



SUNSET TIMES

October 2019

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



Senior Services will be **closed** on
Wednesday, October 2nd
for staff development & training.

Senior Service will be **closed** on
Monday, October 14th
for Columbus Day.



You are invited to the 3rd annual



FALL FESTIVAL

Where: Effingham Senior Services Activity Center

When: Tuesday, October 22, 2019

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, dessert & a drink starting at 12:00 pm.

The Chuckwagon 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 a treat to those who do!



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





Savvy Senior Ice Cream Social

Please join us on Tuesday, October 29th at 1:00 pm for an ice cream social and to hear Johnna Schultz from Effingham Public Library, present us with valuable information about the upcoming 2020 Census.

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



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.



Congratulations!

Nina Poland won the beautiful mum given away by Evergreen Nursing Facility at the September Breakfast In A Briefcase.



October 2019:

Temperature 60° (3° above avg.). Precipitation 2.5" (average).

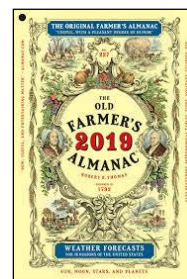
1-7: Sunny, turning warm.

8-15: Rain, then sunny, cold.

16-22: Showers, then sunny, warm.

23-28: A few t-storms, warm.

29-31: Sunny, cool.



Please join us for cake & ice cream on Thursday, October 31st 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 1st from 9:30 to 11:30 am.





Census 2020: What Effingham County Needs To Know!

➤ Everyone Counts

- Effingham County has a population of 34,208 - with over 6,055 being seniors!

➤ It's About Fair Representation

- Census numbers are used to reapportion the House of Representatives determining how many seats each state gets.

➤ It's About \$675 Billion

- For Effingham County each citizen equals over **\$1,500** a year in federal funds, grants and support. That money is spent on schools, hospitals, roads, public works and other vital community programs.

➤ Census Data Are Being Used All Around You

- Residents use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.
- Businesses use census data to decide where to build factories, offices and stores, which create jobs and promote community growth.
- Local government uses the data for public safety and emergency preparedness.
- Real estate developers use the census to build new homes and revitalize old neighborhoods.

➤ Your Privacy Is Protected

- It's against the law for the Census Bureau to publicly share your responses in any way that could identify you or your household. By law, your responses cannot be used against you and can only be used to produce statistics.
- If you choose to respond online, all submitted data are encrypted to protect personal privacy, and the Census cyber security program meets the highest standards for protecting personal information.

➤ 2020 Will Be Easier Than Ever

- It's your choice: you can respond securely online, by mail, or by phone.
- Households that don't respond in one of these ways will be visited by a census taker to collect the information in person. Regardless of how you respond, your personal information is protected by law.

Toenail Clinic

Bring your toes, tubs, and towels to the Senior Center on Tuesday, October 1st or Tuesday, October 15th. 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.



***If you can not make these dates, Megan will have a toenail clinic at the Altamont Municipal Building on October 8th at 12:00 pm. She will also be at the Toledo Senior Life Center October 9th at 9:00 am and Casey Senior Center at 1:00 pm.

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	Annual Income
1	\$1,561	\$18,735
2	\$2,114	\$25,365
3	\$2,666	\$31,995
4	\$3,219	\$38,625

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



Mark your
Calendar



- Don't forget to turn your clocks back one hour as you are going to bed on Saturday, November 2nd.
- Election day is Tuesday, November 5th. 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!!!



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?



Trudy Robinson – 12 hrs
Christie Murphy – 14 hrs
Shirley Cheadle – 1 hr
Kate Walk – 2 hrs
Sara McKinney – 4 hrs
Joan Walker – 1 hr
Sonjia Martin – 2 hrs

Debbie Borries – 1 hr
Grace Boldt – 2 hrs
Kate Eckert – 1 hr
Ed Eckert – 1 hr
Sue Green – 1 hr
Dalyne Sapp – 16 hrs

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.



Blood Pressure Checks

Tuesday, Oct. 1 : 11-11:30 Shumway Kluthe Center

Wednesday, Oct. 2 : 9-10 Catholic Charities

Thursday, Oct. 3 : 10:30 – 11:30 Effingham Senior Center

Thursday, Oct. 10 : 11:30-12 Dieterich Civic Center

Monday, Oct. 21 : 11 – 11:30 Altamont Municipal Building

Tuesday, Oct 22 : 10:30 – 11:30 Jasper County Senior Center



HSHS
St. Anthony's
Memorial Hospital



Remember...

OPEN ENROLLMENT

for Medicare Part D is

October 15th - December 7th.

Please call 217-347-5569 to receive information on having a plan comparison done!

Come to the Senior Center and knit or crochet with us!



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



JOIN US FOR SUCCESSFUL AGING IN THE 21ST CENTURY!

Sponsored by: The Villas Of Hollybrook

When: Thursday, October 17, 2019

Where: Senior Services Of Effingham County Activity Center

What Time: 11:00 am

Please call 217-347-5569 to confirm your lunch reservation today!



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 to test which phone is best for your needs. 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 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.



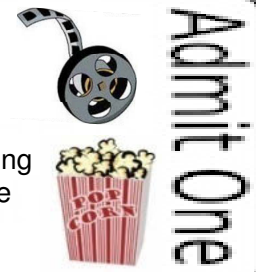
The National Active and Retired Federal Employees Association (NARFE) has been safeguarding and improving the earned rights and benefits of America's active and retired federal employees since 1921. The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am at the Effingham Senior Center.



Admit One

Senior Cinema

On Monday, October 21st 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.



Happy August Birthday!

Marilyn Quast, Shirley Campton, Rita Asplin,
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".

Effingham County Support Group Meeting October 9, 2019 at 5:00 pm 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 support meeting, we will also have scheduled speaker, Susan Majors. She is a Victims Advocate for the Effingham County States Attorneys office.

This meeting will be held at Heartland Human Services, 1200 N. 4th Street, Effingham. Enter the north doors & look for the NAMI sign.



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 10th 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: Kaye Dent J.D. – Doctor of Jurisprudence

Lunch will be complimentary and provided courtesy of: **Dent Law Offices**



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.



**Kremer Pharmacy will be holding a
Flu shot clinic one hour prior to the
Dine With A Doc Program!**

What Time: 10:00 to 11:00 am

Where: Senior Services of Effingham County



The shot is covered by Medicare so please bring your Medicare card with you!

MONTHLY POTLUCK AT THE SENIOR CENTER

October 3rd at 11:30 am

Sponsored by Addus HomeCare



Addus HomeCare will be providing chicken strips 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 2 qt side dish.

❖ St. Anthony Hospital will also be here to check your blood pressure prior to the luncheon.

Call 217-347-5569 to register today!



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



Effingham County Public Transportation

Effingham Saturday Trips

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



October



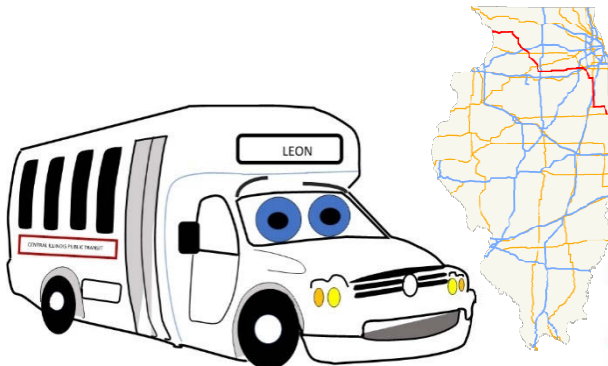
10/05/19 – Tuscola/Mattoon, IL: Tanger Outlets & Mattoon Mall, Come and enjoy shopping at two malls! (Trip will leave the ECCOA at 9 a.m.) Lunch at Stadium Grille in Mattoon, IL

10/12/19 – Belleville, IL: Our Lady of the Snows, Enjoy a walk around the grounds of Our Lady of the Snows., Lunch at the Restaurant at Our Lady of the Snows



10/19/19 – Arthur, IL: Flea Market, We will be going to the Flea Market at the fairgrounds, and also stopping at Beachy's and Country Salvage, Lunch at Yoder's

10/26/19 – Springfield, IL: White Oaks Mall, Let's go shopping! Lunch at Olive Garden



**Trips are FREE for persons 60
Years of age or older!**

**All persons under 60 are \$5
to ride to the destinations.**

**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.cifseoc.org/CIPT/CIPT.htm>

Meals On Wheels Menu



Our Mission

Providing cost-effective care and assistance that gives people the freedom to remain in their homes.

Our Values

SERVICE

Make a difference in another person's life.

HONESTY

Be trustworthy and fair.

COMPASSION

Treat others with kindness and dignity.

ACCOUNTABILITY

Keep your word.

LEADERSHIP

Set the right example.



Activity Calendar