



SUNSET TIMES

October 2018

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



Senior Service will be closed on Monday, October 8th in honor of Columbus Day.



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 11th 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 the doctors discussion.

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.



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-eccoa.org



Toenail Clinic

Bring your toes, tubs, and towels to the Senior Center on October 2nd or October 16th. 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 \$15, 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	\$1,518
2	\$2,058
3	\$2,598
4	\$3,138
5	\$3,678



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 28th. 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?

Mary Edwards – 13 hrs
Cindy Martens – 15 hrs
Sharon Bludworth – 20 hrs
Kate Walk – 4 hrs
Kate Eckert – 1 hr
Shirley Compton – 1 hr
June Harris – 9 hrs

Sara McKinney – 14 hrs
Shirley Cheadle – 1 hr
Sonjia Martin – 2 hrs
Grace Boldt – 2 hrs
Dalyne Sapp – 16 hrs
Ed Eckert – 1 hr
Gerry Hoene – 2 hrs

Blood Pressure Checks

Monday, Oct. 1 : 11-11:30 Eff. Golden Circle Nutrition Site

Tuesday, Oct. 2 : 11-11:30 Shumway Kluthe Center

Wednesday, Oct 3 : 9-9:30 Catholic Charities

Thursday, Oct. 4 : 10:30 – 11:30 Effingham Senior Center

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

Monday, Oct. 22 : 11 – 11:30 Altamont Municipal Building



Please join us for cake & ice cream on Thursday, October 25th at 1:00 p.m. for those celebrating a birthday this month.

Sponsored by Senior Services and Aperion Care.

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 2nd from 9:30 to 11:30 am.



"FUN FOR FACILITIES" BINGO

Will be held on Thursday, October 4th at 1:30 pm. We encourage local nursing homes and assisted living facilities to bring residents for an afternoon of fun, friends, treats, and prizes!



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 2018:

Temperature 54° (1° above avg.). Precipitation 1.5" (1.5" below avg.).

1-8: Sunny, warm.

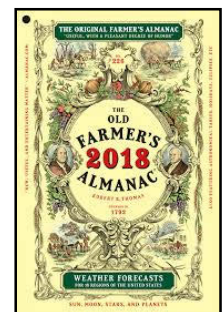
9-16: Showers, then sunny, cool.

17-21: Sunny, Warm.

22-25: Showers, cool.

26-28: Sunny, warm.

29-31: Rain to snow.



Mark your
Calendar 

- Don't forget to turn your clocks back one hour as you are going to bed on Saturday, November 3rd.
- Election day is Tuesday, November 6th. 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!!!



walk WITH a DOC



Join HSHS St. Anthony's for "Walk With a Doc" on Saturday, October 20th 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 every Wednesday and Friday morning 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 30th 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

Hey, fall is here! Anyone want to do a puzzle?
We would like to say "Thank You!" to the Teutopolis K of C Members for donating two very nice 500 piece puzzles!



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.



54th Annual State of Illinois Old-Time Fiddle Contest Festival

Fiddle Fest on Oct. 6 and 7 at The Effingham Performance Center, is a celebration of the rich and diverse world of fiddling, in the heart of Illinois. Open jamming kicks off the weekend as the doors open at 4pm on Saturday, Oct. 6. At 7pm, four fiddle bands take the stage. They are the Hand Picked teen bluegrass quintet from New Athens, Genevieve and Smith Koester, Patt & Possum, and Gold Country. On Sunday, you may just see some of these fiddlers in the Official State of Illinois Old Time Fiddle Contest, starting at 1pm. Admission is \$5 each day. Fiddle Fest is sponsored by the Illinois Old Time Fiddlers Association, in cooperation with The Effingham Performance Center. For more information, go to www.illinoisoldtimefiddlers.org.



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: Effingham Health & Rehabilitation

When: Thursday, October 18th, 2018

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 12, 2018

Time: 5:00 – 8:00 pm



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



Happy August Birthday!

Rita Asplin, Dee Skrobot, Shirley Compton,
Karen Langham, Lorraine Sager,
Carolyn Berger & Art Pike.



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”.



We would like to thank Pauletta’s Place in Mason, IL for the donation of Kettle Corn & Carmel Popcorn! It was delicious! You can visit them at 3472 N 1300th St., Mason, IL 62443 or Call 217-821-9333!

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 call 217-342-6985.



NAMI FAMILY SUPPORT!

Who: NAMI – Effingham Region
Monthly Family Support Group Meeting



What: Do you need help supporting a loved one, family member, friend, neighbor, or have concerns about someone you know suffering from mental illness? Trying to navigate the ever changing system to get help? Welcome, we/be 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, and your welcome to bring your own to share if you wish. Before support meeting, we will also have a scheduled speaker whose name is Janice Derr, EIU Librarian. She will speak to us about information on research, opportunities, etc.

When: Wednesday, October 10, 2018, at 5:00 pm.

Where: Heartland Human Services, 1200 N. 4th St, Effingham, IL. Enter North doors and look for NAMI sign.

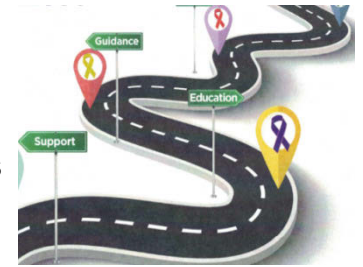
Women's Wellness Event

Navigating a Cancer Diagnosis: What to Expect on Your Journey



Thursday, October 18, 2018
Keller Convention Center

4:30 pm Social Hour with Hors D'oeuvres and Informational Displays
6:00 pm Welcome and Introductions
Dr. Ruben Boyajian, Master of Ceremonies
Medical Director, Women's Wellness & Cancer Care Services



Followed by: Featured Presentation
Dr. Ruben Boyajian & Dr. Steve Jones
The presentation will include information on early detection screenings, a summary of recent advances in the field, what to expect if diagnosed, support services available and the importance of a team approach to cancer treatment.

R.S.V.P. October 10, 2018

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

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.celsec.org/CIPT/CIPT.htm>

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

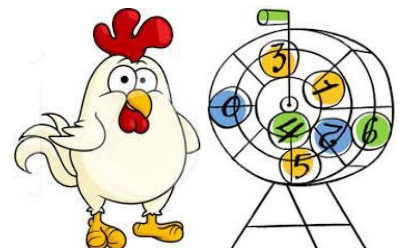


MONTHLY POTLUCK AT THE SENIOR CENTER

October 4th 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.



October is National Chiropractic Month! After we eat, we will play Chiropractic BINGO! Prizes will be awarded to the winners. Spinal Screenings will be offered after BINGO. Please Join us for some good chicken, good company, & a whole lot of fun!!!

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 6 – Robinson, IL

Heath Harvest Festival, Lunch (Eat at Festival)

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### **October 13 – East St. Louis, IL**

Casino Queen, Lunch (Eat at Casino)

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October 20 – Cahokia, IL

Greater St. Louis Air and Space Museum,
Lunch (Bob Evan's)

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### **October 27 – Fairview Heights, IL**

St. Clair Square Mall, Lunch (Captain D's)

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**

has been serving & helping the community from ages 0 – 100 + years of age for over 25 years! We want to be your family's chiropractor! Whether you are suffering from an injury, aches/pains, trying to improve mobility, or wanting to maintain a healthy lifestyle, we are here for you!

## **STANFIELD CHIROPRACTIC**

414 W Jefferson Ave. Effingham, IL 62401 217/342-7222

**Feel Better  
Now**

**With our MEALS  
ON WHEELS  
New Patient  
Special**

**Receive an**

**Exam,  
Consultation, X-  
Ray, & Report for  
only \$20 !**

**We donate the  
\$20 to Meals  
on Wheels!!!!**

Call us by 10/31/18 & mention "Senior Center Special" to be eligible. Share with friends & family.



# Activity Calendar