

Sunset Times

September 2017

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 **Monday, September 4, 2017** in observance of Labor Day.





FLU SHOT CLINIC:

Effingham Senior Center is partnering with Kremer Pharmacy to provide flu shots to seniors!



Thursday, September 14th, 2017 10:00 to 11:00 am





If you have any questions, please contact Kremer Pharmacy at (217)857-3000 or (618)483-5100.



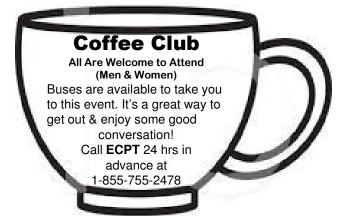
Community Partner



Labor Day

The first Monday in September, it's a creation of the labor movement and is dedicated to the social and economic achievements of American

workers. It constitutes a yearly and national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country...ENJOY YOUR 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

September 11, 2001... Never Forget



Please keep all the soldiers, deceased and living, in your thoughts and prayers. We are grateful for what they have done for our country and what they are doing now. Also, please remember all the firefighters and policemen and women and citizens that were lost on September 11, 2001.



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. NARFE represents some five million federal workers, retirees, and spouses and their survivors. 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.

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

Blood Pressure Checks



Tuesday, Sept. 5: 11-11:30 @ Shumway Kluthe Center Wednesday, Sept. 6: 9-10:00 @ Catholic Charities Thursday, Sept. 7: 10:30 — 11:30 @ Eff Senior Center Thursday, Sept. 14: 11:30-12 @ Dieterich Civic Center Monday, Sept. 25: 11-11:30 @ Altamont Municipal Building



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, September 14th 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 <u>your</u> quality of life. A question/answer period will follow his discussion.

This month by we are excited to present: Dr. Iyoob IIyas MD, MS, MRCS

Lunch will be complimentary and provided courtesy of: Effingham Rehab & Health Care

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.



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.





Successful Aging In The 21st Century

Elder financial abuse is a type of elder abuse in which misappropriation of financial resources or abusive use of financial control, in the context of a relationship where there is an expectation of trust, causes harm to an older person.

Please join representatives from First National Bank who will bring you up to date information on financial elder abuse.

This event will take place on Thursday, September 21st, 2017 at 11:00 am in the Activity Center. Lunch will be served.

Please RSVP to 217-347-5569 if you are able to attend.

Rules of the Road

Friday, September 1st 9:30am – 11:30am in the Activity Center

(the next class will be held November 3rd)



Toe Nail Clinic





Bring your toes, tubs, and towels to the Senior Center on September 5th or September 19th. 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.

THANK YOU TO ALL THE GRANDPARENTS! September 10th, National Grandparents Day

Grandparents are special people with wisdom and pride.
They are always offering love and kindness and are always there to guide.
They often make you feel so confident and strong.

Their arms are always open no matter what you did wrong. They try to help out in every way that they can.

They love all their grandchildren the same whether you're a child, woman or man.

They are always there to listen and to lend a helping hand.

They show you respect and they try to understand.

They give their love, devotion and so much more, that's easy to see.

Grandparents, what perfect examples of the kind of person that we should be.





Senior Services would like to extend a **BIG** "Thank You" to our **August** volunteers:



Sonja Martin – 1 hr Joan Walker – 2 hrs Jerry Katt – 6 hrs Sue Green – 1.5 hrs Gerry Hoene – 2 hrs Colleen Sutton – 5.5 hrs Ruth Shadwell – 1hr Della Stanford – 1 hr June Harris – 14 hrs
Ed Eckert – 1 hr
Sara McKinney – 3.5 hrs
Ruth Gier – 11.5 hrs
Kate Walk – 2 hrs
Dalyne Sapp – 20 hrs
Sharon Bludworth – 12 hrs
Christie Murphy – 9 hrs

Race

I ran a race the other day, and I lost I am sorry to say. I raced a tortoise and he beat me, just like he did the hare. Next time I will race the hare, and maybe I will be at the finish line when he gets there.

- Melvin R Higgs



Remember...Open enrollment for Medicare Part D begins on October 15th and runs through December 7th.

Please call 217-347-5569 to make an appointment!



2017 Quilt Show

Friday, Nov. 10th from 9 am – 5 pm Saturday, Nov. 11th from 9 am – 2 pm

Thelma Keller Convention Center 1202 North Keller Drive Effingham, IL 62401-4523

Admission

\$5.00 for adults; \$1.00 for children ages 5-12

Appearing at this years show:

Over 100 entries in 10 different categories
Quilting & Craft vendors

Demonstrations

Scissor Sharpening (Sat only) Special Exhibit



OLD FARMERS ALMANAC



SEPTEMBER 2017: temperature 63.5° (1.5° above avg.); precipitation 5.5" (1" above avg. east, 3" above west); Sep 1-3: T-storms, then sunny, cool; Sep 4-11: Scattered t-storms, warm; Sep 12-15: Sunny, cool; Sep 16-19: T-storms, warm; Sep 20-25: Showers, cool; Sep 26-30: Sunny, warm, then rainy, cool.



AUDIBEL

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, September 5th at 10:00 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.

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 & 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 of \$3.50, but no one will be denied due to inability to make a donation.

SHIP

(Senior Health Insurance Program)

State Certified Senior Service staff and volunteers are available to assist Medicare beneficiaries and their caregivers with Insurance counseling. Please call (217)347-5569 to make an appointment.



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POTLUCK



Please join us for our MONTHLY POTLUCK on September 7th at 11:30 am. Addus Health Care will be providing the entrée for this event. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2 qt size dish.

Please call 217-347-5569 to register today!



Please join us for cake and ice cream on Thursday, September 28th at 1:00 p.m. for those celebrating a birthday in September. If you do not have a September birthday, you are welcome to come and help us celebrate those who do.

This event is sponsored by the Senior Center, Martin's IGA and Brookstone Estates.

A special September Birthday gift will be given at the party compliments of Effingham Health and Rehabilitation.

Victims Of Crime Assistance (VOCA)







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.

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.

Painting With Athena

Athena will be here at the Senior Center on Monday, September 11th at 9:30 to guide you in painting. Bring your passion and see what you create. You will be totally amazed.





Come and Knit or Crochet with us!

Join the ladies every Monday Morning at 9:30 in the Activity Center for ideas that are shared instruction to assist you, and just the great company of numerous talented individuals who have a great time getting together and sharing their wisdom.



Illinois Telecommunications Access Corporation (ITAC)

ITAC has several amplified Phones for Selection for those family members with hearing problems. 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!



Happy July Birthday!
Pauline Worman, Frank Harris
and Betty Ramirez.



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.



"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 CD. What a great way to begin your day!

Every Tuesday & Thursday morning at 9:00 am

dmit One

Senior Cinema

On Tuesday, September 26th at 1:00 pm come and enjoy "Mrs. Doubtfire" starring Robin Williams & Sally Field. Popcorn and drinks will be served. Reserve a seat by calling 217-347-5569.





National Alliance on Mental Illness (NAMI) Potluck Supper & Support!



NAMI of Effingham County will hold its monthly Support Group Meeting on Wednesday, September 13th at 5:00 pm at one of the shelters in Community Park in Effingham, for our 3rd annual picnic.

Please join us and meet other caregivers supporting someone suffering with mental illness. Husbands, wives, parents, loved ones and siblings are all welcome. The goal is learning and supporting each other. This is a chance to find out that <u>you</u> are not alone in your struggle and there is help available to be shared out there.

Founded in 1979 NAMI is the largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engaged in support, education, advocacy and research.

NAMI of Effingham County holds Support Group Meetings every Second Wednesday of the month at the Effingham Public Library.

Join us, meet others and learn that you are not alone in supporting your lived one with mental illness. Please RSVP to 217-690-6583 or e-mail namieffingham@gmail.com or find us on Facebook.



CENTRAL ILLINOIS PUBLIC TRANSIT

Effingham County Saturday Trips



September 2—Cheese Festival Arthur, IL

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September 9—Broomcorn Festival Arcola, IL

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September 16—Argosy Casino Alton, IL

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September 23—Outlet Mall Tuscola, IL

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September 30—Fall Festival Greenup, IL

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

GOLDEN CIRCLE MENU PAGE



Addus In-Home Care

Home and Community-Based Services to Preserve Independence

The Professional Help You Need, When You Need It

- · Personal Care (Bathing/Dressing)
- · Meal Planning & Preparation
- Housekeeping and Laundry
- Companionship
- · Live-in Services

- Assistance with Medications
- Transportation (Shopping/Errands, Appointments)
- · Respite Care
- · Other Activities of Daily Living

Eligibility, Cost and Reimbursement

Cost of services may be covered in whole or in part if you or your family member qualifies for services under any of the following sponsoring programs:

- · Long-Term Care Insurance
- · Managed Care Insurance
- Medicaid
- · Veterans Administration
- · Workmen's Compensation
- Private Pay

We will provide a free consultation to answer any questions you and your family members may have about home care needs.

Any Addus HomeCare office will provide information regarding the many government programs to which Addus is a service provider. In the majority of cases, our team will make a referral to the appropriate local government agency or case management team to arrange an assessment of your health and need for assistance.

Once this assessment is completed, a specific plan of care will be recommended. Some of our clients require just a few basic services while others may require a full range of home care services. Once this is determined an Addus HomeCare Aide can be assigned to provide the required services.

To learn how to begin the process and to arrange for professional home care, call Addus HomeCare.

We serve all counties in Illinois!

(888) 233-8746

for additional information



Addus Home Care

ACTIVITY CALENDAR