



# Sunset Times

June 2019

To join the Sunset Times email list please email [abushue@seniorservices-ecco.org](mailto:abushue@seniorservices-ecco.org)  
or visit our web page @ [www.seniorservices-ecco.org](http://www.seniorservices-ecco.org)



## Thank You

To our donors & sponsors for making Older Americans Month 2019 a success. Senior Services & the seniors appreciate your support.



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**BANK** *Live for Today.  
Bank for Tomorrow.*



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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 13th 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:** Becky Doiron, Alzheimer's Association  
Topic: Know the 10 signs: Early Detection Matters!

**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.



alzheimer's  
association



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-ecco.org](http://www.seniorservices-ecco.org)

## Father's Day Potluck June 5<sup>th</sup> at 11:30 am

Lakeland Rehab & Healthcare will be providing hamburgers, buns, and condiments as the entrée for this event and will be giving a gift to all of the gentlemen in attendance. 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!**



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!

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



### Senior Cinema

Tuesday, June 11<sup>th</sup> at 1:00 pm  
Come and enjoy "The Bachelor And The Bobby-soxer".  
Popcorn and drinks will be served.  
Reserve a seat by calling  
217-347-5569.



### 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 16<sup>th</sup>*

**-Sue Skeen**

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.

### Crafter's Corner with Hilltop Skilled Nursing!

Join Trisha from Hilltop Skilled Nursing facility on June 27<sup>th</sup> at 1:30 pm, after our monthly birthday party, as she leads us in making a cute bear out of a folded hand towel. Please call 217-347-5569 for a reservation.



## Senior Services would like to extend a BIG "Thank You" to our May volunteers:

Dalyne Sapp – 16 hrs  
Karen Wilson – 1 hr  
Trudi Robison – 3 hrs  
Sonja Martin – 1 hr  
Grace Boldt – 1 hr  
Kay Meyers – 1 hr

Sharon Blutworth – 16 hrs  
Kate Walk – 2 hrs  
Jan Pagel – 1 hr  
Ed Eckert – 1 hr  
Gerry Hoene – 2 hrs  
Debbie Borries – 1 hr

Christie Murphy – 9 hrs  
Joan Walker – 1 hr  
Sarah McKinney – 6 hrs  
Shirley Cheedle – 1 hr



## Reliability Saves Lives

Presented by:

**Chief Medical Officer, Dr. Ryan Jennings**

**When: June 6, 2019 at 11:00 am**

**Where: Senior Services of Effingham County Activity Center**

Join Chief Medical Officer, Dr. Ryan Jennings as he shares HSHS ST. Anthony's Memorial Hospital's journey to zero harm, focused on their leadership's commitment to the goal, creating a culture of safety and empowering colleagues to pursue continuous improvement.

HSHS St. Anthony's Memorial Hospital 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!**



**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 4<sup>th</sup> & June 18<sup>th</sup> 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 12<sup>th</sup> at 9 am and the Altamont Municipal Building on June 11<sup>th</sup> at 12 noon.)

## Rules of the Road Class



The next class will be held on Friday, July 5, 2019. Class will begin at 9:30 am.



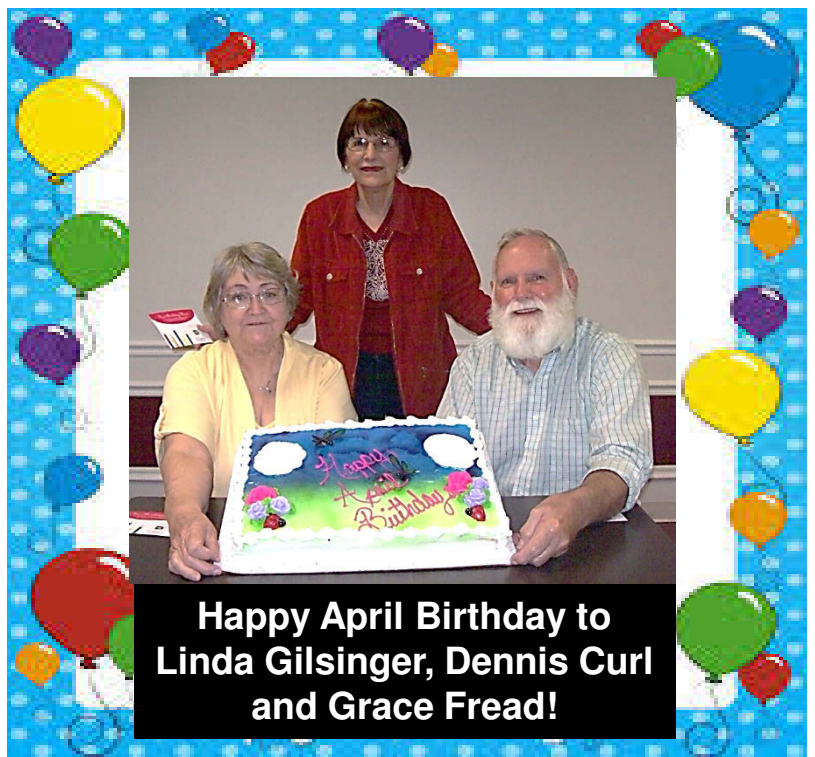
## Tuesday Evening Meal

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.



**Happy April Birthday to  
Linda Gilsinger, Dennis Curl  
and Grace Fread!**

## Farmers Almanac

**JUNE 2019:** temperature 71°

(1° below avg.); precipitation

5.5" (1.5" above avg.);

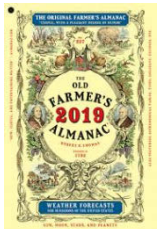
**Jun 1-7:** T-storms, then sunny, cool;

**Jun 8-11:** Showers, cool;

**Jun 12-16:** A few t-storms, warm;

**Jun 17-23:** Showers, cool;

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



National Alliance on Mental Illness

**NAMI – EFFINGHAM REGION**

**Wednesday, June 12<sup>th</sup> 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 Katelyn O'Rourke, from Mission 22. She will be speaking about Veterans Suicide prevention.

We will meet at the Heartland Human Services, 1200 N. 4<sup>th</sup> St, Effingham, IL. Enter North Doors & look for the NAMI sign.

## 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 & ice cream on Thursday, June 27<sup>th</sup> at 1:00 pm for those celebrating a birthday in June. Sponsored**

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



## Savvy Senior Ice Cream Social

**Please join us on June 17<sup>th</sup> at 1:30 pm for an ice cream social and to hear Linda Jansen from Crossroads Bank, present us with valuable information on Senior scams.**

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





# “The Grandparent Scam”

**Beware if you receive an urgent phone call from someone claiming to be a family member!**

This is how the grandparent scam typically plays out: You get a call from someone pretending to be your grandchild. The person explains that she/he is in trouble, with a story that goes something like this:

“There’s been an accident and I’m ..... (in jail, in the hospital, stuck in a foreign country), and I need your help.” The caller adds enough details about how, what or where the emergency happened to make the story seem plausible. And the distraught caller, you think to yourself, does sort of sound like your grandson or granddaughter.

Often the caller tells you that a third person, such as a lawyer, doctor or police officer, will “explain everything to you” if you call him or her. “This makes it seem more real when you call and talk to the *authority*,” says attorney Kati Daffan, assistant director of the division of marketing practices at the Federal Trade Commission (FTC). Then the caller asks you to send or wire money immediately, with the kicker, “Please, don’t tell Mom and Dad!”

In 2017 nearly one in five people reported losing money in an impostor scheme like the grandparent scam, amounting to a loss of \$328 million, according to the FTC. And those ages 70 and older have suffered the highest average losses. “The scammers are very good at what they do — they make the story very convincing and urgent so that you wouldn’t want to make a mistake,” Daffan says. “The stakes are incredibly high, and they’re good at pulling at your emotions. They know how to get your fight-or-flight response activated so that your critical thinking faculties are just not the way they are normally.”

## **Here’s what you need to know about this scam:**

- Verify the person’s identity by asking questions someone else couldn’t possibly answer.
- Ask for a callback number and then get off the phone and check with a family member or the person who supposedly called you.
- Contact your local law enforcement and have them assist you in finding out the truth.
- A dead giveaway that you’re trying to be scammed is how they want you to get the money to them. (Typically, it’s through a wire transfer service (such as Western Union or MoneyGram), an overnight delivery service or courier (with a check or cash), or a prepaid card or gift card, in which case the scammer will ask you to read the numbers on the back of the card over the phone. **Don’t do it!**)
- Remember, a hospital or court of law doesn’t accept gift cards as payment.

## **Resources available to report scams and receive help:**

- |  |   |  |                                      |
|--|---|--|--------------------------------------|
| ✓ FBI’s Internet Crime Complaint Center<br>www.ic3.gov | ✓ Illinois Attorney General Senior Fraud Helpline<br>1-800-243-5377 | ✓ Illinois Elder Abuse<br>1-866-800-1409 | ✓ AARP Fraud Watch<br>1-877-908-3360 |
|--|---|--|--------------------------------------|
- ✓ **Your local City & County Police Departments-Effingham County Sheriff’s Office: (217) 342-2101**



## 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 3, 11 to 11:30 a.m. - Golden Circle Nutrition Site , Effingham**

**Tues., June 4, 11 to 11:30 a.m. - Shumway Kluthe Center**

**Wed., June 5, 9 to 9:30 a.m. - Catholic Charities**

**Thurs., June 6, 10:30 to 11:30 a.m. - Effingham Senior Center**

**Thurs., June 13, 11:30 a.m. to Noon- Dieterich Civic Center**

**Mon., June 24, 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 22 & 23 on the school grounds located at the corner of Fayette and Henrietta streets!

### Senator's Senior Health Fair

Mark your calendar now for the Senator's Senior Health Fair to be held on Wednesday, August 7, from 9:00 a.m. to 11:00 a.m. at the Effingham Armory!



**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.

## Successful Aging In The 21<sup>st</sup> Century



**Sponsored By: 1<sup>st</sup> National Bank of Waterloo**

**When: Thursday, June 20, 2019**

**Where: Effingham Senior Center**

**What Time: 11:00 a.m.**



*Please come and join representatives from 1<sup>st</sup> National Bank of Waterloo! They will be providing pork loin with barbecue sauce on the side, mashed potatoes and gravy, glazed carrots, green beans, rolls, tea and lemonade, and Texas sheet cake for dessert. Following lunch, they will be hosting a few games of "Banking Bingo"!*

***Please call 217-347-5569 to make your reservation to join in the FUN!***

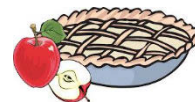


**"The Clinic Effingham" is hosting a Pie Party!**

**When: Tuesday, June 25, 2019**

**Where: Activity Center**

**What Time: 2:00 PM**



Time to get your questions answered! The Clinic Illinois, owned and operated by Green Thumb Industries (GTI), was started by a well-established, experienced team of dispensary operators focused on the patients in need. In partnership with The Clinic Colorado, a successful family-owned medical cannabis enterprise which operated six dispensaries, The Clinic Illinois is among the safest facilities allowing patients to purchase products in a comfortable environment. The staff at our two locations work with patients to help them customize their treatment plan, manage dosing frequency, monitor progress and ensure they are administering the proper medication to fit our patient's specific needs.

**Please call 217-347-5569 to make your reservation!**

## Fun For Facilities Bingo

Nursing home bingo will be held again on June 6<sup>th</sup> at 1:30 pm! We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!





# 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

6/1/19 – Arthur, IL: Strawberry Jam Fest., Beachy's/Country Salvage, Lunch at Yoder's.

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6/8/19 – Petersburg, IL; Lincoln New Salem-Summer Frolic and World Wide Knit in Public Day, Lunch at Gillmore's Family Café.

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6/15/19 – Vandalia, IL; Grand Levee-Bicentennial Parade, Farmer's Market, Food and Craft Vendors, & More! Lunch at Witness Distillery or on the Old Capital Lawn.

~~~~~

6/22/19 – Monticello, IL: Train Museum & Ride (\$12), Lunch at Monarch Brewing Company.

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6/29/19 – No Trip Scheduled.

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



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## Golden Circle Menu



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**LAKELAND**

REHABILITATION & HEALTH CARE CENTER



[lakelandbytutera.com](http://lakelandbytutera.com)

800 W Temple Avenue | Effingham, IL 62401



## June Activity Calendar