



**SENIOR SERVICES**  
**Effingham County**



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## May 2018







To join the Sunset Times email list please email [abushue@seniorservices-eccoa.org](mailto:abushue@seniorservices-eccoa.org)  
or check out our webpage at [www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)

## May is Older Americans Month!

### Step up to the plate for your health!



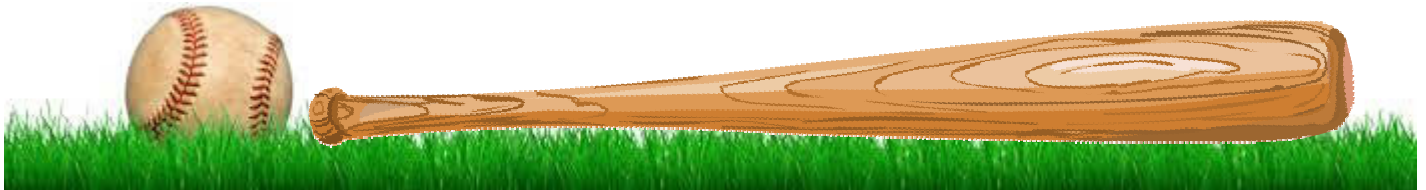
#### SCHEDULE OF EVENTS:


-  Wednesday, May 2<sup>nd</sup>: Mother's Day Potluck – 11:30 am
-  Thursday, May 3<sup>rd</sup>: Senior Center Health & Information Fair – 8:30 to 11:30 am
-  Thursday, May 10<sup>th</sup>: Dine With A Doc – 11:00 am  
Super Bingo – 12:30 am
-  Tuesday, May 22<sup>nd</sup>: Senior Cinema Movie "Angels In The Outfield"
-  Thursday, May 24<sup>th</sup>: Home Run Luncheon – 11:00 am  
Music by "The Smokehouse Gang" – 12:00 pm
-  Thursday, May 31<sup>st</sup>: Monthly Birthday Party – 1:00 pm

#### A special thank you to our corporate sponsors:




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





**Senior Services of Effingham will be CLOSED**  
**on Monday, May 28<sup>th</sup>**  
**in observance of Memorial Day.**



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





### 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.



**Date:** May 12, 2018  
**Time:** 7:00 pm  
**Place:** Effingham Performance Center

Come out to the EPC and enjoy live music from Scott Wattles & The Blue Suede Crew with special guest Eagles Wings Quartet. Tickets are \$15 each.

Rules of the Road Class will be offered at the Senior Center will be on Friday, May 4<sup>th</sup>, 2018 at 9:30 am.

The next class will be Friday, July 6, 2018.



Hobnob Spring Market is a pop-up style vintage and handmade market filled with all things spring! Come enjoy & shop from over 140 vendors, enjoy live music and great food. This event will take place at the Effingham County Fairgrounds from May 10 at 7:00 pm thru May 12 at 7:00 pm.

### Tuesday Evening Meal

Join us at 5:00 pm on the first Tuesday of each month for the Tuesday Night Meal at the Senior Center, where you will find good food and friends.

Please call (217)347-5569 to make a reservation by the Monday before the meal. For transportation, call Effingham County Public Transportation (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.



**Bring your toes, tubs, and towels to the Senior Center on Tuesday, May 1<sup>st</sup> or Tuesday, May 15<sup>th</sup>. Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$15, payable to Megan.**

\* Megan will also be trimming toenails at the Kluthe Civic Center in Dieterich on May 8<sup>th</sup> at 1:00 pm, at Toledo Senior Life Center on May 9<sup>th</sup> at 9:00 am.

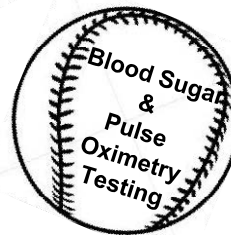
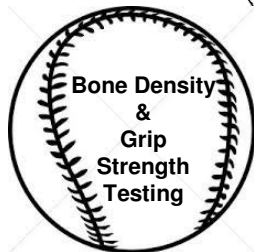
Step up to the plate for your health  
come to the



**2018**  
**Senior Health & Information Fair**



Date: Thursday, May 3<sup>rd</sup>  
Time: 8:30 – 11:30 am  
Place: Effingham Senior Center  
209 S Merchant Street



A special thank you to our corporate sponsors:



P2D2

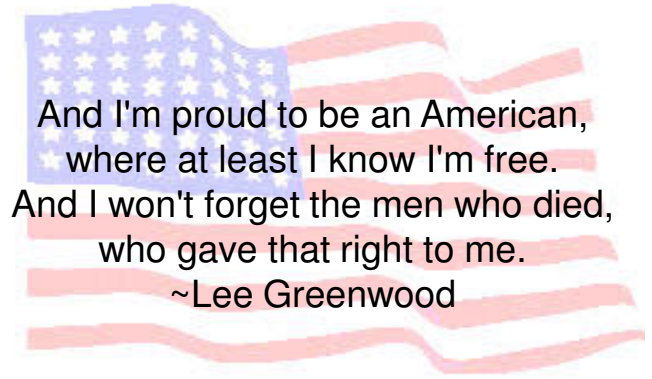
Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and for your convenience you can get rid of your OLD, EXPIRED or UNWANTED medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired meds today!



**11th Annual Effingham Artisan Fair  
will be held on  
May 4 & 5, 2018**

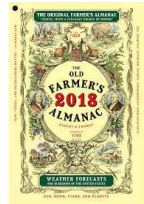


The Effingham Artisan Fair turns Downtown Effingham into an art gallery for residents & visitors to enjoy from 5 pm to 8 pm on Friday, May 4 and 10 am to 4 pm Saturday, May 5, 2018 as the arts are celebrated. Work from over 40 artists from across the region will be on display for purchase, including oil paintings, pottery, jewelry and sculptures. Demonstrations will also be going on throughout the day.



And I'm proud to be an American,  
where at least I know I'm free.  
And I won't forget the men who died,  
who gave that right to me.  
~Lee Greenwood

**Old Farmer's  
Almanac**



**May 2018:** temperature 57° (2° above avg.); precipitation 4" (0.5" above avg.)  
**May 1-6:** A few showers, cool;  
**May 7-11:** T-Storms, warm;  
**May 12-23:** Sunny, warm;  
**May 24-31:** T-Storms, turning cool.



**Happy March Birthday to  
Larry Fread &  
Carol Heuerman!**



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



Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a FREE program **REQUIRED** and

GOVERNED by Illinois Law. There are no fees & no hidden costs. 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!



**May 19<sup>th</sup> at 9am  
at the Trec Trail  
(EPC parking lot)**

**Come and exercise! Enjoy the great outdoors and interact with the community. Hear about current medical topics and walk with one of our local physicians.**

**Admit One**

**Senior Cinema**

Tuesday, May 22<sup>nd</sup> at 1:00 pm  
 Come and enjoy "Angels In The Outfield".  
 Popcorn and drinks will be served.  
 Reserve a seat by calling 217-347-5569.




**Admit One**

**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 will be open every Saturday from 8 am to noon May 26 through October.






**Benefits Access Program (formerly Circuit Breaker)**

**This is for a License Plate Sticker Discount.**

**If you are interested in finding out if you qualify,**

**Please call 217-347-5569 for all of the details.**



**HAPPY**  
*Mother's*  
**DAY**



**Mother's Day Potluck May 2<sup>nd</sup> at 11:30 am**  
**SPONSORED BY THE SENIOR CENTER**

The Senior Center will be providing the entrée for this event and The Glenwood will be giving flowers to the mothers who are present!. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2 qt size dish. Registration is required! Please don't forget to call 217-347-5569 to register.

**Facial Therapy with Friends & Fun!**

Come join us on Thursday, May 17<sup>th</sup> at 1:00 pm treat yourself to a fun-filled afternoon pampering yourself. Cathy Tomlinson, an Independent Mary Kay Consultant will be at the Senior Center providing a relaxing and informational Demonstration regarding facial therapy. The demonstration will include a self-application facial along with free samples of beauty and makeup products. Space is limited to the first 15 to sign up. So contact us at 217-347-5569 to reserve your spot today!



**MARY KAY®**



"A man ninety years old was asked to what he attributed his longevity. I reckon, he said, with a twinkle in his eye, it because most nights I went to bed and slept when I should have sat up and worried."

» Dorothea Kent

## “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  
a CD. What a great way  
to begin your day!



Every Tuesday & Thursday  
morning at 9:00 am



## Coffee Club

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

Senior Services would like to extend a **BIG “Thank You”** to our  
**April volunteers!** Doesn't it make you feel good to volunteer?



Joan Walker – 2 hrs  
June Harris – 8 hrs  
Kate Walk – 2 hrs  
Sonjia Martin – 1 hr  
Dalyne Sapp – 8 hrs

Colleen Sutton – 1.5 hrs  
Christie Murphy – 3 hrs  
Julie Sudkamp – 1 hr  
Ella Mae Key – 1 hr  
Sara McKinney – 6 hrs  
Gerry Hoene – 2 hrs

## St. Anthony's Events

### Blood Pressure Checks



SHS  
St. Anthony's  
Memorial Hospital

Tuesday, May 1: 11-11:30 am, Shumway Kluthe Center  
Wednesday, May 2: 9-10:00 am, Catholic Charities  
\*\*Thursday, May 10: 11:30-12 am, Dieterich Civic Center  
Monday, May 21: 11-11:30 am, Altamont Municipal Building  
Tuesday, May 22: 10:30 – 11:30 am, Jasper Co Senior Center

\*\*With Blood Glucose Screening

## Long Term Care Ombudsman Resident....Advocate

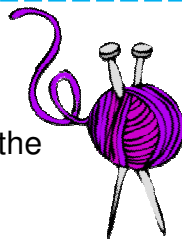


The Illinois Long-Term Care  
Ombudsman Program strives to  
protect and promote the rights and  
quality of life for those who reside  
in long-term care facilities. If you  
have a concern, complaint or  
question regarding long-term care  
please call our Regional Long Term  
Care Ombudsman, Terri Simpson  
at 217-347-5569 today!

All calls are confidential.

## Are you Interested in Knitting or Crocheting?

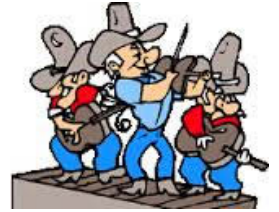
Join the ladies every Monday morning in the  
Activity Center for ideas that are shared,  
instruction to assist you, & just the great  
company of numerous talented individuals who have  
a great time getting together & sharing their wisdom.  
No previous experience is needed! Come & join the  
fun!!!





**Home  
Run  
&  
Luncheon**

**“THE  
SMOKEHOUSE  
GANG”**



Come join us for a mouth watering luncheon followed by some live boot scootin' music provided by “The Smokehouse Gang”!

This event will be held here at the Senior Center in our Activity Room on Thursday, May 24<sup>th</sup>, 2018. Lunch will be served at 11:00 am with the music to follow at 12:00 pm.

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



**Brown Bag Supper & Support**  
**Wednesday, May 9<sup>th</sup> at 5:00 pm**  
**NAMI SWI – Effingham Region**

This meeting will be held at the Heartland Human Services, 1200 N 4<sup>th</sup> St, Effingham. Enter North Doors, look for NAMI sign.

Bring your own brown bag supper and meet other caregivers supporting someone with a mental illness, all are welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone in your struggle.

Sarah Holmes, Therapist Botanical Healing Arts will be speaking on how natural therapies like meditation, massage, etc. can offer mental and emotional support.

**Defensive Driving Class**  
**Certified Instructor – Dave Maxey**

- No pass or fail test taken
- Certificate is good for 3 years
- Insurance discounts upon completion



If you are interested in taking the Defensive Driving Class, please call 217-347-5569 to register.

**Don't forget May is  
Older Americans  
Month!**  
**Come join us in the  
Celebration!**



“At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal. You will regret time not spend with a husband, a child, a friend or a parent.”

- Barbara Bush



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, May 10, 2018 at 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:**  
St Anthony Memorial Hospital doctor to be announced.



**Lunch will be complimentary and provided courtesy of:**  
Heritage Woods of Charleston



**\*\*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.**

**\*\*Don't forget that this month we will be having Special Bingo following Dine with A Doc® to celebrate Older Americans Month!**



*A hero is someone who has given his or her life to something bigger than oneself. ~Joseph Campbell*



**HAPPY BIRTHDAY!**

**Please join us for cake and ice cream on Thursday, May 31 at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services and Aperion Care. A special May Birthday gift will be given at the party compliments of Effingham Rehabilitation & Health Care.**



**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".



## **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.

**In Honor Of Older American's Month,  
we present...**



# SUPER BINGO



Thursday, May 10<sup>th</sup> at 12:30 pm at the Senior Center. Bigger Prizes – Lots of Fun – Many Sponsors!

## **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 insert menu page.

# 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!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> 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**

**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



5/5/18 – Shopping & Lunch at Hen House in Arcola

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5/12/18 – Tuscola Outlet Mall & Lunch in Tuscola

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5/19/18 – Belleville Flea Market & Lunch at Eckert's

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5/26/18 – No trip scheduled due to Memorial Day Weekend

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



Please insert activity  
calendar here.