



209 S. Merchant  
Effingham, IL 62401

# *Sunset Times*

## **July 2017**

To join the Sunset Times email list please email  
[abushue@seniorservices-ecco.org](mailto:abushue@seniorservices-ecco.org) or check out our webpage  
at [www.seniorservices-ecco.org](http://www.seniorservices-ecco.org)

**Senior Services will be CLOSED on Tuesday, July 4<sup>th</sup> in observance of the Fourth of July Holiday!**



*We are the land of the Free. We are the home of the Brave.  
Let's pay tribute To our brave American Heroes  
On this day and forever  
Happy Independence Day!!!*

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-ecco.org](http://www.seniorservices-ecco.org)



# 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

**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>

## Mark your calendar:

"Senior Day" at the Illinois State Fair in Springfield is Monday, August 14, 2017. ECPT will be taking a bus to the fair on this day.

This trip is free for those age 60 and over, and there will be a \$10 for anyone under 60. Seating will be limited on first come first served basis. Feel free to call ECPT with questions or for additional information at 1-855-755-2478.



Admit One

### Senior Cinema

Tuesday, July 18<sup>th</sup> at 1:00 pm

Come and enjoy "Honor Flight: One Last Mission"  
by Dan Hayes & Clay Broga.

Popcorn and drinks will be served.

Reserve a seat by calling 217-347-5569.

*Honor Flight* is a heartwarming documentary about four living World W11 Vets & a Midwest Community coming together to give them the trip of a lifetime. Volunteers race against the clock to fly thousands of WWII veterans to Washington, DC to see the memorial constructed for them in 2004, nearly 60 years after their epic struggle.

Admit One

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



**Thursday, August 10  
9 a.m. to 11 a.m.  
The Elk's Lodge  
2102 S. Banker Street  
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**

## **“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.



### **EFFINGHAM COUNTY SUPPORT GROUP MEETING**

**Wednesday, July 12<sup>th</sup> at 5:00 pm**

#### **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 guest speaker is Patrick Taylor who will share some of his experiences with the MIT (Mental Illness Tour) during the summer of 2016. He and two other friends drove the “Chicken Car” to encourage interest in mental illness. They visited a number of states in the country from coast to coast.



## **Tuesday Evening Meal**

Join us at 5:00 pm on Tuesday, July 11<sup>th</sup> 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.

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

We will have a toe nail clinic on July 18th at 1:00 pm . This toe nail clinic 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 date, Megan will also be holding toenail clinics at Dieterich Kluthe Center on July 11<sup>th</sup> at 1:00 pm and Life Center of Cumberland County in Toledo on July 12<sup>th</sup> 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 7<sup>th</sup>, at 9:30 am.



(The next class will be Friday, September 1<sup>st</sup>, 2017.)

### **C.H.A.T. (Compassionate Healing and Awareness of Thoughts)**

CHAT is a free support group that meets the first Monday of every month. CHAT is for anyone diagnosed with and/or undergoing treatment for cancer and offers individuals a safe space of acceptance where each person can share experiences, questions and concerns.

For more information contact:

Maddie Johnson, MS, LPC  
217-347-1777



Please join us for cake & ice cream on Thursday, July 27<sup>th</sup> at 1:00 pm for those celebrating a birthday in July. Sponsored

by the Senior Center, Martin's IGA & Brookstone Estates. 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 – 1 hr  
Gerry Hoene – 2 hrs  
Jerry Katt – 15 hrs  
Kate Walk – 8 hrs  
Sonja Martin – 1 hr  
June Harris – 13 hrs  
Barb Nelson – 1 hr  
Sharon Blutworth - 11 hrs  
Joyce Brooks – 2 hrs

Colleen Sutton – 2.5 hrs  
Evelyn Mann – 2 hrs  
Ruth Gier – 28.5 hrs  
Della Stanford – 1 hr  
Debbie Borries – 1 hr  
Joan Walker – 2 hrs  
Sara McKinney – 6 hrs  
Dalyne Sapp – 12 hrs  
Sue Green – 2 hrs

### **St. Anthony's Blood Pressure Checks**

Wednesday, July 5: 9-10 am, Catholic Charities  
Thursday, July 6: 10:30 – 11:30 am, Effingham Senior Center  
Tuesday, July 11: 11 – 11:30 am, Shumway Kluthe Center  
Thursday, July 13: 11:30 - Noon, Dieterich Civic Center  
Monday, July 24: 11 – 11:30 am, Altamont Municipal Building

## **POTLUCK**

Please join us for our **MONTHLY POTLUCK** on July 6<sup>th</sup> at 11:30 am. Effingham Rehab & Healthcare will be providing ham 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 qt size dish.



**Please call 217-347-5569 to register today!**

**Athena** will be here at the Senior Center on Monday, July 17<sup>th</sup> 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)

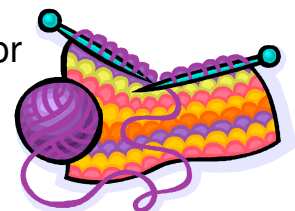
Buses are available to take you to this event. It's a great way to get out & enjoy some good conversation!


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: Marie Ludwig, Sharon Caylor, Gerelene Burry  
 Back Row: Joan Walker, Roger Asplin, & Ruth Shadwell.



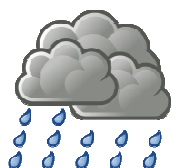
## Farmers Almanac

**JULY 2017:** temperature 75° (avg.);  
 precipitation 3.5" (0.5" below avg.);

**Jul 1-10:** Scattered t-storms, turning warm;

**Jul 11-17:** Sunny, hot;

**Jul 18-31:** 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 11, 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"



### **Volunteers Needed:**

To greet visitors at  
**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 13<sup>th</sup> 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: Nancy Sehy, RN by special request**

**Lunch will be complimentary and provided courtesy of: Odd Fellow-Rebekah Home**

\*\*\*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.



**Sarah Bush  
Lincoln**  
Trusted Compassionate Care



### **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.



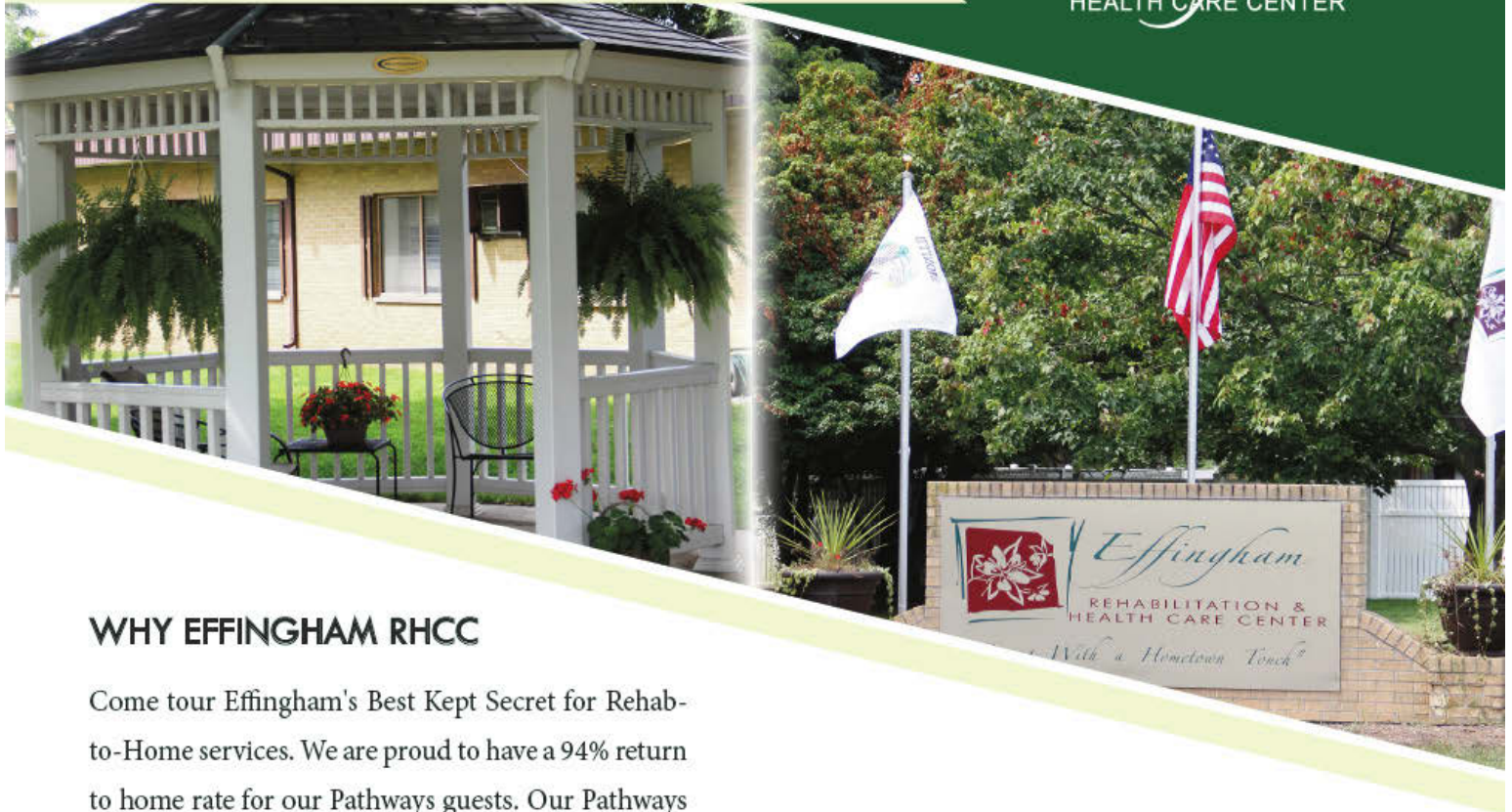


EFFINGHAM'S

# Best Kept Secret



*Effingham*  
REHABILITATION &  
HEALTH CARE CENTER



## WHY EFFINGHAM RHCC

Come tour Effingham's Best Kept Secret for Rehab-to-Home services. We are proud to have a 94% return to home rate for our Pathways guests. Our Pathways team will work to get you on the Pathway home quickly after a hospital stay. Our home is always open for tours and we encourage you to come see us if you or a loved one will need short term therapy services following a surgery or procedure.

**SCHEDULE YOUR  
PERSONAL TOUR TODAY!  
217.347.7781**

Our facility is nestled into the Rollin Hills Subdivision, a quiet residential neighborhood. Nature is all around us, as we are surrounded by wooded areas and animal sightings of all sorts are not uncommon.

Our goal is to create a nurturing, home-like environment for all of our residents, regardless of whether they are here simply for short-term therapy before returning home or for long-term care.



1610 N. Lakewood Dr • Effingham, IL • [www.PetersenHealthCare.net/Effingham](http://www.PetersenHealthCare.net/Effingham)

Menu

# CENTRAL ILLINOIS PUBLIC TRANSIT

## Effingham County Saturday Trips



July 1—Lunch at Moonshine the See the Sights  
Casey, IL

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July 8—Summer Flea Market  
Robinson, IL

~~~~~

July 15—Shopping in Amish Country  
Arthur, IL

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July 22—Sweet Corn Festival  
Chatham, IL

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July 29—Argosy Casino  
Alton, IL



*Flea Market*



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

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# CENTRAL ILLINOIS PUBLIC TRANSIT

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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.cifseoc.org/CIPT/CIPT.htm>



Calendar