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abushue@seniorsservices-ecco.org
or check out our webpage at
www.seniorservices-ecco.org

Sunset Times

February 2017



Senior Services of Effingham County will be **CLOSED** on Monday, February 20, 2017 in observance of Presidents' Day.

"There is nothing on this earth more to be prized than true friendship."

~ Thomas Aquinas

*Happy Valentine's Day,
my friend!*



FEBRUARY
14TH



Breakfast In A Briefcase

Join us on February 16, 2017 at 8:30 am! Stanfield Chiropractic will be providing coffee, donuts, and fruit for breakfast in the Activity Room at the Senior Center.

♥ **A Stanfield Chiropractic Representative will be giving a talk on proper stretches and exercises to improve mobility and prevent injury in seniors. They will also educate you by giving helpful health tips. At the end of the event, they will provide Free Spinal Screenings for anyone interested. This is a quick and easy, 3 minute scan that checks the spine's alignment and stiffness. It's neat to see and 100% accurate!**

Call: 217-347-5569 for reservations!



Senior Services of Effingham County 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 1-800-232-1790

www.seniorservices-ecco.org



Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on February 7th or February 21st. 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.

♥ Megan will also be trimming toenails at the Altamont Municipal Bldg on February 14th at 12 noon.



Transportation is available for:

Tuesday Evening Meal And Wednesday & Friday Morning Coffee Club call: 1-855-755-2478 in advance for your ride.



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"

Nursing Home Bingo

Residents of the local nursing homes are invited to attend Bingo on the 1st Thursday of each month at the Effingham Senior Center. Light refreshments and Bingo prizes are provided. We believe that this is one activity at the center that truly does make it all worthwhile. Putting smiles on faces and making life a little brighter for our elderly nursing home residents brings a joy to them and a warm glow to those who participate.

If you would like to bring happiness to residents, then come out to the Senior Center and help out on this very special day. For those who would like to participate, please call 217-347-5569 in advance.



EFFINGHAM COUNTY SUPPORT GROUP MEETING

February 8th 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 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. Mahja Sulemanjee, Director of the Greenhouse Group speaking on medical marijuana via Facebook Live.

PLEASE REMEMBER TO CHECK ON FAMILY & FRIENDS DURING COLD WEATHER, JUST A PHONE CALL CAN MATTER.



Coffee Club

All Are Welcome to Attend (Men & Women)

Buses are available to take you to this event. It's a great way to get out & enjoy some good conversation!

Call ECPT 24 hrs in advance at 1-855-755-2478



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 staff 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.

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 crime committed against you!

Call today 217-347-5569



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

ITAC has specifically designed amplified phones 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 will truly enjoy what those Grandchildren are telling you all about! You'll be surprised at what you have missed by not being able to hear.

What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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.**



♥ Ombudsman services are confidential and free.

Senior Services would like to extend a BIG "THANK YOU" to our January volunteers:

June Harris – 3 hrs

Jerry Katt – 9 hrs

Joan Walker – 1 hr

Ella Mae Key – 1 hr

Colleen Sutton – 1 hrs

Christie Murphy – 3 hrs

Jackie Morgan – 7 hrs

Sara McKinney – 7 hrs

Evelyn Mann – 1 hr

Betty Dressback – 1 hr

Gerry Hoene – 2 hrs

Ed Eckert – 1 hr

Kate Edkert – 1 hr

Gustie Unkraut – 1 hr

Dorothy Niebrugge – 1 hr

Jerry Katt – 3 hrs

Cindy Martens – 3 hrs

Ruth Gier 14-1/2 hrs

Dalyne Sapp – 16 hrs



Life is not the amount of breaths you take. . . . It's the moments that take your breath away!



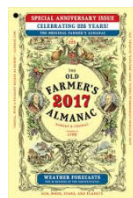
SAVE THE DATE:

Rules of the Road Review Course will be held at the Activity Center on March 3, 2017 from 9:30 AM until 11:30 AM.

Tuesday Night Meal is a fun time! If you plan to attend or you need to cancel please remember to call 217-347-5569 by noon on Tuesday, February 7th. Donation of \$3.50 is suggested but you will not be denied for inability to make a donation.



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



FARMERS ALMANAC WEATHER FORECAST FEBRUARY 2017:

Temperature 31.5° (2° above avg.);
precipitation 0.5" (1" below avg.);

Feb 1-4: Snow showers, very cold; **Feb 5-10:** Snow showers north, showers south; **Feb 11-14:** Sunny; **Feb 15-19:** Rain and snow showers, cold; **Feb 20-22:** Sunny, turning warm; **Feb 23-28:** Rain to snow, then sunny, cold.

BINGO IS FUN, IT IS A GAME
FOR ENJOYMENT AND
SOCIALIZATION.....A TIME
TO SHARE WITH FRIENDS,
AND YOU CAN WIN!



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, February 9, 2017 at 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. Joseph Solan, DC**

Lunch will be complimentary and provided courtesy of:

Lakeland Rehab & 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 100 individuals.

Monthly Potluck (with special guest)

Please join us on February 2nd at 11:30 am. **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 qt size dish.

** St Anthony's will be taking blood pressures at 10:30 am.

***For your entertainment, Jim Rhodes, Certified Bob Ross Instructor, will be here to give a free painting demonstration.

Please call 217-347-5569 to register today!



Blood Pressure Screenings by St Anthony's Home Care Staff:

Wednesday, Feb 1 9-10 am Catholic Charities

Thursday, Feb 2 10:30 -11:30 am Effingham Senior Center

Monday, Feb 6 11 – 11:30 am Effingham Golden Circle

Tuesday, Feb 7 11 - 11:30 am Shumway Kluthe Center

Thursday, Feb 9 11:30 – Noon Dieterich Civic Center

Monday, Feb 27 11:00 -11:30 am Altamont Municipal Bldg



What is Tai Chi?

Tai Chi is slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. It is gentle and not strenuous, but it has been shown to have a positive effect on muscle strength, flexibility, and balance.

Come to the Senior Center and take a class. Monday and Wednesday morning from 8:00 to 9:00 am.



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.

Painting Class

- Have you ever just wanted to paint those beautiful mountain scenes but never felt you could? **Jim Rhodes** will be here at the Senior Center on Monday, February 6th at 10:00 a.m. to guide you in painting.
- Bring your passion & see what you can create.
- You will be totally amazed!
- For more information call Jim at 217-536-6546.



"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

Please Notice This



Free Tax Assistance at Suzette Brumleve Memorial Effingham Public Library

The Effingham Public Library is pleased to partner with the AARP Tax Aide Program in providing free tax preparation and return assistance for any low to moderate income tax payers at the library on Tuesdays in February, March and April.



Those interested in using this free tax service should call the library's Reference Desk, Monday through Friday, at [217-342-2464](tel:217-342-2464) x. 1 to make an appointment.

AARP Tax Aide Program requires that participants bring:

Photo id for the taxpayer and spouse, Social security card or some official document showing the social security number of any, individual appearing on the tax return, a copy of your 2015 Tax Return, All 2016 income forms: W-2, 1099-Misc, 1099R, Railroad, SSA, etc., Royalties, interest and dividend statements, Health insurance documents, Business income and expense records, Real estate taxes paid records, Charitable contributions records, Any other deductible expense records.

Registration for this program is required. To register, call the library Monday through Friday at [217-342-2464](tel:217-342-2464) x1.

For more information, contact Johnna Schultz, Adult Services Manager at [217 342 2464](tel:217-342-2464) or johnna@effinghamlibrary.org.

Famous February Birthdays

- 1st – Clark Gable, Lisa Marie Presley, Pauly Shore
- 2nd – Farrah Fawcett, Ayn Rand
- 3rd – Morgan Fairchild, Norman Rockwell
- 4th – Alice Cooper, Rosa Parks
- 5th – Henry "Hank" Aaron, Red Buttons
- 6th – Zsa Zsa Gabor, Babe Ruth
- 7th – Laura Ingalls Wilder
- 8th – James Dean, Jack Lemmon
- 11th – Jennifer Aniston, Eva Gabor, Burt Reynolds
- 12th – Abraham Lincoln, Charles Darwin
- 14th – Jack Benny, Jimmy Hoffa
- 15th – Susan B. Anthony
- 17th – Michael Jordan, Arthur Kennedy
- 18th – Yoko Ono
- 19th – Smokey Robinson
- 22nd – Drew Barrymore, George Washington
- 23rd – Peter Fonda
- 26th – Johnny Cash, William "Buffalo Bill" Cody, Jackie Gleason
- 27th – Elizabeth Taylor

CELEBRITY BIRTHDAYS
in FEBRUARY

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 assist you to live independently instead of premature nursing home placement. 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 Homemaker Service, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, 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 and goals, and assist you in setting 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 call 217-347-5569.



Chocolate Facts!

- Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.
- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.



"Away in a meadow all covered with snow
The little old groundhog looks for his shadow

The clouds in the sky determine our fate
If winter will leave us all early or late."

- [Don Halley](#)



Scams, Frauds, & Cons



Have you ever wondered how scammers start their operations...?

They buy lists of filled-out sweepstakes entries to identify promising leads. They then get computer-based phone lines and voice-mail boxes set up in different cities or even states. Then they start calling older Americans. It's that simple!

Sweepstakes cons are among the most common scams hitting older Americans. *"Congratulations! You've won the sweepstakes! What are you going to do with all that money?"*

For "winners" envisioning college for the grandkids, perhaps, or financial independence for themselves, the several thousand dollars that con-men request upfront, supposedly for taxes and insurance, seem a small price to pay.

Roughly one-third of all scam victims are 65 or older, though the age group comprises only one-eighth of the population. Based on reports, victims who are 55 and up lose \$3 billion a year, but the True figure is probably many times higher, because most of these crimes go unreported out of Embarrassment.

This is just one type of scam, here is a list of more scams that rank with the biggest and baddest:

Romance scammers cruise online dating websites, posting hundreds of messages a day. They sweet talk potential victims and inevitably request money, typically via wire transfer, to help pay for a plane ticket to come visit or to deal with a personal emergency.

Charity scams are often a result of older people who are willing to open their hearts and wallets to help veterans, needy or sick children, or victims of a recent disaster. Older Americans are often the first to volunteer to help.



Grandparents of college aged young people are the most frequent targets. Scammers gather names and other details about family members from obituaries, social media, ancestry websites. They often call in the wee hours of the morning claiming to be beloved grandchildren who have been arrested or hospitalized, often while traveling, and need immediate money. Don't believe this! Or at least call the grandchild or parents before sending money!

Home Repair fraud can happen when unexpected contractors arrive at your front door, claiming to have noticed necessary repairs that need to be made to your home or buildings on your property. Some will demand money upfront for materials and run off with your money.



Health Care fraud often begins with an offer for free medical supplies, or the threat of losing your Medicare coverage. The result from this type of fraud can be old-fashioned financial fraud or medical identity theft, in which imposters get health care services under your name, and leave you with the tab!

Investment scams come in many forms. Some are free-lunch seminars where the con artist is selling questionable financial products or legitimate ones with long "hold" periods that are unsuitable for older investors. Other investment scams come in the form of cold-calls from telemarketers for "no risk" investments in precious metals or penny stocks.

Income Tax is when thieves use your Social Security number to file a phony tax return in your name. The goal is to claim a false amount of income and a bunch of fabricated deductions and credits in order to get a massive tax refund, which the thieves will request payable to a prepaid debit card that's tough to trace.



If you feel you are the victim of a scam or any crime such as the ones listed above or various other crimes, contact Tom Kern, VOCA (Victims Of Crime Act) Caseworker, here at the Senior Center. Let him share his successes with you and assist you in seeking justice for the crime committed against you. Call today 217-347-5569!



February is American Heart Month



Heart Disease is the #1 Cause of Death!

About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or stroke in the future.

February 7th is the American Heart Association's National Wear Red Day. St. Anthony's Hospital and the Senior Center challenges everyone to wear red on this day and honor those affected by heart disease.

Interested in Knitting or Crocheting?

Come and join the ladies every Monday morning 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.



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 7th, 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.



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.



Happy December Birthday's!

*Floyd Miller
Delores Miller
Peggy Eident
Al Shouse*

CELEBRATE! CELEBRATE! CELEBRATE!

Please join us for cake and ice cream on Thursday, February 23rd at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services, Martin's IGA, & Brookstone Suites. A special February Birthday gift will be given at the party compliments of Effingham Health and Rehab!

CELEBRATE! CELEBRATE! CELEBRATE!

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.cesec.org/CIPT/CIPT.htm>

Effingham County Public Transportation Effingham Saturday Trips



**February 4 - Outlet Mall
Tuscola, IL**

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**February 11—Lincoln's Tomb  
Springfield, IL**

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**February 18- Argosy Casino
Alton, IL**

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**February 25 - St. Clair Square  
Fairview Heights, IL**



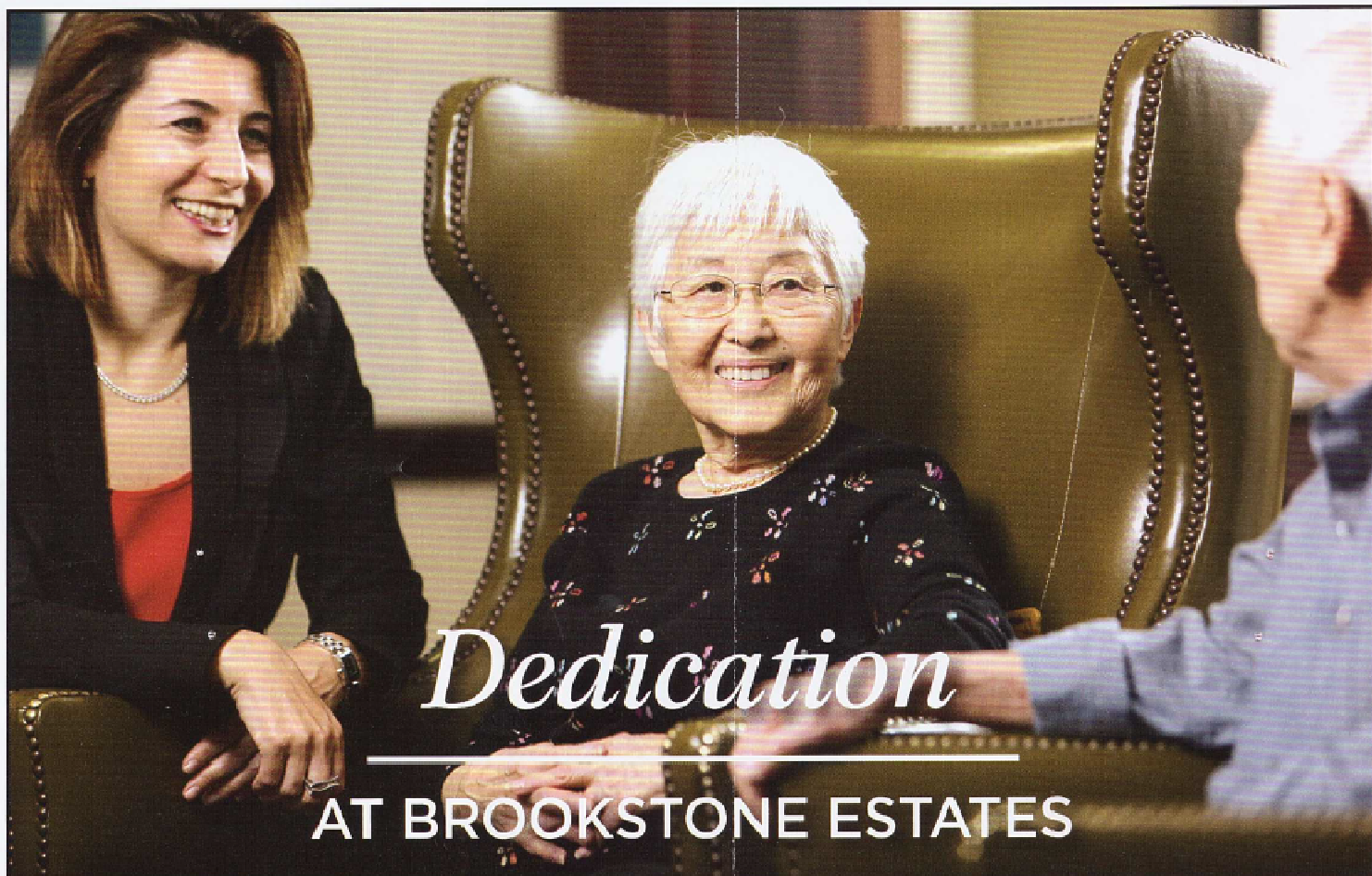
Saturday trips will be canceled by noon on the Friday before, if ice, snow, or extreme cold is in the forecast.

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



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## Golden Circle Menu



# Dedication

## AT BROOKSTONE ESTATES

### *Our People Truly Care About You.*

They're not only highly experienced, *they're personally invested in your happiness.* They wouldn't have stayed so long if you (and the food) weren't so fabulous. Please visit us and see the difference for yourself.

**CALL TO LEARN MORE ABOUT OUR COMMUNITY  
AND OPPORTUNITIES TO ENRICH YOUR LIFE!**

### BROOKSTONE ESTATES OF EFFINGHAM

*a Senior Lifestyle community*

SUPPORTIVE LIVING  
1101 N. MAPLE STREET  
EFFINGHAM, IL 62401

**217-712-2415**

### BROOKSTONE SUITES OF EFFINGHAM

*a Senior Lifestyle community*

SHELTERED CARE  
505 W. TEMPLE AVENUE  
EFFINGHAM, IL 62401

**217-712-2421**



[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)



## Activity Calendar