



209 S. Merchant
Effingham, IL 62401

Sunset Times

July 2019

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 Thursday, July 4th in observance 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 11th in the Activity Center beginning at 11:00 am.

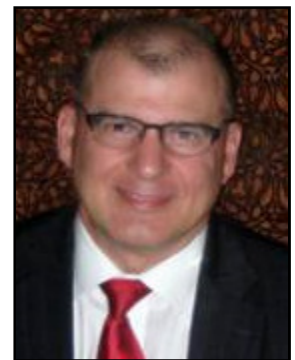
Each guest speaker has graciously donated their time in effort to listen, hear, and answer your questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present:

Dr. Joseph Borreggine, DPM

**Lunch will be complimentary and provided courtesy of:
Effingham Health & Rehabilitation**

***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



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 keep you out of a nursing home, 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 to help you choose what services might be right for you. Services include In-Home Service, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, 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, set 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 or to make a referral for someone you feel could benefit from the program call 217-347-5569. Call Today.... We can assess your needs and keep you at home.

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, July 16th. Come and join us for some **FUN!**

Crafter's Corner with Hilltop Skilled Nursing!

July 25th at 1:30 pm
Immediately following our
Monthly Birthday Party!

Savvy Senior Pie Palooza!

Please join us on July 22nd at 1:30 pm for some Niemerg's pie and a presentation by Marsha Griffin, Office of the Attorney General.

She will be reviewing:

- Top 10 Scams
- Best practice tips
- Home owner's best practice tips
- Q & A

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





Do **YOUR** part....

Protect yourself from identity theft and scams!

1. **Opt for electronic statements.** Thieves can steal bank account statements, bills and other documents from your home mailbox. Instead, choose electronic statements that get delivered via email or directly into your online banking account.
2. **Keep a shredder handy.** Shred all bills and financial documents to keep thieves from fishing them out of your trash.
3. **Stop entering sweepstakes.** You may be enticed by the vacation prize at the mall kiosk, but before you enter personal details on the form, ask, "What will they do with it?" Protect your personal information!
4. **Stop giving out your Social Security number.** Some businesses, such as banks, credit agencies and government agencies, legitimately need your Social Security number for reporting purposes. But that's about it, and always make sure you know who you're sharing this information with—ask questions!
5. **Use a credit card whenever possible, not a debit card.** If you have a problem, you'll be covered if you use a credit card, but not as much for a debit card. But be sure that you can pay the credit card balance in full every month. Do not trade deeper debt for an incremental improvement in security.
6. **Add your name to the Do Not Call Registry.** Call the FTC toll-free at **888-382-1222** from the phone you want to register, or go to **donotcall.gov**
7. **Don't answer calls from numbers you don't recognize.** The best way to do this is to adjust the Do Not Disturb setting on your phone so that only calls from people on your contacts list will even ring. Everyone else will go straight to voicemail. If it's important, they'll leave a message.
8. **Be prepared to hang up.** If you do answer and hear a robocall, don't say anything — just hang up. Do not respond to questions, especially those answered with a "yes," as your response could be recorded and used by someone else to authorize fraudulent charges over the telephone.
9. **Watch what you share on social media.** Scammers can find a lot about you on social media. Don't share your phone number, your home address, anything related to your work, payment information, relationship status, health information, birthday or social security number.
10. **Don't reveal your location.** Posting photos in real time of your restaurant meal or hike reveals to the world you aren't home — and won't be for a while. Similarly, wait until the vacation is over before sharing your stories and images.

Resources available to report scams and receive help:

✓ FBI's Internet Crime
Complaint Center
www.ic3.gov

✓ Illinois Attorney General
Senior Fraud Helpline
1-800-243-5377

✓ Illinois Elder Abuse
1-866-800-1409

✓ AARP Fraud Watch
1-877-908-3360

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

SAVE THE DATE



Wednesday, August 7, 2019

FREE Senior Health Fair!

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



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 10th 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, Shannon Nosbisch, representing the Effingham Area Alzheimer's Awareness Organization and will be speaking about Alzheimer's disease, related dementia, services, support and education available in and around the Effingham area.



Tuesday Evening Meal

Join us at 5:00 pm on Tuesday, July 2nd 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.



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!

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"

Farmers Almanac



JULY 2019: temperature 74° (1° below avg.); precipitation 3" (1" below avg.);

Jul 1-2: Sunny, hot

Jul 3-6: T-storms, then sunny, cool

Jul 7-12: T-storms, then sunny, warm

Jul 13-20: Isolated t-storms, warm

Jul 21-26: T-storms, then sunny warm

Jul 27-31: T-storms, then sunny, cool



Effingham Farmers Market

Come down to the Courthouse square to check out all the fresh, local garden goodies, unique art work by local artist and live music.

The farmers Market is open every Saturday from 8 am to noon now through October.



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.



Long Term Care Ombudsman Resident.... Advocate



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 please call our Regional Long Term Care Ombudsman, Terri Simpson, at 217-347-5569 today!
All calls are confidential.



Please remember:

Transportation is available for the Tuesday Evening Meal!
Call ECPT at 1-855-755-2478 a day in advance for your ride!



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.

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 & 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.



EffingHAM-JAM

Taking place in downtown Effingham, IL the weekend of July 26 - 27, 2019 along with live music, family fun, craft beer & beverages, pancake breakfast, Dilly Bar eating contest, and much more!!!

No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July.

- Mac Thornberry



POTLUCK

Please join us for our **MONTHLY POTLUCK** on Wednesday, July 3rd at 11:30 am. The Glenwood will be providing BBQ Chicken 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.



Please call 217-347-5569 to register today!

St. Anthony's



HSHS
St. Anthony's
Memorial Hospital

Blood Pressure Checks

Tuesday, July 2: 11-11:30 am, Shumway Kluthe Center
Wednesday, July 3: 9 – 9:30 am, Catholic Charities
Thursday, July 11: 10:30 – 11:30 am, Effingham Senior Center
Thursday, July 11: 11:30 - Noon, Dieterich Civic Center
Monday, July 22: 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 – 12 hrs
Gerry Hoene – 2 hrs
Christie Murphy – 9 hrs
Kate Walk – 4 hrs
Dalyne Sapp – 19 hrs
Joan Walker – 1 hr
Trudy Robinson – 6 hrs
Dalyne Sapp – 19 hrs

Ed Eckert – 1 hr
Shirley Cheadle – 1 hr
Kate Eckert – 1 hr
Jan Pagel – 1 hr
Grace Boldt – 1 hr
Gustie Unkraut – 1 hr
Kay Meyer – 1 hr

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Sharon Caylor, Joan Walker, Roger Asplin, & Ruth Shadwell



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!!!



Breakfast in a Briefcase

Sponsored By: Lakeland Nursing & Rehabilitation

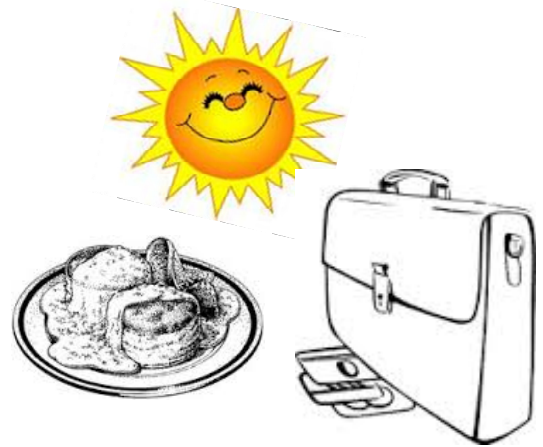
When: Thursday, July 18, 2019

Where: Effingham Senior Center

What Time: 8:30 am

Come and join Lakeland Nursing & Rehab for some biscuits & gravy, orange juice, coffee, and some good conversation!

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



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

We will have a toe nail clinic on July 2nd & 16th 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 9th at 1:00 pm and Life Center of Cumberland County in Toledo on July 10th at 9:00 am.



Senior Cinema

Tuesday, July 30th 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.

Rules of the Road Class

Will be offered here at the Senior Center on Friday, July 5th, at 9:30 am.



(The next class will be Friday, September 6TH, 2019.)



Please join us for cake & ice cream on Thursday, July 25th 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.





*Where the Only Things You
Leave Behind Are Worries!*

Amenities Include:

*Large Apartments w/Walk-in Showers
Private Patios & Walk-in Closets
24-Hour Certified & Caring Staff
Affordable Rates - All Utilities Included
Free Local Transportation
Pet Friendly & Much More!*

**Stop by for a tour,
and enjoy a FREE
meal with us!**



 **THE**
GLENWOOD
Assisted Living

14061 E. 1600th Ave., Effingham
Corner of Rickelman & N. 4th St.

217-347-8880

www.theglenwoodcommunities.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
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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.cfeceoc.org/CIPT/CIPT.htm>

Effingham County Public Transportation Effingham Saturday Trips



7/6/19 – Fairview Heights, IL: St. Clair Square Mall. Lunch at the mall.

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**7/13/19 – Alton, IL;** Argosy Casino, Lunch at the casino.

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7/20/19 – Arthur, IL; Beachy's, Country Salvage & Big Lots. Lunch at Scotty's Brewhouse.

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**7/27/19 – Belleville, IL:** Our Lady of the Snows Tour (Donations accepted). Lunch at the Shrine Restaurant.



**BEACHY'S**  
Bulk Foods, LLC

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





Calendar