



209 S. Merchant  
Effingham, IL 62401

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abushue@seniorservices-eccoa.org  
or check out our webpage at  
www.seniorservices-eccoa.org

*Sunset Times*

**March 2020**



Senior Services of Effingham County  
will be closed on  
**Wednesday, March 25, 2020**  
for staff development & training.

May the sun shine, all day long  
everything go right and nothing  
wrong. May those you love bring love  
back to you, and may all the wishes  
you wish come true!

**HAPPY ST. PATRICK'S DAY!!!**  
**MARCH 17, 2020**



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 12, 2020 at the Center from 11:00 AM until 1:00 PM.

Each medical professional has graciously donated their 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 Dr. Nitin Kumar, MD, FASGE.

Lunch will be complimentary and provided courtesy of: HSHS Medical Group



**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-eccoa.org](http://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.

## **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 5<sup>th</sup> at 11:30 am

Sponsored by Lakeland Rehab & Health Center



Lakeland Rehab & Health Center will be providing lasagna 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.

Representatives from Lakeland Rehab & Health Center, will be making a brief presentation on the benefits of their facility, the many services they provide, and their upcoming events.

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

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



**♣ 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, March 17<sup>th</sup>.

Come and join us for some FUN!



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Della Stanford,  
Richard Worman,  
& Faye Pearson.



It was one of those March days when the sun shines hot and the wind blows cold; when it's summer in the light and winter in the shade.

- Charles Dickens



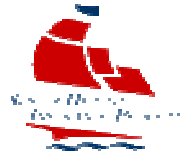


## Interested in Knitting or Crocheting

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 Tuesday, March 24<sup>th</sup> at 1:00 pm. Come & enjoy "Miracle In The Rain" starring Jane Wyman and Van Johnson.



Popcorn & drinks will be served.

Call 217-347-5569 to reserve a seat.



A secretary accepts an impulsive marriage proposal from an army private just before he is dispatched overseas to fight in World War II. When she receives news of his death, her suffering becomes unbearable ... until a miracle occurs.

Admit One



## 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 3<sup>rd</sup>. 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 06, 2020 starting at 9:30AM.

(Next Rules of the Road Class is May 1, 2020)

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

Tuesday, Mar 3 11 - 11:30 am Shumway Kluthe Center  
Wednesday, Mar 4 9 - 9:30 am Catholic Charities  
Thursday, Mar 5 10:30 - 11:30 Senior Services of Effingham Co.  
Thursday, Mar 12 11:30 - Noon Dieterich Civic Center  
Monday, Mar 23 11:00 - 11:30 am Altamont Municipal Bldg.  
Tuesday, Mar 24 10:30 - 11:30 am Jasper County Senior Center



HSBS  
St. Anthony's  
Memorial Hospital



## **Crafter's Corner With Hilltop Skilled Nursing!**

Join Trisha for making a craft on March 26<sup>th</sup> at 1:30 pm immediately following our monthly birthday party!



Please join us for cake and ice cream on Thursday, March 26<sup>th</sup> at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services and Aperion Care. A special March birthday gift will be given at the party compliments of Effingham Rehab & Healthcare!



# **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 or older by December 31 of the current year or 16-64 years of age and totally disabled before January 1 of this year.

### **2. Residency**

- You must be a resident of Illinois at the time you file your application

### **3. Income Limit**

Your total income must be less than:

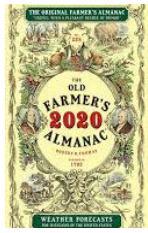
- \$33,562 for a 1 person household
- \$44,533 for a 2 person household
- \$55,500 for a 3 person household

### **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 2020:** temperature 43° (2° below avg.); precipitation 6" (2" above avg.);  
**Mar 1-4:** Snow, then flurries, cold;  
**Mar 5-9:** Rain to snow, then flurries, cold;  
**Mar 10-17:** Rainy periods, mild;  
**Mar 18-24:** Periods of rain & wet snow, cold;  
**Mar 25-31:** Rain, then snow showers, cold.



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!



Don't forget to "Spring Forward" (turn your clock up an hour) & change your smoke detector battery on the night of Saturday, March 7th!



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.



**Take Off Pounds Sensibly**

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



- |                          |                            |                          |
|--------------------------|----------------------------|--------------------------|
| Kate Walk – 4 hours      | Joan Walker – 1 hour       | Grace Boldt – 1 hour     |
| Sara McKinney – 2 hours  | Gerry Hoene – 2 hours      | Gustie Unkraut – 1 hour  |
| Shirley Cheadle – 2 hour | Dalyne Sapp – 16 hours     | Anne Bourgouis – 1 hour  |
| Sue Green – 2 hours      | Janet Pagel – 1 hour       | Trudy Robinson – 9 hours |
| Sonja Martin – 4 hours   | Christie Murphy – 12 hours | Sue Green – 2 hours      |



**EFFINGHAM COUNTY SUPPORT GROUP MEETING**

**March 11<sup>th</sup> at 5:00 pm**

**Monthly Family Support Group Meeting**

When it comes to helping someone suffering from a mental illness, we all tend to overlook much needed support for ourselves. Are you trying to navigate the ever changing mental health help services available in your area? Do you need answers to the many mental health questions? Are you looking for information on the latest treatment procedures and medications? And the list goes on and on... You are not alone, and NAMI offers several free education classes to help you. Together, as a group, at our monthly Family Support meetings, we will help you look for the answers and share our acquired knowledge and experiences as we support our loved ones. All are Welcome.

The March speaker is: Dr. Andy Hogan, Midwest Neurofitness.

Finger foods, and refreshments will be there, & you are welcome to bring your own to share if you wish. This meeting will be held at Heartland Human Services, 1200 N. 4<sup>th</sup> Street, Effingham. Enter the north doors & look for the NAMI sign.



# A Medicare Minute ...

## Medicare Part D – Prescription Drug Coverage: When To Enroll & When Am I Eligible

- Anyone who has Medicare Part A or Part B is eligible for Part D – Prescription Drug Coverage.
- Initial Enrollment Period – 7-month window surrounding month of entitlement to Medicare.  
**7 Month window = 3 months prior to Medicare Eligibility, the month of, and 3 months after Medicare Eligibility. For most of the population, your eligibility date occurs at age 65.** However, for those who have been determined disabled by SS, your Medicare eligibility date will be determined by SS.
- If the beneficiary doesn't enroll when they are first eligible, they may pay a late enrollment penalty if they join a plan later. The penalty will be paid for as long as the beneficiary has Medicare prescription drug coverage. **You only get one chance to sign up for Medicare D Prescription Drug Coverage without a penalty.**
- The only time there is no penalty is if the beneficiary has **Extra Help** or other **creditable drug coverage**.
- Medicare Part D Open Enrollment period is October 15 – December 7 each year.
- There may also be Special Enrollment Periods.
- For more information, you may contact Medicare by calling 1-800-633-4227 or visit their website at [www.Medicare.gov](http://www.Medicare.gov).
- You may also contact a Senior Health Insurance Program (SHIP) Specialist near you.



## Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on March 3<sup>rd</sup> & 17<sup>th</sup>. 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.



Megan will also be trimming toenails at the Dieterich Kluthe Center on March 10<sup>th</sup> at 1:00 pm.



## 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.



**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 last year's 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, and your bank routing and account number for direct deposit. (Blank check will work).

For more information, contact Catherine Bailey,  
Programming Outreach Manager at  
[217-342-2464](tel:217-342-2464) or [catherine@effinghamlibrary.org](mailto: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  
January 30, 2020.



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.



**Nursing Home Bingo**

Will be held on Thursday, March 5<sup>th</sup> here at the center 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



**NARFE**

National Active and Retired Federal Employees Association

**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) 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 2<sup>nd</sup> Wednesday at 11:00 am at Senior Services of Effingham County.

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!!**

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.celiseoc.org/CIPT/CIPT.htm>

## Effingham County Public Transportation Effingham Saturday Trips\*

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

- Mar. 7, 2020: Edwardsville, IL  
St Andrew's Episcopal Church Fabric Art & Quilt Show,  
lunch at The Foundry Public House Restaurant

\*\*\*\*\*

- Mar. 14, 2020: Fairview Heights, IL  
St. Clair Square Mall, lunch at the mall

\*\*\*\*\*

- Mar. 21, 2020: Alton, IL  
Argosy Casino, lunch at the Casino

\*\*\*\*\*

- Mar. 28, 2020: Springfield, IL  
The Governor's Mansion Tour, lunch at Incredibly Delicious

\*\*\*\*\*

\*Effingham County Public Transportation reserves the right to cancel any scheduled trip due to weather conditions. If there is to be a cancellation, ECPT will try to notify the participants by Noon the day before the scheduled trip.

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

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## CENTRAL ILLINOIS PUBLIC TRANSIT

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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.shelbycounty-il.com/index.htm> and on the providers website at <http://www.celiseoc.org/CIPT/CIPT.htm>

# Golden Circle Menu



*Lakeland Rehabilitation  
& Health Care Center*

RECOVERY TO HOME UNIT  
MEMORY CARE • LONG-TERM CARE

*Call 217-342-2171*



**LAKELAND**

REHABILITATION & HEALTH CARE CENTER

800 W Temple Avenue | Effingham, IL 62401  
(217) 342-2171 | [lakelandbytutera.com](http://lakelandbytutera.com)



# Activity Calendar