join us for our MONTHLY POTLUCK on July 5th at 11:30 am. Addus Home Care will be providing chicken strips 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. After the meal, Betty Barker will be sponsoring "Fourth of July Bingo". Come on in and join the fun!



Please call 217-347-5569 to register today!

St. Anthony's



Blood Pressure Checks

Tuesday, July 3: 11-11:30 am, Shumway Kluthe Center
Thursday, July 5: 10:30 – 11:30 am, Effingham Senior Center
Wednesday, July 11: 9:30 – 10:30 am, Catholic Charities
Thursday, July 12: 11:30 - Noon, Dieterich Civic Center
Monday, July 23: 11 – 11:30 am, Altamont Municipal Building



Senior Services would like to extend a **BIG "Thank You"** to our **June volunteers!** Doesn't it make you feel good to volunteer?

- | | |
|--------------------------|-------------------------|
| Sharon Bludworth – 8 hrs | Ruth Shadwell – 2 hrs |
| Gerry Hoene – 2 hrs | Shirley Cheadle – 2 hrs |
| Christie Murphy – 6 hrs | Mary Edwards – 12 hrs |
| Kate Walk – 4 hrs | Della Stanford – 1 hr |
| Sonja Martin – 2 hrs | Grace Boldt – 1 hr |
| June Harris – 17 hrs | Sara McKinney – 6 hrs |
| Ed Eckert – 1 hr | |

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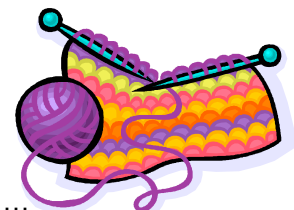


Sharon Caylor, Karen Lindsey, Ruth Shadwell, & Roger Asplin



Are you Interested in Knitting or Crocheting?

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!!!



SUCCESSFUL AGING IN THE 21ST CENTURY

Sponsored by: Evergreen Nursing & Rehabilitation Center

When: July 19th

Where: Effingham Senior Center

What Time: 11:00 am

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



Rules of the Road Class

Will be offered here at the Senior Center on Friday, July 6th, at 9:30 am.

(The next class will be Friday, September 7TH, 2018.)



Bring your toes, towels, and tubs to the Senior Center!

We will have a toe nail clinic on July 3rd & 17th at 1:00 pm . This toe nail clinic will be performed by Megan, a State of Illinois-Licensed Cosmetology/Nail Technician. The fee for this service is \$15, payable to the technician.



***If you can not make the above date, Megan will also be holding toenail clinics at Dieterich Kluthe Center on July 10^h at 1:00 pm and Life Center of Cumberland County in Toledo on July 11th at 9:00 am.



Senior Cinema

Tuesday, July 24th at 1:00 pm

Come and enjoy

"Honor Flight: One Last Mission"

by Dan Hayes & Clay Broga.

Popcorn and drinks will be served.

Reserve a seat by calling 217-347-5569.

Honor Flight is a heartwarming documentary about four living World W11 Vets & a Midwest Community coming together to give them the trip of a lifetime. Volunteers race against the clock to fly thousands of WWII veterans to Washington, DC to see the memorial constructed for them in 2004, nearly 60 years after their epic struggle.



S.H.I.P. (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"



Please join us for cake & ice cream on Thursday, July 26th at 1:00 pm for those celebrating a birthday in July. Sponsored

by Senior Services and Aperion Care. A special July Birthday gift will be given at the party compliments of Effingham Rehab & Health Care.

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 second Wednesday at 11:00 am here at the Effingham Senior Center.





Addus In-Home Care

Home and Community-Based Services to Preserve Independence

The Professional Help You Need, When You Need It

- Personal Care (Bathing/Dressing)
- Meal Planning & Preparation
- Housekeeping and Laundry
- Companionship
- Live-in Services
- Assistance with Medications
- Transportation (Shopping/Errands, Appointments)
- Respite Care
- Other Activities of Daily Living

Eligibility, Cost and Reimbursement

Cost of services may be covered in whole or in part if you or your family member qualifies for services under any of the following sponsoring programs:

- Long-Term Care Insurance
- Managed Care Insurance
- Medicaid
- Veterans Administration
- Workmen's Compensation
- Private Pay

We will provide a free consultation to answer any questions you and your family members may have about home care needs.

Any Addus HomeCare office will provide information regarding the many government programs to which Addus is a service provider. In the majority of cases, our team will make a referral to the appropriate local government agency or case management team to arrange an assessment of your health and need for assistance.

Once this assessment is completed, a specific plan of care will be recommended. Some of our clients require just a few basic services while others may require a full range of home care services. Once this is determined an Addus HomeCare Aide can be assigned to provide the required services.

To learn how to begin the process and to arrange for professional home care, call Addus HomeCare.

We serve all counties in Illinois!

(888) 233-8746

for additional information



AddusSM HomeCare

Serving Families at Home Since 1979



www.addus.com

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**



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.cetsec.org/CIPT/CIPT.htm>



Effingham County Public Transportation Effingham Saturday Trips

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

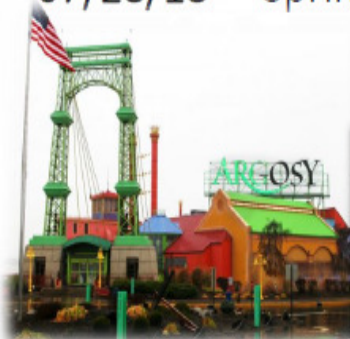


07/07/18 – Alton, IL: Argosy Casino, Lunch at the casino

07/14/18 – Springfield, IL: White Oaks Mall, Lunch at Longhorn Steakhouse

07/21/18 – Mattoon, IL: Bagel Fest in Mattoon-Bagel Breakfast/Parade/Bingo

07/28/18 – Springfield, IL: Governor's Mansion, Lunch at IHOP



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.cetsec.org/CIPT/CIPT.htm>

Calendar