



SUNSET TIMES

October 2017

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



Senior Service will be closed
on Monday, October 9th in
honor of Columbus Day.



You are invited to the 1st annual



FALL FESTIVAL

Where: Effingham Senior Services Activity Center

When: Wednesday, October 25, 2017

Time: 12:00 p.m.

Come and join us for a fun filled afternoon!

We will be serving vegetable soup, peanut butter sandwiches, cheese & crackers, & a drink starting at 12:00 pm.

The Smokehouse Gang will be providing music entertainment from 1:00 - 3:00 pm.

Please feel free to wear your Halloween costume as we will be giving out 2 door prizes for the best costumes!



I love autumn, the one season of the year that God seemed to have put there just for the beauty of it. – Lee Maynard

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



Toenail Clinic

Bring your toes, tubs, and towels to the Senior Center on October 3rd or October 17th. Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$10, payable to the technician.



Can't Keep up with Energy Bills????

C.E.F.S. may be able to **HELP!**

Your household may be eligible for help paying your utility bills if you meet the following guidelines:

Family Size	30 Day Income (before tax)
1	\$1,508
2	\$2,030
3	\$2,553
4	\$3,075



For Help please contact your local C.E.F.S.
Effingham: 217-342-2193 Clay: 618-662-4042

Halloween is right around the corner!! The Halloween Parade in Effingham will be at 2:00 PM on Sunday, October 29th. Trick or Treat will be held on Tuesday, October 31st from 6:00 PM until 8:00 PM in Effingham.



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 a reservation by the Monday before the meal. For transportation, call ECPT at 1-855-755-2478. Meals are a suggested donation, but no one will be denied for inability to make a donation.

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



Ruth Gier – 10 hrs
Cindy Martens – 12 hrs
Sharon Bludworth – 9 hrs
Kate Walk – 4 hrs
Sara McKinney – 2 hrs
Joan Walker – 1 hr
June Harris – 8 hrs

Colleen Sutton – 1 hr
Della Stanford – 1 hr
Jerry Katt – 9 hrs
Roberta Jenkins – 1 hr
Dalyne Sapp – 16 hrs
Ed Eckert – 1 hr
Gerry Hoene – 2 hrs

Blood Pressure Checks

Monday, Oct. 2 : 11-11:30 Eff. Golden Circle Nutrition Site

Tuesday, Oct. 3 : 11-11:30 Shumway Kluthe Center

Wednesday, Oct 4 : 9-10 Catholic Charities

Thursday, Oct. 5 : 10:30 – 11:30 Effingham Senior Center

Thursday, Oct. 12 : 11:30-12 Dieterich Civic Center

Monday, Oct. 23 : 11 – 11:30 Altamont Municipal Building



Please join us for cake & ice cream on Thursday, October 26th at 1:00 p.m. for those celebrating a birthday this month.

Sponsored by Senior Services, Brookstone Suites, & Martin's IGA. A special October Birthday gift will be given at the party compliments of Effingham Health & Rehab.

Rules of the Road

Will be held in the Activity Center on Friday, November 3rd from 9:30 to 11:30 am.



October is National Breast Cancer Awareness Month, a time to remember those who have lost the battle to breast cancer and support those who continue to fight daily. Thanks to improvements in treatment and early detection, more women are winning the fight against breast cancer. As we continue to progress toward a cure, we're also learning more about how to prevent the disease. Eliminating breast cancer is an ongoing battle. While every woman is unique, in general, survival rates for breast cancer can reach 93% when detected in the earliest stages.

October 2017:

Temperature 50 (2 below average). Precipitation 3" (0.5" above average).

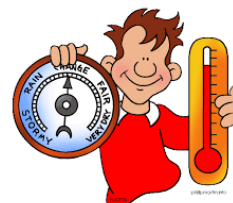
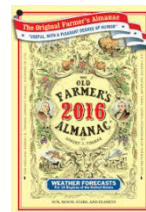
1-3: Sunny, cool.

4-7: Showers, cool.

8-14: Rain and snow showers, cold.

15-24: Rainy periods.

25-31: Showers, mild.





- Don't forget to turn your clocks back one hour as you are going to bed on Saturday, November 4th.
- Election day is Tuesday, November 7th. Don't forget to vote! We are voting on many different issues and appointments so please read, analyze, and know your position on each race. Your vote will count!!!



Join HSHS St. Anthony's for "Walk With a Doc" on Saturday, **October 21st at 9:00 am** at the TREC Trail. Meet in the EPC parking lot to hear a brief presentation from a local physician before enjoying a walk. Come and exercise! Enjoy the great outdoors and interact with the community.

Coffee Club

**All Are Welcome To Attend
(Men & Women)**



Busses are available to take you to this event and it's a great way to get out and enjoy some good conversation!

Call ECPT at 1-855-755-2478 at least 24 hrs in advance for pickup.

Admit One

Senior Cinema

On Tuesday, October 31st at 1:00 pm come and enjoy "Hocus Pocus" starring Bette Midler, Kathy Najimy and Sarah Jessica Parker. After 300 years, three sister witches are resurrected in Salem Massachusetts on Halloween night, and it is up to two teenagers, a young girl, and an immortal cat to put an end to the witches reign of terror once and for all. Popcorn and drinks will be served. Call 217-347-5569 to reserve your seat.



Admit One



Audibel will be at the Senior Center to do free hearing tests, checkups, and minor repairs OF ALL BRANDS of hearing aids, as well as fitting for hearing aids at discounted prices. Audibel will be at the Center on Tuesday, October 3rd at 10 am. Please call 217-347-5934 to make an appointment for your HEARING TEST as additional equipment is required for this test. Other services do not require an appointment so feel free to stop in.



*By prevailing over all obstacles
and distractions, one may
unfailingly arrive at his chosen
goal or destination.*

- Christopher Columbus

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.

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.



Crime Victims Assistance



Remember if you are the victim of a scam or crime such as home repair fraud, foreign lotteries, and various other crimes, Contact Tom Kern. Let him share his successes with you and assist you in seeking justice for the crimes committed against you! Call Tom today at 217-347-5569.



Remember...

OPEN ENROLLMENT

for Medicare Part D is

October 15th - December 7th.

Please call 217-347-5569 to make an appointment for a plan comparison!

Come to the Senior Center and knit or

crochet with us!

Join the ladies every Monday morning at 9:30 in the Activity Center!!!



BREAKFAST IN A BRIEFCASE

Sponsored by: Brookstone Suites

When: Thursday, October 19th, 2017

Where: Effingham Senior Center

What Time: 8:30 am

Call: 217-347-5569 to confirm your reservation today!



Illinois Telecommunications Access Corporation

An amplified phone may be your ticket to hearing more clearly over the phone. ITAC has several FREE amplified phones for selection by those with hearing problems. There are no age or income restrictions on this program. Call Senior Services at 217-347-5569 if you are interested in learning more about ITAC. You'll be surprised at what you have missed by not being able to hear!

COMMUNITY CARE PROGRAM

“....helping older people live independently”

Did you know that Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for the 9 counties within the region of the AAA (09) in 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.



Q: Why didn't the skeleton go to the ball?

A: Because he had no BODY to go with.



Q: Why are ghosts so bad at lying?

A: Because you can see right through them!

ChiliFest

Effingham Central Business Group

Where: Downtown Effingham

Date: October 13, 2017

Time: 5:00 – 8:00 pm



Chili, live music, & fun for the whole family!

Athena, Certified Bob Ross Instructor, will be here at the Senior Center on Monday, Oct 2nd at 10:00 am to guide you in painting. Bring your passion and see what you create. You will be totally amazed!



Happy August Birthday!

Rita Asplin, Dee Skrobot, Lorraine Sager,
Karen Langam, Marilyn Quast,
Carolyn Berger & Shirley Compton.



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".

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



NAMI BROWN BAG SUPPER & SUPPORT!

Who: NAMI SWI – Effingham Region
(An Affiliate of NAMI Southwestern Illinois)



What: The NAMI of Effingham County Support Group Meeting will be on Wednesday, October 11th, 2017 at 5:00 p.m. Bring your own brown bag supper and meet other caregivers supporting someone with 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 supporting a friend or loved one struggling with this terrible disease.

Our program speaker scheduled this month is Linda Cummins, Therapist from Griffith Therapeutics. Topic: Current Medications for M/H issues. We will also discuss the latest Southwest NAMI Board Meeting, and our annual picnic held on September 13th.

When: October 11th, 2017 (Wednesday) 5:00 p.m. (Support meetings are held on a regular basis on the 2nd Wednesday of each month).

Where: Effingham Public Library, 200 N. 3rd St, Effingham, Illinois. Enter East door, take elevator (or stairs) to the basement level, meeting in the "Workman Room".



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, October 12th in our Activity Center here at the Senior Center from 11:00 AM until 1:00 PM.

Each speaker has graciously donated their time in effort to listen, hear, and answer your 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.

Come and learn about ways to improve your quality of life.
A question/answer period will follow their discussion.

This month we are excited to present: Dr. Marisa Overton, AuD

Lunch will be complimentary and provided courtesy of: Sarah Bush Lincoln

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.



Sarah Bush Lincoln
Trusted Compassionate Care

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
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DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Saturday from 6am 8pm

Effingham County Public Transportation

GET ON THE BUS AND RIDE WITH US

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.cefseoc.org/CIPT/CIPT.htm>

Make your Benefit Access Program
(formerly Circuit Breaker)
Appointment today call
217-347-5569



MONTHLY POTLUCK AT THE SENIOR CENTER

October 5th at 11:30 am

Sponsored by Stanfield Chiropractic

Stanfield Chiropractic will be providing fried chicken as the entrée for the event. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2qt side dish.

Stanfield Chiropractic will be making a presentation on the services they provide and how their patients benefit from these services.

St. Anthony Hospital will also be here to check your blood pressure prior to the luncheon. Call 217-347-5569 to register today!



CENTRAL ILLINOIS PUBLIC TRANSIT

Effingham County Saturday Trips



October 7—Curtis Orchard
Champaign, IL

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October 14—Finders Holiday Market  
Decatur, IL

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October 21—Pumpkin Fest
Jacksonville, IL

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October 28—Shopping at White Oaks Mall  
Springfield, IL

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.cefseoc.org/CIPT/CIPT.htm>

## GCNC Menu

# STANFIELD CHIROPRACTIC

We Can  
Help **YOU**  
Stay  
Moving &  
Feeling  
**YOUNG !!!**

## Stanfield Chiropractic

414 W Jefferson Ave  
Effingham, IL

**217-342-7222**

doctorstanfield.com



**Stanfield Chiropractic** takes pride in serving our community. From ages 0 - 100+ , we want to be YOUR family's chiropractor! Whether you are suffering from injuries, aches/pains, trying to improve your mobility, or wanting to maintain a healthy lifestyle ; we are here for you!

**Feel Better Now** with our **New Patient \$20 Special**. Receive a....  
-Consultation -Exam -Report -X-Rays

All proceeds will be donated to the charity: **Fear Nothing !**  
([www.fearnothing.life](http://www.fearnothing.life)) Help yourself & a great cause!

Mention the "**Senior Center Special**" and call our office by  
**October 31, 2017** to be eligible !



## Activity Calendar