



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

August 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)



## Effingham County Fair "Carnival Lights, County Nights"

- Jul 29 – Talent Show 5:30 pm  
Junior Miss Pageant 7:30 pm
- Jul 30 – Car Show 9:00 am  
Lucas Oil Pro Pulling League 6:30 pm
- Jul 31 – Big Ten Harness Racing 1:00 pm  
Rob Thompson Magic Show (Free Stage) 2:00, 4:00, & 6:00 pm  
Parade 4:30 pm  
Dylan Schneider 7:00 pm  
Joe Diffie in Concert 8:00 pm
- Aug 1 – Big Ten Harness Racing 1:00 pm  
Truck, Tractor and Garden Tractor Pull 6:30 pm
- Aug 2 – Little Miss Pigtail Pageant 5:30 pm  
Miss Effingham County Fair Queen Pageant 7:00 pm
- Aug 3 – Topline Harness Racing 1:00 pm  
Tractor Pull 6:30 pm
- Aug 4 – Cary Miller Band (Free Stage) 7:00 pm  
The Henningsens 8:00 pm
- Aug 5 – Rough Stock Rodeo 7:30 pm
- Aug 6 – Demolition Derby 6:30 pm



### Don't forget the Senator's Health Fair

When: Thursday, August 4, 2016  
Time: 9 am to 11 am  
Where: Effingham Armory  
1206 West Temple Avenue  
Effingham, IL 62401

**FREE**  
Admission

**Door**  
Prizes

**FREE**  
Refreshments

**FREE**  
Health Screenings

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)



## OLD SETTLERS REUNION

Bring your friends and family to the Effingham County Old Settlers Reunion on Saturday, September 24<sup>th</sup>, 2016 from 11:00 am until 3:00 pm for a fun filled historical day on the grounds of the Old Courthouse Lawn in Effingham. Numerous vendors will have displays, WWII re-enactors will be on hand and there will be contests for the young and old. Old tractor and car displays as well as numerous other exciting things to see and do. Great food is also available so, make plans to attend and learn more of your heritage.

save  
the  
date



## RULES of the ROAD CLASS

**A FREE Rules of the Road Review Course will be held on Friday, September 2<sup>nd</sup>, 2016 at 9:30 am. Please call 217-347-5569 to register for the class.**



The Illinois Department on Aging encourages relatives and friends to make daily visits or calls to older adults living alone. When temperatures and humidity are extremely high, older adults and people with chronic health conditions should be monitored for dehydration and other effects of extreme heat. Additionally, older adults should eat lighter meals, take longer and more frequent rests, and drink plenty of fluids. Don't forget fresh water for those pets either!



## When is Labor Day 2016?

Well, I am glad you asked! Okay, I'll tell you. **Labor Day** in the USA falls on the first Monday of September. Which is September 5<sup>th</sup> of this year. Our office will be **closed** in observance of this holiday but, we will reopen on Tuesday morning. If you have an emergency during this time, please call **1-800-283-4070**.

## SHIP

### Senior Health Insurance Program

Senior Services 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"

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



Sonja Martin – 1 hr  
Grace Boldt – 2 hrs  
Jerry Katt – 12 hrs  
Cindy Martens – 12 hrs  
Gerry Hoene – 2 hrs  
Colleen Sutton – 3.5 hrs  
Jackie Morgan – 12 hrs  
Joan Walker – 2 hrs

June Harris – 1 hr  
Ed Eckert – 1 hr  
Faye Pearson – 1hr  
Nina Poland – 8 hrs  
Noel Hyde – 10.5 hrs  
Dalyne Sapp – 16 hrs  
Sharon Bludworth – 13.5 hrs  
Sara McKinney – 11 hrs



**Meet me at the State Fair  
Monday, August 15 for Senior Day!**

**ECPT will be providing transportation from the  
Village Square Mall in Effingham to the Illinois  
State Fair in Springfield**

Fair visitors 60 and older are admitted to the fairgrounds for free that day. Special events are scheduled to take place in the Senior Citizens Center throughout the day!

Space is limited so call Dispatch  
today to reserve your seat!

**1-855-755-2478**

**Effingham  
County  
Public  
Transportation**

GET ON THE BUS AND RIDE WITH US



All vehicles are wheelchair accessible.

## Toe Nail Clinic

Bring your toes, tubs and towels to the Senior Center on August 2<sup>nd</sup> or August 16<sup>th</sup>. 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.



\*\*\* If you can not make the above dates, Megan will also be holding toenail clinics at the Altamont Municipal Building on August 9<sup>th</sup> at noon and at the Life Center of Cumberland County – Toledo on August 10<sup>th</sup> at 9:00 am.



## Happy June Birthdays!

Sonja Martin, Nina Poland, June Harris,  
Shirley Cheadle, and Elaine Shouse

## St. Anthony's Blood Pressure Screenings

Monday, Aug 1<sup>st</sup> 11-11:30 am – Golden Circle Nutrition Site  
Tuesday, Aug 2<sup>nd</sup> 11-11:30 am – Shumway Kluthe Center  
Wednesday, Aug 3<sup>rd</sup> 9-10:00 am – Effingham Catholic Charities  
Thursday, Aug 4<sup>th</sup> 10:30 – 11:30 am – Effingham Senior Center  
Thursday, Aug 11<sup>th</sup> 11:30 – Noon – Dieterich Civic Center  
Monday, Aug 22<sup>nd</sup> 11-11:30 – Altamont Municipal Building





# Community Care Program

**"...helping older people live independently"**



Established in 1979 by Public Act 81-202, the Illinois Department on Aging Community Care Program helps senior citizens, who might otherwise need nursing home care, to remain in their own homes by providing in-home and community-based services.

This program is aimed at helping seniors maintain their independence and providing cost effective alternatives to nursing home placement. The Community Care Program provides services to any person who applies for the program and meets all current eligibility requirements.

## Who is eligible?

People who...

- Are 60 years old or older
- Are U.S. citizens or legal aliens
- Are residents of Illinois
- Have non-exempt assets of \$17,500 or less (Non-exempt assets do not include home, car, or personal furnishings.)
- Have an assessed need for long term care (scoring 29 points or higher on the "Determination Of Need" form).

NOTE: Although the level of income does not affect eligibility for the program, an income is established for each client to determine the client's ability to contribute to the cost of care.

**Call Senior Services today for an assessment, now serving 9 counties  
217-347-5569**

## 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.



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, August 11<sup>th</sup> in the Activity Center from 11:00 AM until 1:00 PM.

Each doctor has graciously donated this time in 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 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 Physician TBA

**Lunch will be complimentary and provided courtesy of:** Willowbrook Memory 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.



**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, August 2<sup>nd</sup> 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.

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 here at the Effingham Senior Center.



For more information, contact Barb Carie at 217-347-7536.



Please join us for cake & ice cream on **Thursday, August 25<sup>th</sup> at 1:00 pm** for those celebrating a birthday in August. Sponsored by ECCOA, Martin's IGA, and Brookstone Suites.

A special August Birthday gift will be given at the party compliments of Effingham Rehab & Healthcare Center.



## August 2016

temperature 74° (1° above avg.); precipitation 4" (2" below avg. east, 2" above west);

**Aug 1-2:** Sunny, warm;

**Aug 3-7:** T-storms, then sunny, cool;

**Aug 8-14:** A few t-storms, warm;

**Aug 15-23:** Scattered t-storms, then sunny, cool;

**Aug 24-31:** Scattered t-storms, very warm.



# 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> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> Ride for Free Donations are accepted
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**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>



## 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.

## 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 Tom today at 217-347-5569.

"Sing like no one is listening, love like you've never been hurt, dance like nobody is watching, and live like it's heaven on earth."

- Mark Twain -

Admit One

## Senior Cinema

Tuesday, August 23<sup>rd</sup> at 1:00 pm  
Come and enjoy "Jailhouse Rock"  
starring Elvis Presley.  
Popcorn and drinks will be served.  
Reserve a seat by calling 217-347-5569.



Admit One

## NURSING HOME BINGO

Will be held on Thursday, August 4<sup>th</sup> at 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



National Alliance on Mental Illness

### EFFINGHAM COUNTY SUPPORT GROUP MEETING

Wednesday, August 10, 2016 at 5:00 pm

#### Brown Bag Supper & Support Meeting

This meeting will be held at the Effingham Public Library in either the Luttrell or Workman Room. Bring your own brownbag 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. Featured speaker will be Ms. Janet Strange speaking on various caregiver issues & the resources available.

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



The Illinois Long-Term Care Ombudsman Program strives to protect & 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.

## Join us for an Ice Cream Social! Hosted by The Villas of Hollybrook!

When: August 19, 2016

Where: Senior Center Activity Room

What Time: 12:30 p.m.



## Monthly Potluck – August 4th at 11:30 am

Please come to the Senior Center and join us for our Monthly Potluck. Lakeland Rehab & Healthcare 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 quart size dish. Please call 217-347-5569 to make your reservation today. HSHS St Anthony Hospital will be here 1 hour prior to meal for blood pressure checks.







## 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.

## EFFINGHAM COUNTY PUBLIC TRANSPORTATION IS AVAILABLE FOR ALL OF YOUR TRANSPORTATION NEEDS:



Tuesday Evening Meal, shopping, banking,  
Wed & Friday Morning Coffee Club,  
appointments, BINGO, etc ....



Call 24 hours in advance for your ride. 1-855-755-2478.

## Breakfast In A Briefcase

**Sponsored by: Mattoon Rehab & Health Care Center**

**When: August 18, 2016**

**Where: Effingham Senior Center**

**What Time: 8:30 am**

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



## 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. No previous experience is needed! Come and join the fun!



## "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

*The trick is to enjoy life. Don't wish away your days waiting for better ones ahead.*





# Effingham County Public Transportation

## Effingham Saturday Trips



**August 6—Decatur Celebration**  
**Watch the Razzle Dazzle Good Times Parade**  
**Decatur, IL**

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**August 13—Shopping at the Cross County Mall and Big Lots**  
**Mattoon, IL**

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**August 20—Shopping at Times Square Mall**  
**Mt. Vernon, IL**

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**August 27—Shopping at Market Place Mall**  
**Champaign, IL**

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

### **Where would you like to go?**

If you have a request for a destination for a  
Saturday Trip, please call  
Jennifer at 217-994-0724

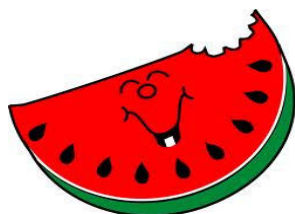


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Menu

# **AUGUST FUN FACTS**

- Origin of August's name: August was the 6<sup>th</sup> month in the early Roman calendar, named after Julius Caesar Augustus.
- August's flower: Gladiolus.
- August has two birthstones, PERIDOT and SARDONYX: Peridot is among the oldest known gemstones. It ranges from olive to lime green, sometimes with a brownish tinge. Sardonyx is a gem with white and brown bands and it is believed to have mystical powers: it eliminates negative thinking!
- August 2<sup>nd</sup>. National ice cream sandwich day.
- National Watermelon Day on August 3<sup>rd</sup>.
- August 5<sup>th</sup>. This is the day to celebrate the Spirit of Sisterhood.
- President Nixon announced his resignation in 1974.
- National Smile Week is the week of August 5-11<sup>th</sup>.
- August 13<sup>th</sup>: Vinyl Record Day- sit right down and listen to some good music!
- August 13<sup>th</sup>. National Lefthander's Day, come out for some fun!
- Lemon Meringue Pie Day on August 15<sup>th</sup>. Woodstock Music & Art Fair opened in 1969.
- August 16, 1977, Elvis Presley died.
- Full Moon on August 18<sup>th</sup>. King Kong premiered in 1933.
- On August 20, 1630, Lemonade was first served in Paris, France.
- Joke: Why shouldn't you tell secrets on the farm? Because the corn has ears, the potatoes have eyes and the beanstalks.
- August 24<sup>th</sup>. On this day in A.D 79, Mount Vesuvius erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.
- August 25<sup>th</sup>. Earth was first photographed from the moon in 1966.
- August 30<sup>th</sup>. Today is National Toasted Marshmallow Day.



*PERIDOT*





## August Calendar