



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## May 2019

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










## May is Older Americans Month!

### Treasure your health!



#### SCHEDULE OF EVENTS:

-  Wednesday, May 1<sup>ST</sup>: Mother's Day Potluck – 11:30 am
-  Thursday, May 2<sup>ND</sup>: Senior Center Health & Information Fair – 8:30 to 11:30 am
-  Thursday, May 9<sup>th</sup>:  
Dine With A Doc – 11:00 am  
Super Bingo – 12:30 am
-  Monday, May 14<sup>th</sup>: Savvy Senior Ice Cream Social & Scam Presentation by Officer Jake Lustig – 1:00 pm
-  Thursday, May 23<sup>rd</sup>: Pirate Pasta Luncheon – 11:30 am  
Music by Bill Passalacqua – 12:00 pm
-  Tuesday, May 28<sup>th</sup>: Senior Cinema Movie "Pirates of the Caribbean: The curse of the Black Pearl" – 1:00 pm
-  Thursday, May 30<sup>th</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 27<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-ecco.org](http://www.seniorservices-ecco.org)



## A Mother's Recipe for Happiness

2 heaping cups patience  
1 heart full of love  
2 handfuls of generosity  
Dash of laughter  
1 heaping cup of understanding  
Pinch of kindness  
Faith to taste  
Hope to taste

Mix patience, love, generosity, laughter & understanding, sprinkle generously with kindness. Add plenty of faith & hope. Mix well. Spread over a lifetime. Serve Generously to all.



## 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.

### Rules of the Road Class

- This class will be offered at the Senior Center on Friday, May 3<sup>rd</sup>, 2019 at 9:30 am.
- The next class will be Friday, July 5<sup>th</sup>, 2019.



## Crafter's Corner with Hilltop Skilled Nursing!



Come join us on May 30<sup>th</sup> at 1:30 p.m. in the Activity Center. We will be making photo coasters. We will provide everything but the picture! So all you need to bring with you is a photo printed on paper from your computer at home. This activity is immediately following our monthly birthday party!

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



## Tuesday Evening Meal

Join us at 5:00 pm on Tuesday, May 7, 2019 for the Tuesday Night Meal at the Senior Center, where you will find good food and friends. **We will have a Hawaiian theme for this evening. Please feel free to wear your Hawaiian shirt, lei, grass skirt, etc.** 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 7<sup>th</sup> or Tuesday, May 21<sup>st</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 14<sup>th</sup> at 1:00 pm, at Toledo Senior Life Center on May 15<sup>th</sup> at 9:00 am.



*Treasure your health, come to the*  
**2019 Senior Health & Information Fair**

**Place:** Senior Services of Effingham County  
209 S Merchant St., Effingham  
**Date:** Thursday, May 2<sup>nd</sup>  
**Time:** 8:30 – 11:30 am

Free services,  
great info,  
brunch bar,  
& door prizes!



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



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



**1<sup>st</sup> National Bank**

**Sarah Bush Lincoln**  
Trusted Compassionate Care

**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!





## St. Anthony's Events



### Blood Pressure Checks

Wednesday, May 1: 9-9:30 am, Catholic Charities

Tuesday, May 7: 11-11:30 am, Shumway Kluthe Center

Thursday, May 9: 11:30-12 pm, Dieterich Civic Center

Monday, May 20: 11-11:30 am, Altamont Municipal Building

Tuesday, May 28: 10:30 – 11:30 am, Jasper County Senior Center



**Happy March Birthday to  
Carol Heuerman!**

### 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!!!

### 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.

### Old Farmer's Almanac



**May 2019:** temperature 65° (2° above avg.); precipitation 4.5" (1" above avg.)

**May 1-5:** Rainy periods, cool;

**May 6-9:** Sunny, warm;

**May 10-14:** T-storms, then sunny, warm;

**May 15-31:** T-storms, then sunny, cool.



## Savvy Senior Ice Cream Social

Please join us on May 14<sup>th</sup> at 1:00 pm for an ice cream social and to hear Community Officer, Jake Lustig, from the Effingham Police Department, present us with valuable information on Senior scams.

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



Senior Services have been made aware of many more attempts at scamming Seniors, therefore we are introducing this new segment in the Sunset Times Newsletter entitled “Be a Savvy Senior”. Our goal is that our efforts will help to educate, inform, and assist seniors and their friends and family on how to be protected from those wolves in our world who are dressed in sheep’s clothing. We hope this new addition will empower and educate you on this ever-changing world we all live in.

“**The Sweetheart Scam**” is one of the most widely utilized scams of preying upon a victim for financial gain. It’s a scheme that can be perpetrated online or in person. The scammer convinces their victim that they are in love and uses these emotions to take money from the unsuspecting person—often times a lonely senior. Although almost any age group can be lured into this game of deceit, Seniors—especially widows, widowers and recent divorcees—are particularly vulnerable to this manipulation of the heart; it is not gender specific either; both men and women are equally victimized.

### 10 Tips for Spotting and Avoiding Scams:

1. **Be on your guard.** Whether you are interacting with people online or in person at a restaurant, grocery store or the post office, make a point of keeping your wits about you. Unfortunately, deception comes in all shapes and sizes and takes place in a variety of settings.
2. **Be honest with yourself.** Look in the mirror and ask yourself the million-dollar question: “Why would a much younger individual want anything to do with me?” What are they getting out of a relationship with you? If you discover anything pertaining to money is your answer, you are headed for trouble.
3. **Never transfer or wire money to anyone.** This is especially important if you’re communicating with a stranger living overseas whom you’ve never met in person.  
Remember: Once you send your money, it is FOREVER GONE!
4. **Keep in touch with family.** Share your new social interests and friendships with them. Your loved ones usually have your best interest in mind and can be trusted to provide honest advice and guidance.
5. **Consult a professional if an online relationship seems fishy.** Law enforcement agents are experienced with sweetheart scams, especially since the increase usage of social media, such as Facebook, LinkedIn and Twitter. If you have a feeling that something isn’t quite right contact local law enforcement.
6. **Do your homework.** Use Google to search for additional information on new individuals you meet and cross check the information they’ve told you about themselves. Even if things appear to match up, don’t assume they’re telling you the truth. Scammers often go to great lengths to pose as another person.
7. **Limit your use of social media.** Scammers steal personal information online and utilize people’s social media profiles to learn more about them. They then use this information to tailor their manipulative approach to appeal to a person’s specific interests and weaknesses. Some scammers even monitor potential victims’ news feeds for information on friends and relatives they can pose as.
8. **Pursue relationships face-to-face.** Avoid online dating if at all possible.
9. **Don’t feel ashamed.** Although getting defrauded is embarrassing, understand that scammers have learned how to be very convincing and they have mastered the art of deceiving people.
10. **Use common sense.** This goes for any interactions with strangers, both online and in person. If something seems too good to be true, it usually is.

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

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



## ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

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 and no hidden costs. Call Senior Services at 217-347-5569 for an appointment test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!



### 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.



### Mother's Day Potluck May 1<sup>st</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.

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



Dee Miller – 2 hrs  
Karen Wilson – 1 hr  
Kate Walk – 4 hrs  
Sonjia Martin – 3 hrs  
Dalyne Sapp – 8 hrs  
Gerry Hoene – 2 hrs  
Ed Eckert – 1 hr

Shirley Cheadle – 2 hrs  
Christie Murphy – 9 hrs  
Grace Boldt – 1 hr  
Carol Heuerman – 1 hr  
Sara McKinney – 4 hrs  
Kate Eckert – 1 hr



"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





# **Pirate Pasta Luncheon**

**&**

**MUSIC PROVIDED  
BY BILL  
PASSALAUQUA**



Come join us for a mouth watering luncheon followed by some live musical entertainment provided by "Bill Passalauqua"!

This event will be held here at the Senior Center in our Activity Room on Thursday, May 23, 2019. Lunch will be served at 11:30 am with the music to follow at 12:00 pm. Please call 217-347-5569 to make your reservation today!!!



National Alliance on Mental Illness

## **Effingham County Support Group Meeting**

**May 8, 2019 at 5:00pm**

## **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? Are you 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, & you are welcome to bring your own to share if you wish.

Before the meeting, we will also have scheduled speaker, Sara Holmes. She will be speaking about how meditation, natural therapies, and aromatherapy can offer mental and emotional support.

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.

## **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!**



**Admit One**

## **Senior Cinema**

Tuesday, May 28<sup>th</sup> at 1:00 pm  
Come and enjoy "Pirates of the Caribbean: The Curse of the Black Pearl". 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 18 through October.





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 9, 2019 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:**

Rachelle Hendrickson RPSGT, RST and  
Rodney Wildman RPSGT, RST



**Lunch will be complimentary and provided courtesy of:**

Hilltop Skilled Nursing & Rehabilitation Center



**\*\*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*



Please join us for cake and ice cream on  
**Thursday, May 30 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 9<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.

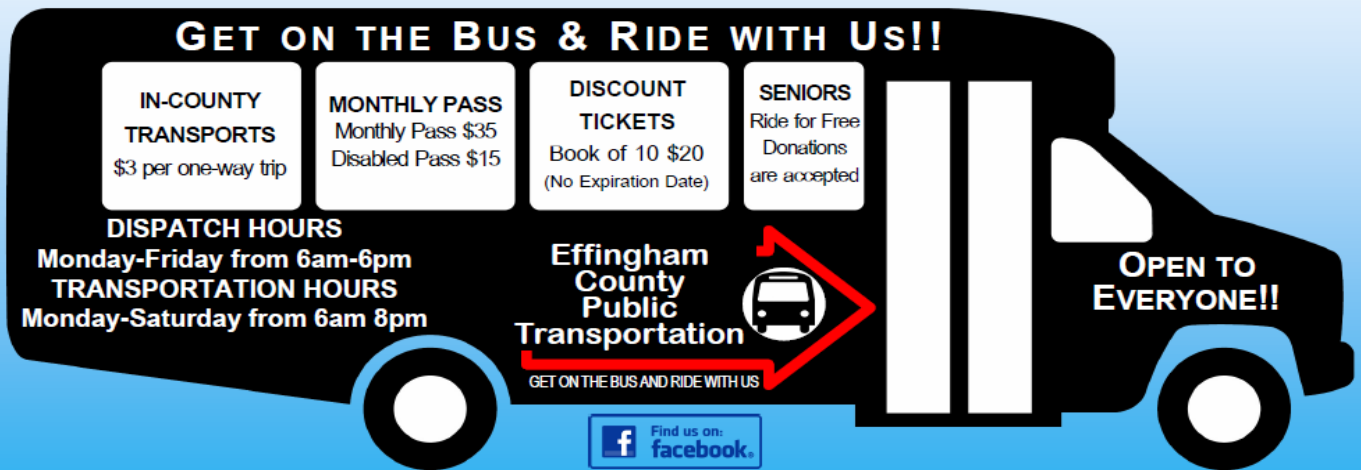
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# Having Trouble Finding a Ride?

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.cesec.org/CIPT/CIPT.htm>



## Effingham County Public Transportation Effingham Saturday Trips

**May**

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

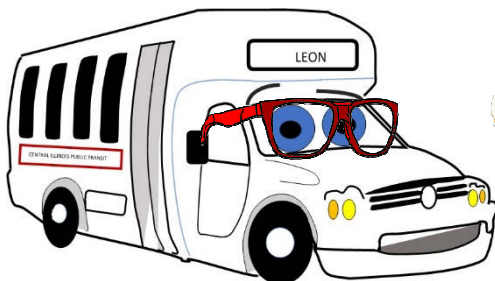
**05/04/19** – E. St. Louis, IL: Casino Queen – Lunch at the Casino

**05/11/19** – Champaign, IL: Marketplace Mall– Lunch at Alexander's Steakhouse

**05/18/19** – Moonshine, IL: Casey, IL shopping/sight seeing, Lunch at Moonshine

*(We will be Leaving the Senior Center at 9 A.M. on 5/18/19)*

**05/25/19** – Springfield, IL: Governor's Mansion tour, Lunch at Incredibly Delicious Cafe



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

**CENTRAL ILLINOIS PUBLIC TRANSIT**

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.cesec.org/CIPT/CIPT.htm>



Please insert activity calendar here