



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## April 2017

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)

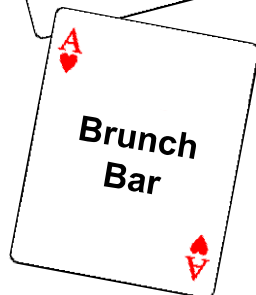
*Don't Gamble With Your Health*  
*come to the*  
**2017**

## Senior Health & Information Fair

Date: Thursday, 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

Wednesday, April 19, 2017

10:00 am – 2:00 pm

Thelma Keller Convention Center

1202 N, Keller Dr.  
Effingham, IL 62401



Cost is \$10 per person



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

The Next Rules of the Road  
Class to be offered at the  
Senior Center will be on Friday,  
May 5<sup>th</sup>, 2017 at 9:30 am.



Take Off Pounds Sensibly.  
Meets here in the Activity  
Center every Wednesday  
morning at 9:00 am! Come  
join us!

## 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 and friends. Please call (217)347-5569 to make a reservation by the Monday before the meal. For transportation, call Effingham County Public Transportation (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.



**Bring your toes, tubs, and towels to the Senior Center on Tuesday, April 4<sup>th</sup> or Tuesday, April 18<sup>th</sup>. Megan, who is a State of Illinois 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 11<sup>th</sup> at 12:00 noon.

## Monthly Potluck – Thursday, April 6<sup>th</sup> at 11:30 am

Please join us for our monthly potluck on Thursday, April 6<sup>th</sup> at 11:30 am. The Villas of Hollybrook will be providing pork roast in gravy 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 quart size dish. At this event The Villas of Hollybrook will entertain you with a game or two and you might win a prize! Please call 217-347-5569 to make your reservation today.



MARK YOUR  
CALENDAR!

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

**Wednesday, May 3, 2017**

- Mother's Day Potluck:  
11:30 am



**Thursday, May 4, 2017**

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



**Thursday, May 11, 2017**

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



**Tuesday, May 16, 2017**

- Sundae Bar with  
Kelly Willenborg:  
1:00 pm



**Thursday, May 18, 2017**

- BBQ Luncheon: 11:00 am
- Music provided by "The  
Smokehouse Gang": 12:00 pm



**Thursday, May 25, 2017**

- Monthly Birthday  
Celebration:  
1:00 pm



**OLDER  
AMERICANS  
MONTH**



## Older Americans Month 2017 "Age Out Loud"

AGE OUT LOUD: MAY 2017

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.

The Administration on Aging (AoA), part of the Administration for Community Living (ACL), has announced that "Age Out Loud" will be the theme of Older Americans Month in 2017. The theme for the May observance is intended to give aging a new voice – one that reflects what today's older adults have to say about aging.

"The 2017 theme gives us an opportunity to shine a light on many important issues and trends," reported ACL. "More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible."

What it means to age has changed, noted ACL, and Older Americans Month "is a perfect opportunity to recognize and celebrate what getting older looks like today."

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 "Age Out Loud", 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 – 9 hrs

Della Stanford – 1 hrs

Jerry Katt – 12 hrs

Ed Eckert – 1 hrs

Ruth Gier – 10 hrs

Sonja Martin – 1 hr

Gerry Hoene – 2 hrs



Colleen Sutton – 5.5 hrs

June Harris – 1 hrs

Linda Owens – 3 hrs

Jackie Morgan – 7 hrs

Joan Walker – 1 hr

Dalyne Sapp – 12 hrs

Sara McKinney – 5 hrs

Evelyn Mann – 1 hrs



**AUDIBEL**

Audibel will be at the 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. Kerri from Audibel will be at the Center on Tuesday, February 4<sup>th</sup>, at 10:00 am. Please call 347-5934 to make an appointment for your hearing test as additional equipment is required for this test. Other services do not require appointments so feel free to stop in.

## St. Anthony's Events



HSHS  
St. Anthony's  
Memorial Hospital

### Blood Pressure Checks

Monday, April 3: 11-11:30 am Effingham Golden Circle

Tuesday, April 4: 11-11:30 am, Shumway Kluthe Center

Wednesday, April 5: 9-10:00 am, Catholic Charities

Thursday, April 6: 10:30-11:30 am, Effingham Senior Center

Thursday, April 13: 11:30-12 am, Dieterich Civic Center

Monday, April 24: 11-11:30 am, Altamont Municipal Building

## 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 13, 2017 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:

St Anthony Memorial Hospital doctor to be announced.

Lunch will be complimentary and provided courtesy of:  
HSHS St Anthony Memorial Hospital.



**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.**



**HAPPY FEBRUARY  
BIRTHDAY!  
RUTH TERHUNE**

## 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.

**★HAPPY★  
BIRTHDAY!**

**Please join us for cake and ice cream  
on Thursday, April 27 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.**

## **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.



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



## **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.





National Alliance on Mental Illness

## **EFFINGHAM COUNTY SUPPORT GROUP MEETING**

**April 12, 2017 at 5:00pm**

### **BROWN BAG SUPPER & SUPPORT MEETING**

This meeting will be held at the Effingham Public Library in the Workman Room. Bring your own brown bag supper and meet other caregivers supporting someone with a mental illness. Husbands, wives, parents, siblings are all welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone in your struggle.

Our program topic will be Mental Illness and the Judicial System as related to caregivers. Judge Kevin Parker will conduct a question and answer session, so bring your questions.

## **Old Farmer's Almanac**

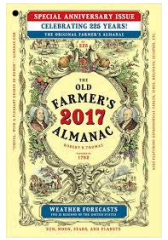
**APRIL 2017:** temperature 57°  
(2° above avg.); precipitation  
3.5" (avg.)

**Apr 1-3:** Sunny, cool;

**Apr 4-12:** A few t-storms, warm;

**Apr 13-21:** Rain, then sunny, cool;

**Apr 22-30:** A few showers, warm.



**The National Active and Retired Federal Employees Association (NARFE) represents Some five million federal workers, retirees, Spouses, and their survivors.**

The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am at Effingham Senior Center. For more information contact Barb Carie at 217-347-7536.



## **SENIORS BEWARE: MEDICAL IDENTITY THEFT**

The Coalition Against Insurance Fraud has advised that identity theft has spawned a vicious new crime: Medical Identity Theft.



Medical Information thieves obtain enough personal information from victims to make fraudulent claims against an honest consumer's health insurance policy.

These scams include illegal and bogus treatment, the purchases of addictive drugs and the purchase of various medical devices and equipment (oxygen tanks, wheelchairs, etc).

Additionally, the victims correct health history can be compromised by the actual scammer's medical file and treatments.

Here are the ways seniors can escape the scourge of medical ID theft:

- Examine your EOB'S (explanation of benefits). If you see treatments you never received, immediately notify your insurer and medical providers.
- Once a year you should ask your insurer for a listing of benefits paid out under your policy. If you suspect that you may be a victim of medical ID fraud, get a copy of your records from your doctor, hospital, pharmacy or laboratory. Finally, file a police report to notify law enforcement a crime may have been committed and forward a copy of the report to your insurer, medical providers and all credit bureaus.

Senior citizens are encouraged to confidentially contact Tom Kern at Senior Services/ECCOA for any help that may be needed in navigating through this process. He can be reached at 217-347-5569.



## 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
  - 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



## 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!



# 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!!**

|   |  |  |   |
|---|--|--|---|
| <b>IN-COUNTY TRANSPORTS</b><br>\$3 per one-way trip | <b>MONTHLY PASS</b><br>Monthly Pass \$35<br>Disabled Pass \$15 | <b>DISCOUNT TICKETS</b><br>Book of 10 \$20<br>(No Expiration Date) | <b>SENIORS</b><br>Ride for Free<br>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.cefseoc.org/CIPT/CIPT.htm>

## Effingham County Public Transportation Effingham Saturday Trips



**April 1--Shopping at Times Square Mall  
Mt. Vernon, IL**

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**April 8—Shopping in Amish Country  
Arthur, IL**

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**April 15—Find a good deal at the Flea Market  
Belleville, IL**

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**April 22— Try your luck at Argosy Casino  
Alton, IL**

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**April 29—Shopping at Illinois Stare Centre Mall  
Marion, IL**

**To schedule a ride contact ECPT at  
1-855-755-2478  
by 3 pm on the Thursday before the trip.**



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Please insert menu page.

*The Villas of Holly Brook-Effingham*  
904 W. Evergreen Avenue  
Effingham, IL 62401  
(217) 342-2353

Our community offers gracious residential living in a home-like setting with dedicated and knowledgeable staff available 24 hours a day to meet the personal needs and individual demands of each resident. Spacious living rooms, private or companion apartments, landscaped outdoor areas, and more combine to provide a safe, secure, and comfortable environment for each resident to 'make their own'.

A full range of activities are conducted on-site – with cookouts, outdoor leisure times, and trips for shopping, concerts, and tours. All provided with the care, concern, and commitment of staff members whose only goal is the comfort, well-being, and support of our residents.

**Making Life Better Every Day... For Every Resident.**

Our residents know — and we understand — this is their home. Our job is to make it the most comfortable, secure, and enjoyable home possible. We are privileged to serve, protect, and enrich the lives of some very special individuals. It is a privilege we take very seriously. Whether for you or a loved one, you can rest assured we will provide a caring atmosphere, an active community, and a comfortable, secure life for our residents.

With the latest in convenience and services, our community offers each resident the opportunity to 'live life their way'. Residents enjoy assistance when required, and freedom when desired. Residency includes a complete array of services and accommodations.





Please insert activity  
calendar here.