



209 S. Merchant
Effingham, IL 62401

Sunset Times

August 2017

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



Effingham County Fair "Building Strong Futures for America"

- Aug 5 – Car Show 9:00 am
Lucas Oil Pro Pulling League 6:30 pm
- Aug 6 – Harness Racing 1:00 pm
Twilight Parade 4:30 pm
Talent Show 6:30 pm
Jr. Miss 8:00 pm
- Aug 7 – Big Ten Harness Racing 1:00 pm
ITPA Tractor-Truck Pull 6:30 pm
- Aug 8 – Harness Racing 1:00 pm
Miss Effingham County Fair Queen Pageant
& Little Miss Pageant 7:00 pm
- Aug 9 – Topline Harness Racing 1:00 pm
ITPA Tractor-Truck - Antique Pull
- Aug 10 – Harness Racing 1:00 pm
Rodeo 7:00 pm
- Aug 11 – Thoroughbred/Quarter Horse Racing Noon
Rodney Atkins 8:00 pm
- Aug 12 – Power Wheels Derby 6:15 pm
Demolition Derby 6:30 pm



Don't forget the Senator's Health Fair

When: Thursday, August 10, 2017
Time: 9 am to 11 am
Where: The Elk's Lodge
2102 S. Banker Street
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



OLD SETTLERS REUNION

Bring your friends and family to the Effingham County Old Settlers Reunion on Saturday, September 23rd, 2017 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 1st, 2017 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 2017?

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 4th 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

WE  **VOLUNTEERS**

Sonja Martin – 1 hr
Joan Walker – 1 hr
Jerry Katt – 3 hrs
Christie Murphy – 9 hrs
Gerry Hoene – 2 hrs
Colleen Sutton – 7.5 hrs
Kate Walk – 2 hrs
Della Stanford – 1 hr
Glenda Schwartz – 1 hr

June Harris – 11 hrs
Ruth Shadwell – 1 hr
Sara McKinney – 1 hr
Ruth Gier – 10 hrs
Sue Green – 2 hrs
Dalyne Sapp – 16 hrs
Sharon Bludworth – 12 hrs
Elaine Shouse – 1 hr
Windred Dressback – 1 hr

CENTRAL ILLINOIS PUBLIC TRANSIT

is going to the...



SENIOR DAY!!!

Monday August 14th

We will pick up at the Effingham Senior Center at 9 AM and return around 5 PM

***FREE** Entry Into The Fair For Senior's 60+

***FREE** Transportation On The Bus For Seniors 60+

Call Us Toll Free **1-855-755-2478** To Book Your Ride!



Toe Nail Clinic

Bring your toes, tubs and towels to the Senior Center on August 1st or August 15th. 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 8th at noon and at the Life Center of Cumberland County – Toledo on August 9th at 9:00 am.

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, fun, and 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, but no one will be denied for inability to make a donation.



Happy June Birthdays!

Sonja Martin, Elaine Shouse, June Harris,
Shirley Cheadle, Eugene Steben & Imogene James

St. Anthony's Blood Pressure Screenings

Tuesday, Aug 1st 11-11:30 am – Shumway Kluthe Center

Wednesday, Aug 2nd 9-10:00 am – Effingham Catholic Charities

Thursday, Aug 3rd 10:30 – 11:30 am – Effingham Senior Center

Monday, Aug 7th 11-11:30 am – Golden Circle Nutrition Site

Thursday, Aug 10th 11:30 – Noon – Dieterich Civic Center

Monday, Aug 28th 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 10th 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: Dr Nitin Kumar, MD

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 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 1st 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 31st 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 2017

Temperature 72° (1° below avg.); precipitation 3" (1" below average);

Aug 1-4: Sunny, cool;

Aug 5-19: Scattered t-storms, warm;

Aug 20-24: Sunny, warm;

Aug 25-31: T-storms, then sunny, cool



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
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DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Saturday from 6am-8pm

Effingham County Public Transportation

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

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.celsoec.org/CIPT/CIPT.htm>



**August 19, 2017 at 9am at
the Trec Trail
(EPC parking lot)**

Come and exercise! Enjoy the great outdoors and interact with the community. Hear about current medical topics and walk with one of our local physicians.

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



P2D2

Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and for your convenience you can get rid of your OLD, EXPIRED or UNWANTED medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired meds today!



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

Wednesday, August 23rd at 1:00 pm
Come and enjoy *"The Help"*
Starring Emma Stone, Viola Davis
& Octavia Spencer.
Popcorn and drinks will be served.
Reserve a seat by calling 217-347-5569.



Admit One



Volunteers Needed:

To greet visitors at
The Cross at the Crossroads

3 Hours Monthly

Call Kathy VanSant @ (217)342-4100



National Alliance on Mental Illness

EFFINGHAM COUNTY SUPPORT GROUP MEETING

Wednesday, August 9, 2017 at 5:00 pm

Brown Bag Supper & Support Meeting

This meeting will be held at the Effingham Public Library in either 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. The featured speaker for this meeting will be announced at a later date.

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.



Painting With Athena

Every 1st Monday of the month at 10:00 am

Have you ever wanted to paint those beautiful mountain scenes but never felt you could? Come and paint with Athena on Monday, August 7th at 10:00 am, and amaze yourself with your hidden talents. The painting to the right is an example of what you will accomplish when you paint on this day. For more information please call Athena at 217-821-8576.

Monthly Potluck – August 3rd at 11:30 am

Please come to the Senior Center and join us for our Monthly Potluck. Brookstone Suites 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: Lakeland Rehab & Health Care Center

When: August 17, 2017

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.





score a
DAY IN THE LIFE

*I scream, you scream,
we all scream for ice cream!*

WEDNESDAY, AUGUST 16TH
FROM 5:30 PM TO 7:30 PM

Join us for an ice cream social. We will have several toppings to choose from. While here please take a tour of our community and enjoy the company of the residents, staff, and family members.

CALL TO JOIN US FOR A VERY SPECIAL EVENT!

BROOKSTONE ESTATES
OF EFFINGHAM
a Senior Lifestyle community

SUPPORTIVE LIVING
1101 NORTH MAPLE ST. | EFFINGHAM, IL 62401
217-712-2415

BROOKSTONE SUITES
OF EFFINGHAM
a Senior Lifestyle community

SHELTERED CARE
505 W. TEMPLE AVE. | EFFINGHAM, IL 62401
217-712-2421

WWW.SENIORLIFESTYLE.COM

SENIOR LIFESTYLE
FAMILY-OWNED COMMUNITIES



Menu

CENTRAL ILLINOIS PUBLIC TRANSIT

Effingham County Saturday Trips



August 5—Shopping
Mattoon, IL
~~~~

August 12—Shopping in Amish Country  
Arthur, IL  
~~~~

August 19—Taste of Champaign
Champaign, IL
~~~~

August 26—Sweet Corn Festival  
Urbana, IL

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.celseoc.org/CIPT/CIPT.htm>

# Savvy Caregiver

The Savvy Caregiver Program is a training program for caregivers. It is based on the notion that family members who become caregivers assume a role-caregiving- for which they are unprepared and untrained. During the 6 week program caregivers will be urged to learn, develop, and modify strategies that they will use to accomplish the goal of their caregiving.

Classes will be held at  
Effingham Senior Center  
located at 209 S. Merchant St. in  
Effingham from 2 pm to 4 pm on  
August 23rd  
August 30th  
September 6th  
September 13th  
September 20th  
September 27th

The Savvy Caregiver Classes are designed for families caring for their loved one who has been diagnosed with Alzheimer's disease. Their loved one should be in a home setting. Savvy Caregiver is not appropriate for caregivers whose loved one is in a long term care facility.

Please call Trisha Katt at Heartland Human Services to register for this event at 217-347-7179 ext. 1062. Limited spaces available for these classes so call to reserve your spot today.



## August Calendar