



209 S. Merchant
Effingham, IL 62401

Sunset Times

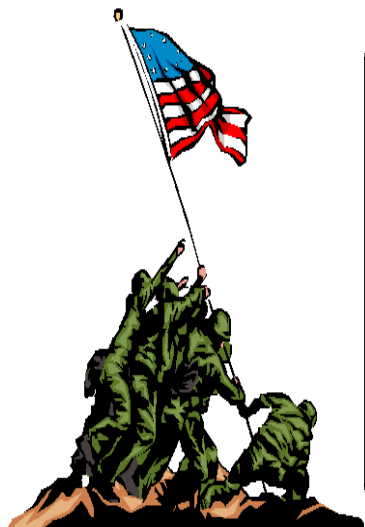
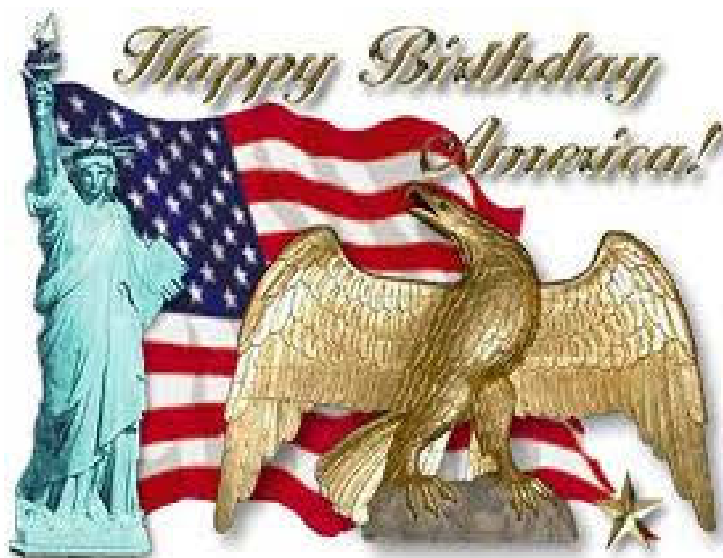
July 2016

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

Senior Services will be CLOSED on Monday, July 4th in observance of the of the Fourth of July Holiday!

"There are those, I know, who will say that the liberation of humanity, the freedom of man and mind, is nothing but a dream.... They are right, It is the American dream!"

- Archibald MacLeish



Admit One

Senior Cinema

Thursday, July 21st at 1:00 pm

Come and enjoy "They Served With Honor"
by Craig Lindvahl.

Popcorn and drinks will be served.

Reserve a seat by calling 217-347-5569.

First person accounts & stories told by family members
& friends about World War II participants from the
Effingham, Illinois area.

Admit One

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



**Sen. Kyle McCarter, Sen. Dale Righter,
Sen. Chapin Rose and Rep. John Cavaletto**

**PUT THIS
on YOUR
CALENDAR!**

**Thursday, August 4
9 a.m. to 11 a.m.
Effingham Armory
1206 West Temple Avenue
Effingham, Illinois**

Please join Sen. McCarter, Sen. Righter,
Sen. Rose and Rep. Cavaletto at a **FREE**
Senior Health and Information Fair. Learn
about programs that benefit Illinois
seniors. **FREE** legislative
informational brochures and
FREE health screenings
will be available.

**FREE
Admission**

**Door
Prizes**

**FREE
Refreshments**

**FREE
Health Screenings**

**FREE
Admission!
FREE
Refreshments!
FREE Health
Screenings!**

**For more information, please contact
Senator McCarter at 618/283-3000 - Senator Rose 217/607-1853
Senator Righter 217/235-6033 or 888/235-6033 (toll-free)
Representative Cavaletto at 618/548-9080**

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 & 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 of \$3.50, but no one will be denied due to inability to make a donation.

****After the meal Dr Paul Rhodes will be making a presentation on "How to cure diabetes, heart disease, high cholesterol, & obesity".**



Diabetes Self-Management Classes

HSHS St Anthony's Memorial Hospital is offering a Diabetes Self-Management Educational Program. This is a four-week course, meeting July 5, 12, 19, & 26. The course helps those with diabetes live a fulfilled life by teaching appropriate skills to prevent acute & chronic complications, manage their diabetes, communicate with their families, solve problems, & offer support.

Our Nationally recognized program meets all standards required for excellence in diabetes education. Medicare & most commercial insurance carriers cover the cost of the classes.

Please contact Bonnie Kruse @ 217-347-1288 to register or for additional information.

"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**

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.cefseoc.org/CIPT/CIPT.htm>

Mark your calendar:

"Senior Day" at the Illinois State Fair in Springfield is Monday, August 15, 2016. ECPT will be taking a bus to the fair on this day and seating will be limited. There will be more information to follow, or feel free to call ECPT with questions at 1-855-755-2478.



Below are some fun facts about July:

1. The birthstone for July is the Ruby.
2. The zodiac signs for July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
3. The birth flower for July is the water lily.
4. The month of July was named after Julius Caesar.
5. During World War I on July 1, 1916, the Battle of Somme began.
6. On July 6, 1854, the Republican Party held its first state convention at Jackson, Michigan.
7. On July 11, 1804, during a duel between Aaron Burr and Alexander Hamilton, Hamilton was killed.
8. The 38th President of the United States, Gerald R. Ford, was born on July 1, 1913.
9. On July 16, 1790, District of Columbia was established.
10. The first atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.
11. National Blueberry Month
12. National Ice Cream Month
13. National Hot Dog Month
14. July 1 - Canada Day
15. July 4 - Independence Day



Bring your toes, towels, and tubs to the Senior Center!

We will have a toe nail clinic on July 5th at 1:00 pm and another toe nail clinic on July 19th at 1:00 pm. These toe nail clinics will be performed by Megan, a State of Illinois-Licensed Cosmetology/Nail Technician. 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 Dieterich Kluthe Center on July 12th at 1:00 pm and Life Center of Cumberland County in Toledo on July 13th at 9:00 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.

Rules of the Road Class

Will be offered here at the Senior Center on Friday, July 1st, at 9:30 am.



(The next class will be Friday, September 2nd, 2016.)

Nursing Home Bingo

Nursing home bingo will be held again on July 7th at 1:30 pm! We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



Please join us for cake & ice cream on Thursday, July 28th at 1:00 pm for those celebrating a birthday in June. Sponsored

by the Senior Center, Martin's IGA and Brookstone Suites. A special July Birthday gift will be given at the party compliments of Effingham Rehab & Health Care.

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.



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



Ed Eckert – 4 hrs
 Gerry Hoene – 2 hrs
 Jerry Katt – 12 hrs
 Cindy Martens – 9 hrs
 Sonja Martin – 1 hr
 June Harris – 1 hr
 Faye Pearson – 1 hr
 Sharon Bludworth - 15 hrs

Colleen Sutton – 6 hrs
 Nina Poland – 18 hrs
 Ruth Gier – 12.5 hrs
 Jackie Morgan – 6 hrs
 Noel Hyde – 20 hrs
 Joan Walker – 2 hrs
 Sara McKinney – 6 hrs
 Dalayne Sapp – 16 hrs

St. Anthony's



St. Anthony's
 MEMORIAL HOSPITAL
 EFFINGHAM, ILLINOIS

Blood Pressure Checks

Tuesday, July 5: 11 – 11:30 am, Shumway Kluthe Center
 Wednesday, July 6: 9-10 am, Catholic Charities
 Thursday, July 7: 10:30 – 11:30 am, Effingham Senior Center
 Thursday, July 14: 11:30 - Noon, Dieterich Civic Center
 Monday, July 25: 11 – 11:30 am, Altamont Municipal Building
 Tuesday, July 26: 10:30 - 11:30 am, Jasper County Senior Ctr.

POTLUCK

Please join us for our **MONTHLY POTLUCK** on July 7th at 11:30 am. HSHS St Anthony's Homecare & Hospice 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.



Please call 217-347-5569 to register today!

Jim Rhodes will be here at the Senior Center on Monday, July 18th at 10:00 a.m. to guide you in painting. Bring your passion and see what you can create. You will be totally amazed!



Coffee Club

All Are Welcome to Attend
 (Men & Women)

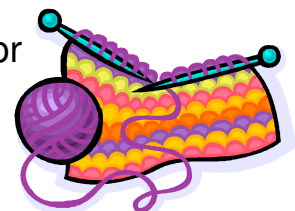
Buses are available to take you to this event. It's a great way to get out & enjoy some good conversation!

Call **ECPT** 24 hrs in Advance @ 1-855-755-2478




Are you Interested in Knitting or Crocheting?

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!!!



HAPPY BIRTHDAYS




Front Row: Lenny Unkraut, Sharon Caylor, Gerelene Burry
Back Row: Marie Ludwig, Ruth Shadwell, Joan Walker



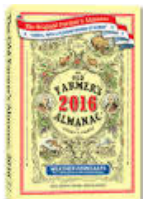
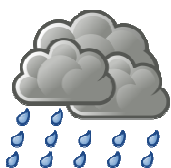
Farmers Almanac

JULY 2016: temperature 73° (2° below avg.); precipitation 6" (2" above avg.);

Jul 1-7: T-storms, then sunny, nice;

Jul 8-15: T-storms, then sunny, cool;

Jul 16-31: Scattered t-storms, cool.



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. Audibel will be at the Center on **Tuesday July 5, 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 an appointment so feel free to stop in.



Please remember:

Transportation is available for the Tuesday Evening Meal and Wednesday & Friday Morning Coffee Club! Call ECPT at 1-855-755-2478 a day in advance for your ride!

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.



Illinois Department on Aging Community Care Program

Established in 1979 by Public Act 81-202, the Illinois Department on Aging's 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.

...aimed at assisting seniors to 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.); and

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 level 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



KEEPING THE HARD OF HEARING COMMUNITY CONNECTED



ITAC has several free 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.

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"



HELP WANTED:

**Volunteers for:
The Cross at the Crossroads**

**3 Hours Monthly
Call Kathy VanSant @ (217)342-4100**



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, July 14th in the Activity Center from 11:00 AM until 1:00 PM.

Each guest speaker has graciously donated their time in effort to listen, hear, and answer your 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: Kay Dent J.D.- Doctor of Jurisprudence

Lunch will be complimentary and provided courtesy of: Sarah Bush Lincoln

***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.



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 Farmers Market

Come down to the Courthouse square to check out all the fresh, local garden goodies, unique art work by local artist and live music. The farmers Market is open every Saturday from 8 am to noon now through October.



Trusted Compassionate Care



Lincolnland Home Care & Hospice

Bringing experience and commitment home to you.

Being there when you need us.

We are on call **24 hours a day, seven days a week.**

Hospice
1-800-454-4055

Home Care
1-800-879-3212

Home Medical
Equipment
1-800-345-3191

 Sarah Bush
Lincoln
www.sarahbush.org

Menu

Effingham County Public Transportation

Effingham Saturday Trips



**July 2nd – Shopping at White Oaks Mall
Springfield, IL**

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**July 9<sup>th</sup> – Try you luck at the Argosy Casino  
Alton, IL**

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**July 16th – Enjoy a “Moon Burger” at The Moonshine Store
Marshall, IL**

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**July 23<sup>rd</sup> – Shopping in Amish Country with lunch at Yoder’s Kitchen  
Arthur, IL**

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**July 30th – Shopping at St. Clair Square
Fairview Heights, IL**

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

**Effingham
County
Public
Transportation**

GET ON THE BUS AND RIDE WITH US



Calendar