



# Sunset Times

## April 2016

To join the Sunset Times email list please email [abushue@seniorservices-eccoa.org](mailto:abushue@seniorservices-eccoa.org) or check out our webpage at [www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)

# 2016



## Senior Health & Information Fair

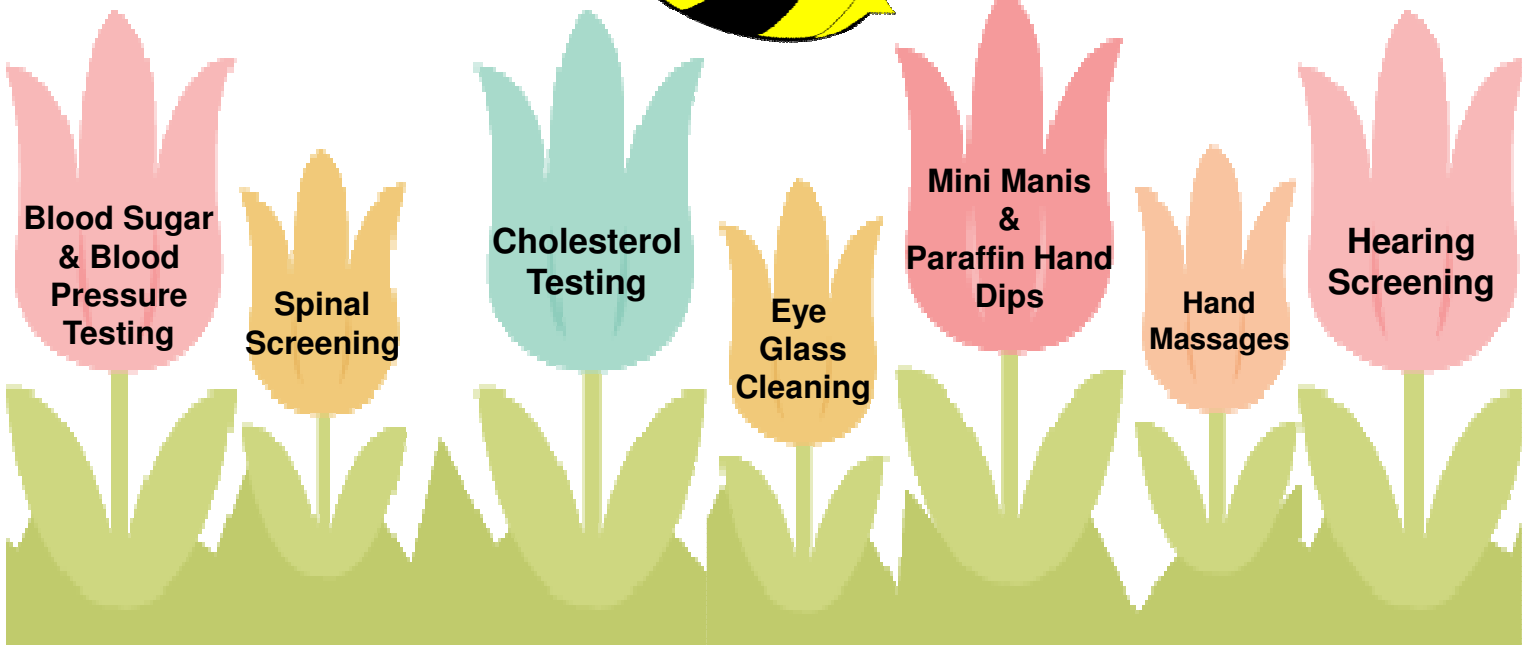
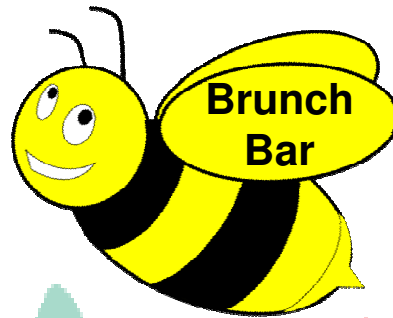


Mark  
Your  
Calendar

Date: Wednesday, May 4<sup>th</sup>

Time: 8:30 – 11:30 am

Place: Effingham Senior Center



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](http://www.seniorservices-eccoa.org)



## Family Caregiver Symposium

Thursday, April 28, 2016

3:00 pm – 8:00 pm

Thelma Keller Convention Center

1202 N. Keller Dr.

Effingham, IL 62401



Registration begins at 3 pm

Complimentary dinner at 5 pm

\*\*\*Pre-registration is required by calling Trisha Katt at  
(217)347-7179 ext. 1062

Keynote speakers are Dr. Ryan Jennings, MD, Chief  
Medical Officer HSHS St. Anthony's Memorial Hospital and  
L.Kaye DeSelms Dent, Attorney Frisse & Brewster Law  
Offices.

The Next Rules of the Road  
Class to be offered at the  
Senior Center will be on Friday,  
May 6<sup>th</sup>, 2016 at 9:30 am.



## CRIME VICTIMS ASSISTANCE



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 today 217-347-5569.

## Tuesday Evening Meal

Join us at 5:00 pm on the first Tuesday of each month for the Tuesday Night Meal at the Senior Center, where you will find good food and friends. Please call (217)347-5569 to make a reservation by the Monday before the meal. For transportation, call Rides Mass at 1-877-667-6123. Meals are a suggested donation of \$3.50, but no one will be denied due to inability to make a donation.



**Bring your toes, tubs, and towels to the Senior Center on Tuesday, April 5<sup>th</sup> or Tuesday, April 19<sup>th</sup>. Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$10, payable to Megan.**

\* Megan will also be trimming toenails at the Altamont Municipal Building on April 12<sup>th</sup> at 12:00 noon.

MARK YOUR  
CALENDAR!

## We Are Celebrating Older Americans Month In May..... Mark Your Calendars:

### Wednesday, May 4, 2016

- Senior Center Health & Information Fair : 8:30–11:30 am



### Thursday, May 5, 2016

- Mother's Day Potluck: 11:30 am



### Thursday, May 12, 2016

- Dine with a Doc: 11:00 am
- Special Bingo: 12:30 pm



### Wednesday, May 18, 2016

- "How To Stay Young for the First 100 Years" by Stanfield Chiropractic



### Thursday, May 26, 2016

- Monthly Birthday Celebration



### Friday, May 27, 2016

- Successful Aging In The 21<sup>st</sup> Century: 11:00 am



BLAZE A TRAIL: MAY 2016

## Older Americans Month 2016 "Blaze A Trail"

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. Here at the Administration for Community Living (ACL), May is Older American's Month (OAM), a time to celebrate the perennial contributions of older adults to the nation. The 2016 theme is [Blaze a Trail](#), and in May we will take the opportunity to raise awareness about issues facing older adults, and highlight the way older Americans are advocating for themselves, their peers, and their communities.

ACL blazed a trail of its own this year by creating an evergreen [OAM logo](#). The goal is to create a recognizable brand that can be carried over from one observance to the next, even though specific themes will be chosen each year. The new OAM logo reflects the tone of the month, and ACL's vision, perfectly—people celebrating and helping one another to thrive. And, the blaze-like shape made by the figures seems especially appropriate for OAM 2016.

While Effingham Senior Services provides services, support, and resources to older adults year-round, Older Americans month is a great opportunity to show special appreciation! We will continue to provide opportunities for elders to come together and share their experiences with one another, as well as with individuals of other generations.

To learn more about activities and events planned for Older Americans Month, or to find ideas about what you can do to "Blaze A Trail", contact Effingham Senior Services @ 217-347-5569.

## “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



Senior Services would like to extend a **BIG “Thank You”** to our **March volunteers!** Doesn't it make you feel good to volunteer?



Christie Murphy – 6 hrs  
Melvin Higgs – 3 hrs  
Jerry Katt – 9 hrs  
Kate Eckert – 1 hrs  
Sara McKinney – 7 hrs  
Gustie Unkraut – 1 hrs  
Emily Painter – 1 hrs  
Evelyn Mann – 1 hrs  
Ruth Gier – 7 hrs

Colleen Sutton – 6 hrs  
June Harris – 1 hrs  
Gerry Hoene – 2 hrs  
Jackie Morgan – 7 hrs  
Ed Eckert – 1 hrs  
Cindy Martens – 6 hrs  
Noel Hyde – 20 hrs  
Nina Poland – 11.5 hrs  
Dalyne Sapp – 5 hrs

## St. Anthony's Events



**St. Anthony's**  
MEMORIAL HOSPITAL  
EFFINGHAM, ILLINOIS

### Blood Pressure Checks

Monday, April 4: 11-11:30 am Effingham Golden Circle  
Tuesday, April 5: 11-11:30 am, Shumway Kluthe Center  
Wednesday, April 6: 9-10:00 am, Catholic Charities  
Thursday, April 7: 10:30-11:30 am, Effingham Senior Center  
\*\*Thursday, April 14: 11:30-12 am, Dieterich Civic Center  
Monday, April 25: 11-11:30 am, Altamont Municipal Building  
\*\*With Blood Glucose Screening

## Long Term Care Ombudsman Resident....Advocate



The 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 our Regional Long Term Care Ombudsman, Terri Simpson at 217-347-5569 today!  
All calls are confidential.

### Are you Interested in Knitting or Crocheting?

Join the ladies every Monday morning in the Activity Center for ideas that are shared, instruction to assist you, & just the great company of numerous talented individuals who have a great time getting together & sharing their wisdom. No previous experience is needed! Come & join the fun!!!







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, April 14, 2016 in the Activity Center from 11:00 am until 1:00 pm.

Each doctor has graciously donated their time in an effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing a complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present: Dr Marisa Overton, AuD

Lunch will be complimentary and provided courtesy of:  
Effingham Rehabilitation & 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 105 individuals.**

## Breakfast in a Briefcase

Sponsored By: HSHS St Anthony Homecare & Hospice

When: April 21, 2016

Where: Effingham Senior Center

What Time: 8:30 am

Please call 217-347-5569 to register.



**HAPPY BIRTHDAY!**

**Please join us for cake and ice cream on Thursday, April 28 at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services, Martin's IGA and Brookstone Suites. A special April Birthday gift will be given at the party compliments of Effingham Rehabilitation & Health Care.**



## 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".

## **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. This service is now available for cell phones too.

Note New  
Location!



Effingham  
Public  
Library

## NAMI BROWN BAG SUPPER & SUPPORT MEETING April 13<sup>th</sup>, 2016 at 5:00 pm

Founded in 1979, NAMI is the nation's 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 engage in advocacy, research, support, and education.

Bring your own brown bag supper and meet other caregivers supporting someone with a mental illness – husbands, wives, parents, and siblings are all welcome. The goal is to learn and support each other. This is a chance to find out that you are not alone in your struggle.

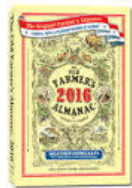
Featured speaker will be Mr. Ken Polky, CEO Edgar County Mental Health.



**Please note:** This meeting will be held in a new location! It will be held at the **Effingham Public Library** in either the Luttrell or Workman Room. Both are located in the basement.

### Old Farmer's Almanac

**APRIL 2016:** temperature 48° (2° below avg. east, 2° above west); precipitation 2" (1.5" below avg.)



**Apr 1-5:** Snow, then sunny, warm east; sunny, warm west; **Apr 6-13:** Rain, then sunny; cool east, warm west; **Apr 14-19:** Showers east, sunny west mild; **Apr 20-30:** Showers, cool.

Reminder!

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



KEEPING THE HARD OF HEARING COMMUNITY CONNECTED



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!



## Thunderstorms & Severe Weather



A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

### **Know The Difference:**

**Severe Thunderstorm Watch** - Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

**Severe Thunderstorm Warning** - Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The information in this section, combined with timely watches and warnings about severe weather, may help save lives.

### **Be Prepared:**

- Learn about your local community's emergency warning system for severe thunderstorms
- Discuss thunderstorm safety and lightning safety with all members of your household
- Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail
- Make a list of items to bring inside in the event of a severe thunderstorm
- Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches
- Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home
- Consult your local fire department if you are considering installing lightning rods
- Get [trained in first aid](#) and learn how to respond to emergencies
- Put together an [emergency preparedness kit](#):
  - Water—one gallon per person, per day
  - Food—non-perishable, easy-to-prepare
  - Flashlight
  - Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
  - Extra batteries
  - First aid kit
  - Medications (7-day supply) and medical items
  - Multi-purpose tool
  - Sanitation & personal hygiene items
  - Copies of personal documents
  - Cell phone with chargers
  - Family & emergency contact information
  - Extra cash



# Rides Mass Transit District Effingham Saturday Trips



**Let's go shop, eat, socialize and have fun!  
Tell family and friends!**

**April 2<sup>nd</sup> – Home & Garden Expo at the Fluid Center,  
Market Place Mall, Home Depot, &  
Lunch at the Texas Roadhouse.  
Champaign, IL  
\*\*\***

**April 9<sup>th</sup> – See the Centralia Carrillon, Schwartz Orchard,  
& do some local shopping.  
Centralia, IL  
\*\*\***

**April 16<sup>th</sup> – Local shopping & lunch at Moonshine  
Moonshine, IL  
\*\*\***

**April 23<sup>rd</sup> – Shop the Amish Countryside  
\*\*\***

**To schedule a Ride contact RMTD  
1-877-667-6123**

Let's get out and Ride. Seniors show your senior ID card and ride at no charge to you. If you are a senior and don't have an ID contact: Rides Office at 1-877-667-6123. If you are not a senior , please call to check on availability and fare.

**To Reserve a seat please call by 3 PM on Thursday before  
the trip. Thank you**

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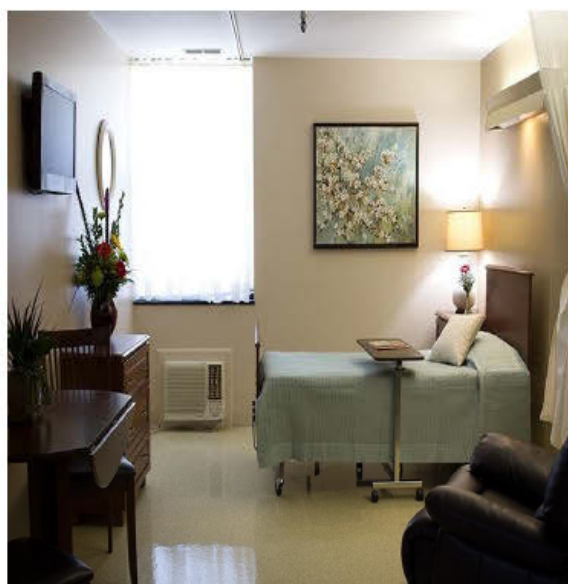
# MATTOON

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REHABILITATION & HEALTH CARE CENTER

**2121 S. 9<sup>th</sup> St. Mattoon, IL – (217) 235-7138**

**[www.mattoonbytutera.com](http://www.mattoonbytutera.com)**



- Private Rooms
- Cable TV & Wi-Fi Internet
- Private Dining Room
- Daily Activities
- Laundry & Housekeeping
- Beauty Shop
- Certified Wound Care Nurse
- Case Manager to Assist with Transition Home

## **24 HOUR SKILLED NURSING FACILITY OFFERING REHAB TO HOME SERVICES**

**Physical Therapy, Occupational Therapy, Speech Therapy,  
and Lymphedema Services**

### **INSPIRED BY YOU!**

Our caring and dedicated team of health care professionals understands that each patient has an individual set of circumstances, needs, and preferences.

We listen to you and your loved ones to provide a personalized plan of care for your most effective path to recovery!

Please insert activity  
calendar here.