



Sunset Times

September 2019

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

Being a Savvy Senior: Let's Get Educated!

Preparing for a hospital stay & post-acute care



Where: Senior Services Activity Center
When: Wednesday, September 25, 2019
What Time: 11:00 a.m.

Please join us for an informative, fun and free lunch & learn community education event with HSHS St. Anthony's and our local post-acute providers. Come learn more about the differences between observation stays vs. inpatient admissions, home medications and safety, and planning for post-acute care. Our fabulous presenters will include:

- **Dr. Ryan Jennings, HSHS St. Anthony's Memorial Hospital**
- **Christie Kirchhofer, Senior Services of Effingham County**
- **Amanda Spade, HSHS Home Care & Hospice Southern Illinois**

Don't miss this one!

Come enjoy a **free** meal, register for door prizes from our community partners and get your questions answered about hospitalizations and post-acute care. A special thanks to Senior Services of Effingham County for being the meal sponsor and to The Glenwood and Aperion Care for sponsoring our desserts.



Please RSVP to 217-347-5569 for this event!



Senior Services will be closed on
Monday, September 2, 2019
in observance of Labor Day.



Senior Services will be closed on
Wednesday, October 2, 2019
for staff development & training.

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





Understanding Your Medicare Benefits!

Understanding your Medicare benefits and coverage can be a tricky thing!

Senior Services of Effingham County along with HSHS St. Anthony's Memorial Hospital are wanting to help you be an educated Savvy Senior.

Dr. Ryan Jennings of **HSHS St. Anthony's Memorial Hospital** is excited to present and answer your questions on many of the hot topics affecting your hospital coverage and post-acute care.

Hot Topics:

- What is the difference between observation vs. inpatient hospital stays? How will that impact payments?
- Update on safety issues regarding your at-home meds? Should I bring them with me to the hospital? How do I ensure I have continuity of care regarding my meds if I'm hospitalized?

Christie Kirchhofer of **Senior Services of Effingham County** will be informing you of the Pre-screen process and why you'll meet her or one of our highly trained-certified Care Coordinators, prior to you leaving the hospital.

Hot Topics:

- Why is a pre-screen needed?
- What is the difference between Home vs. Community-Based Services? What's right for me?

Amanda Spade of **HSHS St. Anthony's Memorial Hospital** will be helping you understand a variety of issues which affect the entire senior population and answering your questions one-on-one.

Hot Topics:

- Know your coverage-what is the difference between Medicare, Replacement Medicare, Medicaid, Managed Care, etc?
- What is pre-authorization and why is it important?
- Planning ahead for Assisted Living, Skilled Nursing Facility (Nursing Home), etc. – what's right for me?

All of these topics are important for every senior to understand!

Become a Savvy Senior and attend this free presentation and meal.

**Call today to reserve your spot at Senior Services of Effingham County-
Senior Center for Wednesday, September 25th!**

Please call 217-347-5569 and we'll see you on September 25th!

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.

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.

Remember September 11, 2001

★ 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.



CEFS will begin making appointments for the LIHEAP Program starting September 16, 2019.

Those who qualify must be over 60 years old or live in a household with someone on disability.

Please call CEFS Effingham Outreach at **217-347-7514** to set your appointment.

**IMPORTANT
NOTICE**

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. 3: 11 – 11:30 @ Shumway Kluthe Center

Wednesday, Sept. 4: 9 -9:30 @ Effingham Catholic Charities

Thursday, Sept. 5: 10:30 -11:30 @ Effingham Senior Center

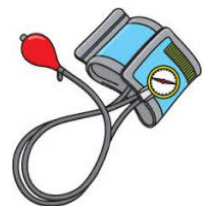
Thursday, Sept. 12: 11:30-12 @ Dieterich Civic Center

Monday, Sept. 23: 11-11:30 @ Altamont Municipal Building

Tuesday, Sept. 24: 10:30-11:30 @ Jasper County Senior Center



**HSHS
St. Anthony's
Memorial Hospital**



Rules of the Road

**Friday, September 6th
9:30am – 11:30am in the
Senior Services of Effingham County
Activity Center**



FUN FOR FACILITIES BINGO!

Will be held on Thursday, September 5th at 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes! Light Refreshments and Bingo prizes will be provided. For those who would like to participate, please call 217-347-5569 in advance.



Bring your toes, towels, and tubs to the Senior Center!

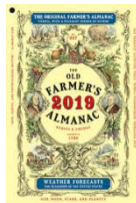
We will have a toe nail clinic on September 3rd & 17th at 1:00 pm . This toe nail clinic will be performed by Megan, a State of Illinois-Licensed Cosmetology/Nail Technician. The fee for this service is \$15, payable to the technician.





***If you can not make the above date, Megan will also be holding toenail clinics at Dieterich Kluthe Center on September 10th at 12:00 pm and Life Center of Cumberland County in Toledo on September 11th at 9:00 am.

OLD FARMERS ALMANAC

SEPTEMBER 2019: temperature 64° (3° below avg.); precipitation 2" (1" below avg.);
Sept 1-4: Sunny and warm; **Sept 5-9:** Showers, then sunny, cool; **Sept 10-13:** T-storms, cool; **Sept 14-19:** Sunny, chilly; **Sept 20-22:** Rainy, warm; **Sept 23-30:** Sunny, cool.



 First day of Fall 2019:
Monday, September 23rd
 Harvest moon:
Friday, September 13th



BINGO!

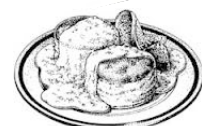
You are invited to come and play **BINGO** with Chris Kessler from Sarah Bush Lincoln!!! He will be calling bingo in our activity center beginning at 2:00 pm on **Tuesday, September 17th**. Come and join us for some **FUN!**



Breakfast In A Briefcase

Sponsored By: Evergreen Nursing & Rehabilitation
When: Thursday, September 19, 2019
Where: Effingham Senior Center
What Time: 8:30 am

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





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 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 the presentation.

This month by special request we are excited to present:

Kaye Dent J.D. – Doctor of Jurisprudence.

Lunch will be complimentary and provided courtesy of:

Frisse & Brewster Law Offices



FRISSE &
BREWSTER
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.

POTLUCK



Please join us for our **MONTHLY POTLUCK** on September 5th at 11:30 am.

Willowbrook Memory Support will be providing meatloaf and hash brown casserole 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. Johnna from the Effingham Library will be joining us to discuss Census 2020.

Please call 217-347-5569 to register today!



Please join us for cake & ice cream on
Thursday, September 26th
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.

Please call 217-347-5569 to register!



**Remember...Medicare
Part D open enrollment
begins Oct 15th through
December 7th.**

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



**Crafter's Corner with
Hilltop Skilled Nursing!**

Join Trisha on September 26th at 1:30 pm
immediately following our monthly birthday
party, as she leads us in making a Kitchen
Angel.

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

Thank You

Joan Walker – 12 hrs
Kate Walk – 4 hrs
Trudy Robinson – 9 hrs
Sara McKinney – 4 hrs
Gerry Hoene – 2 hrs
Christie Murphy – 9 hrs
Shirley Cheadle – 2 hrs
Dalyne Sapp – 19 hrs

Kate Walk – 4 hrs
Ed Eckert – 1 hr
Grace Boldt – 1 hr
Kay Meyers – 1 hr
Kate Eckert – 1 hr
Dolores Schoenhoff – 1 hr
Jan Pagel – 1 hr



FLU SHOT CLINIC :

Provided by Kremer Pharmacy

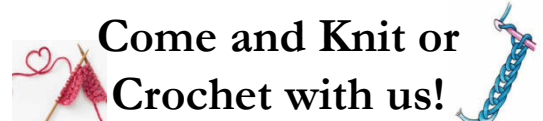
When: Thursday, October 10, 2019

Where: Senior Services of Effingham County

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!**



Come and Knit or Crochet with us!

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

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"



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.



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 & Anne Harrison



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 24th 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 5th Annual Picnic In The Park



NAMI of Effingham County will hold its monthly Support Group Meeting on Wednesday, September 11th at 5:00 pm at the Effingham Community Park Rotary Pavilion, for our annual picnic. The main course, table service, and drinks 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.

We will have some Llamas there again this year 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

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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.cetseoc.org/CIPT/CIPT.htm>

Effingham County Public Transportation

Effingham Saturday Trips

September



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

09/07/19 – Arcola, IL: **Broomcorn Festival**, Lunch at The Dutch Kitchen

09/14/19 – Murphysboro, IL: **Apple Festival**, Lunch at the festival

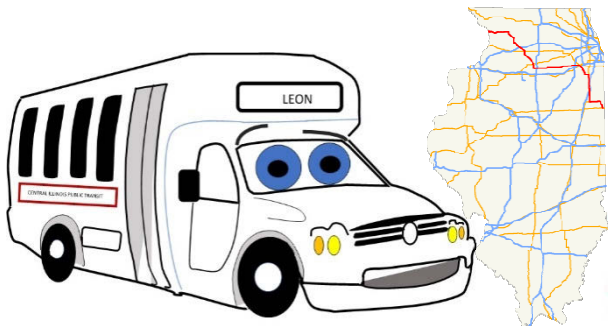
09/21/19 – Collinsville, IL: **Italian Festival**, Lunch at the festival

09/28/19 – Alton, IL: **Argosy Casino**, Lunch at the Casino

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.cetseoc.org/CIPT/CIPT.htm>

GOLDEN CIRCLE MENU PAGE



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ACTIVITY CALENDAR