



Sunset Times

June 2018

To join the Sunset Times email list please email abushue@seniorservices-eccoa.org or visit our web page @ www.seniorservices-eccoa.org



Thank You

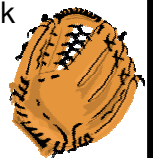
To our donors & sponsors for making Older Americans Month 2018 a success. Senior Services & the seniors appreciate your support.



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Please support those who support us!



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, June 14th in 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: Kristina Adams, RD

Lunch will be complimentary and provided courtesy of: Effingham Rehab & Healthcare

***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

Please join us for our **MONTHLY POTLUCK** on June 7th at 11:30 am. HSHS St Anthony's Homecare & Hospice 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 qt size dish. At this event Ashley Dillingham, from HSHS St Anthony's Homecare & Hospice, will be making a presentation.



Please call 217-347-5569 to register today!



You may qualify for a free phone! ITAC has several amplified 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!

A Father Is:

There in every memory
 See his love and care
 Strength and hands to count on
 Freely he does share
 Provider, toil so faithfully
 To make our dreams come true
 Give strong and tender discipline
 Though it is hard to do
 A Father is God's chosen one
 To lead the family
 And point it to His will for life
 Of love and harmony...



June 17th

-Sue Skeen

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



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 at the Effingham Senior Center.

“Exercise With Imogene”



Start your morning off right! Come to the senior center and exercise with Imogene. Low impact aerobic type movements done to music on CD. What a great way to begin your day!

Every Tuesday & Thursday morning at 9:00 am



We would like to Thank everyone who donated Activity Center Supplies. Your generosity is GREATLY appreciated!

Senior Services would like to extend a BIG “Thank You” to our May volunteers:



Mary Edwards – 6 hrs

Ruth Shadwell – 2 hrs

Sonja Martin – 2 hrs

Mike Borries – 1 hr

Sharon Bludworth – 16 hrs

Kate Walk – 6 hrs

Colleen Sutton – 1.5 hrs

Ed Eckert – 1 hr

Gerry Hoene – 2 hrs

Debbie Borries – 1 hr

June Harris – 10 hrs

Christie Murphy – 3 hrs

Joan Walker – 1 hr

Sarah McKinney – 2 hrs

Della Stanford – 1 hr

Senior Cinema

Tuesday, June 19th at 1:00 pm
 Come and enjoy “Seven Brides For Seven Brothers” starring Jane Powell and Howard Keel.
 Popcorn and drinks will be served.
 Reserve a seat by calling 217-347-5569.



Coffee Club

Every Wednesday & Friday Morning!
 All Are Welcome to Attend
 (Men & Women)

Busses are available to take you to this event. It's a great way to get out & enjoy some good conversation!

Call ECPT 24 hrs in Advance @ 1-855-755-2478



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!



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.

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.



Bring those toes, towels, & tubs to the Senior Center!



We will have a toe nail clinic on June 5th & June 19th 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.

(**If you can not make those dates, Megan will also be holding toenail clinics at the Life Center of Cumberland County in Toledo on June 6th at 9 am and the Altamont Municipal Building on June 12th at 12 noon.)



**Happy April Birthday to
Don Heurman, Trudy
Bailey, Grace Fread,
and Linda Gilsinger!**

Rules of the Road Class



The next class will be held on Friday, July 6th
Class will begin at 9:30 am.

Farmers Almanac

JUNE 2018: temperature 75° (3° above avg.); precipitation 4.5" (0.5" above avg.);

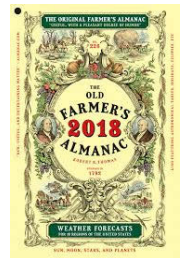
Jun 1-4: Sunny, hot;

Jun 5-8: T-storms, then sunny;

Jun 9-15: A few T-storms, then warm;

Jun 16-23: Showers, then Sunny, cool;

Jun 24-30: Scattered t-storms, warm.



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 your reservation. Meals are a suggested donation of \$3.50, but no one will be denied for inability to make a donation.



National Alliance on Mental Illness

NAMI – EFFINGHAM REGION

Wednesday, June 13th 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? 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, and you are welcome to bring your own to share if you wish.

Our guest speaker is Dawn Sachtelben, Allsup Life Reclaimed. She will speak to us about help with (SSDI).

We will meet at the Effingham Public Library. Enter East door, take elevator to basement level, meeting in the Workman Room.



In May, A Good Time Was Had By All!!!



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. This service is now available for cell phones too.



Please join us for cake and ice cream on Thursday, June 28th at 1:00 p.m. and help us celebrate June birthdays! Sponsored by the Senior Services and Aperion Care. A special June Birthday gift will be given at the party compliments of Effingham Rehabilitation & Health Care.

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.

Illinois Department on Aging Community Care Program

Established in 1979 by Public Act 81-202, the Illinois Department on Aging's Community Care Program helps senior citizens, who might otherwise need nursing home care, to remain in their own homes by providing in-home and community-based services.

...aimed at assisting seniors to maintain their independence and providing cost effective alternatives to nursing home placement.

The Community Care Program provides services to any person who applies for the program and meets all current eligibility requirements.

Who is eligible?

People who...

Are 60 years old or older;

Are U.S. citizens or legal aliens;

Are residents of Illinois;

Have non-exempt assets of \$17,500 or less (Non-exempt assets do not include home, car, or personal furnishings.); and

Have an assessed need for long term care (scoring 29 points or higher on the "Determination of Need" form).

NOTE: Although the level of income does not affect eligibility for the program, an income level is established for each client to determine the client's ability to contribute to the cost of care.

Call Senior Services Today for an assessment, now serving 9 counties 217-347-5569!



Are you interested in Knitting or Crocheting?



Join the ladies every Monday morning 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 in the fun!!!

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"

St. Anthony's Events

Blood Pressure Checks



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

Mon., June 4, 11 to 11:30 a.m.- Golden Circle Nutrition Site , Effingham

Tues., June 5, 11 to 11:30 a.m. – Shumway Kluthe Center

Wed., June 6, 9 to 9:30 a.m. – Catholic Charities

Thurs., June 7, 10:30 to 11:30 a.m. - Effingham Senior Center


Thurs., June 14, 11:30 a.m. to Noon- Dieterich Civic Center

Mon., June 25, 11 to 11:30 a.m.- Altamont Municipal Building



Sacred Heart Parish Picnic

The annual parish picnic will be held on Saturday and Sunday, June 23 & 24 on the school grounds located at the corner of Fayette and Henrietta streets!

F is for fun.
A is for awesome.
T is for thoughtful.
H is for huggable.
E is for educational.
R is for rather lovable.

Breakfast in a Briefcase

Sponsored By: HSHS St Anthony's Homecare & Hospice
When: Thursday, June 21, 2018
Where: Effingham Senior Center
What Time: 8:30 – 10:00 am
Call: **217-347-5569** to confirm your reservation!




Nursing Home Bingo


Nursing home bingo will be held again on June 7th at 1:30 pm!
We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



SUMMER FOOD FESTIVAL 2018

Where: Downtown Effingham
When: Friday, June 15
What time: 5:00 – 9:00 pm

Join the Downtown Effingham Business Group for Summer Food Fest! Downtown businesses will be serving up their favorite food items, with donations supporting charities. After Hours Shopping!



Please remember:

Transportation is available for the Tuesday Evening Meal and Wednesday & Friday Morning Coffee Club. Call ECPT at 1-855-755-2478 a day in advance for your ride!

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.cefseoc.org/CIPT/CIPT.htm>

Effingham County Public Transportation Effingham Saturday Trips

6/2/18 – Arthur, IL: Strawberry Jam Fest & Sheep to Quilt
(with an optional stop at the Tuscola Car Show),
Lunch at Monical's in Arcola, IL

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6/9/18 – East St. Louis, IL; Casino Queen, Lunch at Casino

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6/16/18 – Decatur, IL; Scovill Zoo, Lunch at Cracker Barrel

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6/23/18 – Lerna & Mattoon, IL: Lincoln Log Cabin Historic Site,  
shopping Charleston & Mattoon, Lunch at Burger King  
in Mattoon, IL

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6/30/18 – No Trip Scheduled

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



Golden Circle Menu

Delivering Exceptional Care *together, in your home*

Combining exceptional care with the comforts of home, the HSHS Home Care and Hospice Southern Illinois team offers talented and trustworthy nurses, on call 24/7, for a healthy dose of in-home, faith-based care and compassion. Reducing stress for both you and your loved ones, we work closely with physicians and staff to ensure you receive the best possible care.

Comforting. Caring. Convenient. Exceptional Care is in reach.



HSHS
Home Care & Hospice
Southern Illinois



HSHS Home Care & Hospice Southern Illinois offers Home Care, Hospice, Palliative Care, and Transitional Care Services to communities in 27 counties across southern Illinois.

To learn more, or to find out if you are eligible, call 800-551-6566.

June Activity Calendar