



209 S. Merchant
Effingham, IL 62401

Sunset Times

September 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 Services will be closed on **Monday, September 5, 2018** in observance of Labor Day.

Senior Services will be closed on **Thursday, September 20 & Wednesday, September 26, 2018** for staff development & training. for a staff meeting.



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 13th 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 his discussion.

This month by special request we are excited to present: Dr. Derek Phillips, PsyD.

Lunch will be complimentary and provided courtesy of: Odd Fellow-Rebekah Home

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.



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



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.

GOOD TO KNOW

Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!



Did you know that even if you stay in the hospital overnight, you might still be considered an “outpatient”? Your hospital status (whether the hospital considers you an “inpatient” or “outpatient”) affects how much you pay for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF). You’re an inpatient starting the day you’re formally admitted to the hospital with a doctor’s order. The day before you’re discharged is your last inpatient day. You’re an outpatient if you’re getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, and the doctor hasn’t written an order to admit you to the hospital as an inpatient. In these cases, you’re an outpatient even if you spend the night at the hospital. Note: Observation services are hospital outpatient services given to help the doctor decide if the patient needs to be admitted as an inpatient or can be discharged. Observation services may be given in the Emergency Department (ED) or another area of the hospital. If you’re in the hospital more than a few hours, always ask your doctor or the hospital staff if you’re an inpatient or an outpatient. Read on to understand the differences in Original Medicare coverage for Hospital inpatients and outpatients, and how these rules apply to some common situations.

Below are some common hospital situations that may affect your SNF coverage:

Situation: You came to the Emergency Department and were formally admitted to the hospital with a doctor’s order as an inpatient for 3 days. You were discharged on the 4th day. Is your SNF stay covered?


Yes, you met the 3-day inpatient stay requirement for a covered SNF stay.

Situation: You came to the ED and spent one day getting observation services. Then, you were an inpatient for 2 more days. Is your SNF stay covered?

No. Even though you spent 3 days in the hospital, you were considered an outpatient while getting ED and observation services. These days don’t count toward the 3-day inpatient stay requirement.

Remember; this all means that YOU will be responsible for the nursing home bill without the 3 day inpatient stay requirement.....know your Medicare benefits

Remember September 11, 2001

 I'm proud to be an American where at least I know I'm free,
And I won't forget the men who died who gave that right to me,
And I gladly stand up next to you and defend her still today,
'Cause there ain't no doubt I love this land God Bless the U.S.A.

★ 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.



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. 4: 11 – 11:30 @ Shumway Kluthe Center

Wednesday, Sept. 5: 9 -10:00 @ Effingham Catholic Charities

Thursday, Sept. 6: 10:30 -11:30 @ Effingham Senior Center

Thursday, Sept. 13: 11:30-12 @ Dieterich Civic Center

Monday, Sept. 24: 11-11:30 @ Altamont Municipal Building

Tuesday, Sept. 25: 10:30-11:30 @ Jasper County Senior Center



HSHS
St. Anthony's
Memorial Hospital



BINGO

Nursing Home Bingo

BINGO

Residents of the local nursing homes are invited to attend Bingo on the 1st Thursday of each month at the Effingham Senior Center. Light refreshments and Bingo prizes are provided. We believe that this is one activity at the center that truly does make it all worthwhile. Putting smiles on faces and making life a little brighter for our elderly nursing home residents brings a joy to them and a warm glow to those who participate. If you would like to bring happiness to residents, then come out to the Senior Center and help out on this very special day. For those who would like to participate, please call 217-347-5569 in advance.

Rules of the Road

Friday, September 7th
9:30am – 11:30am in the
Activity Center



Toe Nail Clinic



Bring your toes, tubs, and towels to the Senior Center on September 4th or September 18th. 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.

THANK YOU TO ALL THE GRANDPARENTS! September 9th, 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:

Thank You

Sonja Martin – 2 hrs
 Kate Walk – 4 hrs
 Cindy Martens – 3 hrs
 Sara McKinney – 4 hrs
 Gerry Hoene – 2 hrs
 Elaine Shouse – 1 hr
 Shirley Cheadle – 2 hrs

June Harris – 2 hrs
 Ed Eckert – 1 hr
 Mary Edwards – 3 hrs
 Della Stanford – 1 hr
 Grace Boldt – 1 hr
 Dalyne Sapp – 8 hrs
 Sharon Bludworth – 10 hrs



FLU SHOT CLINIC :

Provided by Kremer Pharmacy

When: Thursday, October 11, 2018

Where: Effingham Senior Center

What time: 10:00 – 11:00 am

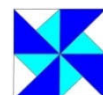
(One hour prior to the

Dine With A Doc Program)

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



QUILT SHOW



Friday, Sept. 7th from 9 am – 6 pm
Saturday, Sept. 8th 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

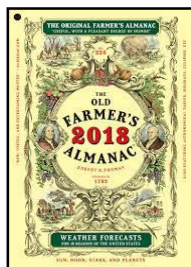
Scissor Sharpening (Sat only)


Quilt Appraisals




OLD FARMERS ALMANAC

SEPTEMBER 2018: temperature 69° (2° above avg.); precipitation 5" (2" below avg.); **Sept 1-13:** A few showers, cool; **Sept 14-20:** T-storms, then sunny, very warm; **Sept 21-30:** Scattered t-storms, warm.



 **First day of Fall 2018:**
 Sunday, September 23rd

 **Harvest moon:**
 Monday, September 24th

Coffee Club

All Are Welcome to Attend (Men & Women)

Buses are available to take you to this event. It's a great way to get out & enjoy some good conversation!

Call **ECPT** 24 hrs in advance at
 1-855-755-2478



Wake up every morning with the thought that something wonderful is about to Happen!

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.



"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"

POTLUCK



Please join us for our **MONTHLY POTLUCK** on September 6th at 11:30 am. Aperion Care will be providing fried chicken as 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 27th at 1:00 p.m.** for those celebrating a birthday in September. Sponsored by Senior Services and Aperion Care. A special September Birthday gift will be given at the party compliments of Effingham Health & Rehab.



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!

Need Roof Work? Here are some tips to AVOID scams!

- 1) Research roofing contractors diligently before hiring one. Consult The Better Business Bureau (BBB) and search for reviews and ratings online.
- 2) Confirm all credentials before hiring a contractor. A reputable roofing professional will be licensed, insured and bonded and will be able to provide locally-based references.
- 3) Get detailed estimates in writing from contractors you're considering hiring.
- 4) Do not enter into an agreement with a roofing contractor who solicits business at your doorstep.
- 5) Exercise caution when dealing with contracts. Be sure to read and re-read all documents, or have a third party review them with you, before signing them.
- 6) **Most importantly**, never pay upfront in full for roofing work! Scammers will make off with the money, never to be seen again.



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.



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 !



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 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



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.



Admit One

Senior Cinema

On Tuesday, September 25th at 1:00 pm come and enjoy *"The Bachelor And The Bobby-Soxer"* starring Shirley Temple & Cary Grant. Popcorn and drinks will be served. Reserve a seat by calling 217-347-5569.



Admit One



National Alliance on Mental Illness (NAMI) Our 4th Annual Picnic In The Park



NAMI of Effingham County will hold its monthly Support Group Meeting on Wednesday, September 12th at 5:00 pm at the Effingham Community Park Rotary Pavilion, for our annual picnic. Niemergs roast beef & fried chicken will be provided. Bring a covered dish to share.

Please join us and meet other caregivers supporting someone suffering with mental illness. Husbands, wives, loved ones and siblings are all welcome. Join us for food, fellowship, & fun.

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 advocacy, research, support and education.

Who knows, if allowed we may have a llama there to pet and take pictures with.

Join us, meet others and learn that you are not alone in supporting your loved one with mental illness. For this picnic meeting so we know how much food to order:

Please RSVP to 217-690-6583

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

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.cfsoc.org/CIPT/CIPT.htm>

Effingham County Public Transportation

Effingham Saturday Trips



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

09/01/18 – No Trip

09/08/18 – Arcola, IL: Broom Corn Festival, Lunch at the Festival

09/15/18 – Belleville, IL: Belleville Flea Market, Lunch at Eckert's

09/22/18 – Tuscola, IL: Tuscola Outlet Mall, Lunch at Mattoon Airport Restaurant

09/29/18 – Clinton, IL: Apple & Pork Festival, Lunch at Festival



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 provider's website at <http://www.cfsoc.org/CIPT/CIPT.htm>

GOLDEN CIRCLE MENU PAGE

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ACTIVITY CALENDAR