



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

Sunset Times

March 2018



Senior services will be closed on **Tuesday, March 6th** for a staff meeting, and on **Friday, March 30th** in observance of Good Friday!

Jerry Katt

It is with a heavy heart that we share the news that Jerry Katt passed away in his home on February 6, 2018 at the age of 83.

Jerry was highly respected as a US Army Veteran and he selflessly volunteered his time at the Senior Center. Jerry is most known for his BINGO calling, which he did every Friday for over 10 years. Jerry was as fine a gentleman as anyone could meet. He cared deeply for his friends and neighbors and loved to share stories about his grandchildren. We are blessed as he considered us a part of his extended family here at the Senior Center.

Our thoughts and prayers are with his family and friends.



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, March 8, 2018 at the Center from 11:00 AM until 1:00 PM.

Each doctor has graciously donated his time in an 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 a speaker from HSHS St Anthony's Memorial Hospital.

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 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 1-800-232-1790

www.seniorservices-ecco.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.

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.



ITAC has several 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.

MONTHLY POTLUCK AT THE SENIOR CENTER

March 1st at 11:30 am

Sponsored by Effingham Rehab & Health Care Center



Effingham Rehab & Health Care Center will be providing roast 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 2qt side dish.

Amanda Spade, from Petersen Health Care, will be making a presentation that can benefit those in attendance.

**At 10:30 am St. Anthony Hospital will be here to check your blood pressure.

Registration is required, please call 217-347-5569.



SUCCESSFUL AGING IN THE 21ST CENTURY



“Account Ownership
and

How it Affects Your Financial Plan”



Choosing the right beneficiaries, accounts, and forms of ownership is key to preserving your legacy. An often overlooked (but extremely critical) aspect of Estate planning include account titling and beneficiary designations. These control who receives the account, regardless of what the Will or Trust states!

Please join representatives from First National Bank who will bring you up to date information on account ownership.

This event will take place on **Thursday, March 15th, 2018 at 11:00 am** in the Activity Center. First National Bank will be providing meatloaf, mashed potatoes and gravy, green beans, rolls and butter, and white sheet cake.

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

Foot Clinic

Bring your toes, tubs, and towels to the Senior Center On March 20th. Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm. The fee for this service is \$15, payable to the technician.



Long-Term Care Ombudsman

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

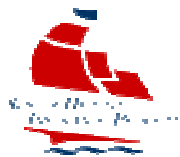
**Terri Simpson, Regional Ombudsman,
at 217-347-5569 or 1-800-283-4070.**

Interested in Knitting or Crocheting

Did you know that seniors who engaged in hand-focused craft activities such as knitting and crocheting have maintained their dexterity, mobility, as well as hand-eye coordination to a greater degree than those who don't. Join the ladies every Monday morning at the 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.



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".



Admit One

Senior Cinema will be on Thursday, March 22nd at 1:00 pm. Come & enjoy "Summer Magic" starring Burl Ives and Dorothy McGuire.



Popcorn & drinks will be served.

Call 217-347-5569 to reserve a seat.



Admit One

When a close-knit Boston family loses their fortune, they find a wealth of family secrets, young love, and charming summer nights in Beulah, Maine. A good-natured postmaster, pretentious cousin Julie, and the mysterious absentee landlord, Mr. Hamilton, populate their new life in a charming old yellow house.



Tuesday Night Meal

Join us for the Tuesday Night Meal at the Senior Center, where you will find **good food and friends!**

If you plan to attend or you need to cancel please remember to call 217-347-5569 by noon on Tuesday, March 6th. A donation of \$3.50 is suggested but you will not be denied for inability to make a donation.



Rules of the Road Review Course will be held at the Activity Center on Friday, March 02, 2018 starting at 9:30AM.

(Next Rules of the Road Class is May 4, 2018)

Blood Pressure Screenings by St Anthony's Home Care Staff:

Thursday, Mar 1 10:30 - 11:30 am Effingham Senior Center
Tuesday, Mar 6 11 - 11:30 am Shumway Kluthe Center
Wednesday, Mar 7 9 - 9:30 am Catholic Charities
Thursday, Mar 8 11:30 - Noon Dieterich Civic Center
Monday, Mar 26 11:00 - 11:30 am Altamont Municipal Bldg
Tuesday, Mar 27 10:30 - 11:30 am Jasper County Senior Center

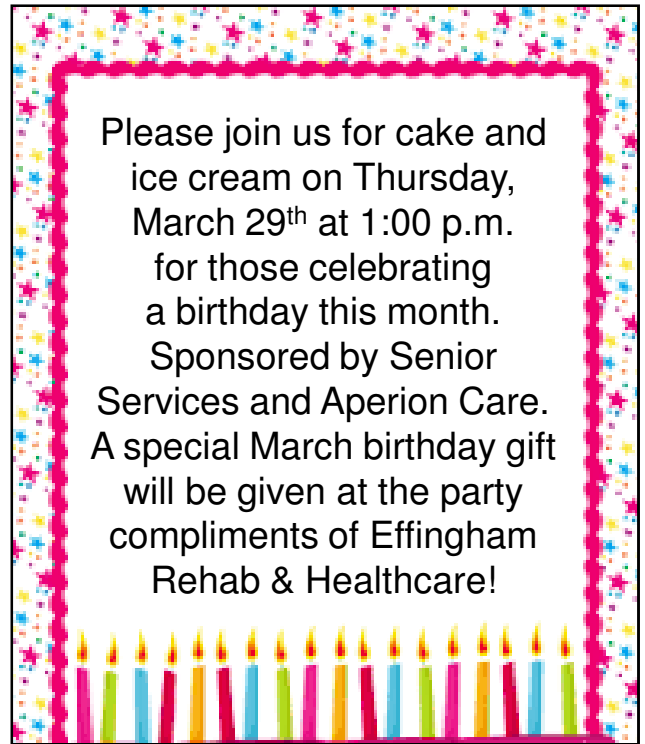


HSBS
St. Anthony's
Memorial Hospital



Happy January Birthday's!

Della Stanford, Richard Worman,
Faye Pearson, & Byrl Beckett



Benefit Access Program (formerly Circuit Breaker)

Parts of the Department on Aging's Benefit Access Program, formerly known as the Circuit Breaker Program, allows for the Secretary of State's office to provide for a reduced-fee license plates aimed toward senior citizens and persons with disabilities with specific qualifications.

Apply on the Benefit Access Application if you meet the following requirements:

1. Age

- You must be 65 years of age or older before January 1, 2012; or
- You must become 65 years of age during 2016 (benefits become available after you turn 65); or
- You must be 16 years of age or older before January 1, 2016 and qualify as disabled

2. Residency

- You must live in Illinois at the time you file your application

3. Income Limit

Your total income in 2016 must be less than

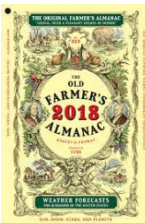
- \$27,610 if filing an application for yourself only; or
- \$37,635 if filing an application for yourself and your spouse, or yourself and one Qualified Additional Resident; or
- \$45,657 if filing an application for yourself, your spouse* and at least one Qualified Additional Resident, or yourself and at least 2 Qualified Additional Residents.

4. Expiration

Benefits are good for 2 years under the Benefit Access Program. The 2-year period starts at the time you are approved for benefits. You may file again up to 90 days before your benefits expire.

If you think you may qualify and need assistance in completing the Benefits Access application, please call the Senior Center @ 217-347-5569 to schedule an appointment.





MARCH 2018: temperature 49° (4° above avg.); precipitation 5" (1" above avg.);
Mar 1-4: Sunny and warm;
Mar 5-9: Rainy periods, warm;
Mar 10-16: Rain to snow, then flurries, cold;
Mar 17-25: A few showers, turning warm;
Mar 26-31: Rainy periods, cool.



"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

"What we think, what we know, or what we believe, is, in the end, of little consequence. The only consequence is what we do."

– John Ruskin



What is Tai Chi?

Tai Chi is slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. It is gentle and not strenuous, but it has been shown to have a positive effect on muscle strength, flexibility, and balance.

Come to the Senior Center and take a class. Monday and Wednesday morning from 8:00 to 9:00 am.



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.

Senior Services would like to extend a **BIG** "Thank You" to our February volunteers! We are so lucky to have you!

- | | |
|---------------------------|------------------------|
| Kate Walk – 2 hours | Sue Green – 2 hours |
| Sara McKinney – 4 hours | Gerry Hoene – 2 hours |
| Ruth Shadwell – 1 hour | Dalyne Sapp – 16 hours |
| Joan Walker – 2 hours | Sonja Martin – 2 hours |
| June Harris – 12 hours | Mary Edwards – 6 hours |
| Christie Murphy – 3 hours | |




 So Lucky to Have you



National Alliance on Mental Illness

EFFINGHAM COUNTY SUPPORT GROUP MEETING

March 14th at 5:00 pm

BROWN BAG SUPPER & SUPPORT MEETING

This meeting will be held at Heartland Human Services, 1200 N. 4th St, Effingham. Enter the North doors and look for the NAMI sign. Bring your own brownbag supper and meet other caregivers supporting someone with a mental illness are all welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone in your struggle. Featured speaker will be Honorable Judge Kimberly Koester. Bring all those questions about Mental Health legal options, and court procedures you have been wondering about.



March is Colorectal Cancer Awareness Month!

Please join us to learn more about colon cancer.

Refreshments will be served.

When: Tuesday, March 20, 2018

Where: Effingham Senior Center

What time: 2:00 pm

- Colorectal cancer is cancer that occurs in the colon or rectum. It is the second leading cancer killer in the U.S.
- According to the State Cancer Profiles, Effingham County averages 24 NEW cases of colorectal cancer each year which is nearly 40% HIGHER than the national average!
- Screening for colorectal cancer saves lives and is recommended for men and women aged 50 and older.
- There are several different ways to screen for colorectal cancer – Colonoscopy, FOBT screening, F.I.T. screening to name a few.
- The Effingham County Health Department and the Lakeland College Nursing Class have joined the American Cancer Society to ensure 80% of folks over age 50 get screened for colon cancer in 2018.
- Nursing students will be giving a presentation on the newest form of colorectal screening, F.I.T. screening. F.I.T. screening is easy, requires no prep, and can be done in the comfort of your home. What's more? The screening kit is highly affordable and offered by the Effingham County Health Department!



Front row (L-R): Meg Hout, Taylor Pedersen, Shelby Reed.
Back row (L-R): Blake Richardson, Shelby Cox, Kyle Gesell.



Public Health
Prevent. Promote. Protect.

**Effingham County
Health Department**

(If you can not come to this presentation but would like more information, please contact the Effingham County Health Department at 217-342-9237).

AARP Tax Assistance at 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 ext 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 your 2016 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.

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

FREE "DROP-OFF" TAX PREPARATION



@ Catholic Charities-Effingham VITA for families with income less than \$60,000.

Simply, fill out the interview sheet, and drop-off your tax info
9am-noon and 1-3pm, weekdays,
Monday-Friday, starting Wednesday,
January 31, 2018.

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.



The leprechaun is an Irish fairy. He looks like a small, old man (about 2 feet tall), often dressed like a shoemaker with a cocked hat and a leather apron. According to legend, leprechauns are aloof, unfriendly, live alone, and pass their time making shoes. They also possess a hidden pot of gold!



Coffee Club

All Are Welcome to Attend
(Men & Women)

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

Give ECPT a call 24 hrs in advance at
1-855-755-2478



Transportation is available for:

Tuesday Evening Meal And Wednesday & Friday Morning Coffee Club call: 1-855-755-2478 in advance for your ride.



The National Active and Retired Federal Employees Association (NARFE) represents some five million federal workers, retirees, spouses, and their survivors.

The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am at Effingham Senior Center. For more information contact Barb Carie at 217-347-7536.



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!



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.csefec.org/CIPT/CIPT.htm>

Effingham County Public Transportation Effingham Saturday Trips



- Mar. 3, 2018: Mt. Vernon, IL
Shopping at the Mall & Bandana's BBQ

- Mar. 10, 2018: Springfield, IL
Abe Lincoln Museum & lunch at Golden Corral



- Mar. 17, 2018: Arcola, IL
Shopping & lunch at Yoder's

- Mar. 24, 2018: Alton, IL
Casino & lunch at the Casino



- Mar. 31, 2018: No Trip this Saturday



Saturday trips will be canceled by noon on the Friday before, if ice, snow, or extreme cold is in the forecast.

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



Golden Circle Menu

RESPIRE CARE

...when you need a break!

We all need a break... even caregivers. Let the staff at Effingham Rehabilitation & Health Care Center care for your loved one while you are away.

Respite Care services provide temporary care to people with disabilities in order that their caregivers can take a break from the daily routine of caregiving.

Let us give you peace of mind that your loved one is taken care of while you take care of yourself.

Come see what sets us apart from the rest.

Call today for your personal tour!



Effingham
REHABILITATION &
HEALTH CARE CENTER

1610 N Lakewood Dr. • Effingham, IL

(217) 347-7781



Peterson
Health Care

www.petersonhealthcare.net/effingham

RESPIRE CARE SERVICES

- Nursing Services
- Medication Management
- Assistance as Needed
- Activities and More!

Additional services include:

- 3 Meals Daily
- Housekeeping & Laundry
- Medical Transportation

For the luck of the Irish, please join us for our

St. Patrick's Day

Celebration

Located at:
Effingham Rehabilitation & Health Care Center

Friday, March 16th
5:00PM

1610 N. Lakewood Dr. | Effingham, IL



Effingham
REHABILITATION &
HEALTH CARE CENTER

RSVP to Mary
by March 12th to
reserve your table:

217.347.7781

www.PetersonHealthCare.net

Serving delicious
corned beef &
cabbage, veggies
& dessert!



Peterson
Health Care

Activity Calendar