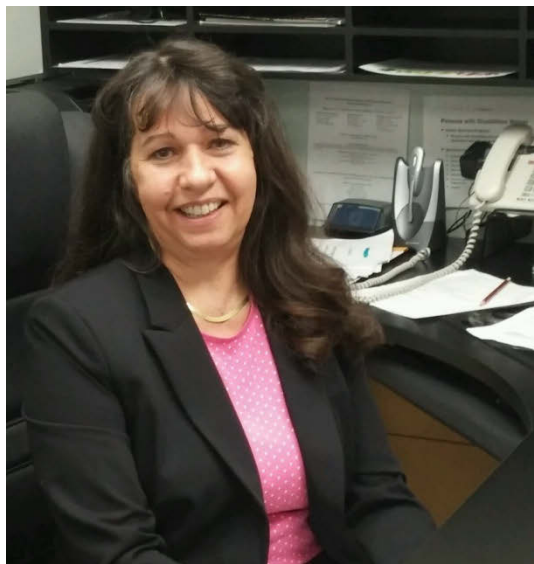




Sunset Times

June 2016

To join the Sunset Times email list please email abushue@seniorservices-eccoa.org or visit our web page @ www.seniorservices-eccoa.org



Welcome!

ECCOA is happy to introduce Linda Hubbartt as the new Executive Director. Linda comes to ECCOA with many years experience in the social service and health care field. Her vision for ECCOA is to build upon existing programs and supports to assure continued quality services to senior citizens.



Thank You

To our donors & sponsors for making Older Americans Month a success. Senior Services & the seniors appreciate your support.



**DIETERICH
BANK**
Live for Today.
Bank for Tomorrow



Balda Dental Office
Barlow Lock & Security
Bonutti Clinic
Burford Electric
Designs Unlimited, Inc
Effingham New Car
Dealers Association
First National Bank of Dieterich
Northside Ford
The Villas Of Hollybrook

First National Bank of Waterloo
Martins IGA
Sarah Bush Lincolnland Hospice
Effingham City Police
Effingham Emergency
Management Assoc
Effingham Ophthalmology
Heritage Woods of Charleston
Stanfield Chiropractic
Lakeland Rehab & Health Care

Siemer Milling Company
Subway, Inc
Teutopolis State Bank
Washington Savings Bank
Peace Of Mind Alert
John Boos & Co
Aperion Care
Brookstone Suites



Please support those who support us!

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



Please join us for our **MONTHLY POTLUCK** on June 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.



Please call 217-347-5569 to register today!



You may qualify for a free phone! ITAC has several amplified phones for selection by 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 today 217-347-5569. All calls are confidential.

Happy
Father's
Day
June 19th

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, June 7, 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.

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 at the Effingham Senior Center.



Jim Rhodes will be here at the Senior Center on Monday, June 6th at 10:00 a.m. to guide you in painting. Bring your passion and see what you can create. You will be totally amazed!



Thank you!

We would like to Thank everyone who donated Activity Center Supplies. Your generosity is GREATLY appreciated!

Senior Services would like to extend a BIG "Thank You" to our May volunteers:

Jeanie Deters – 4 hrs
Dee Skrobot – 2 hrs
Barb Nelson – 1 hr
Sarah McKinney – 10 hrs
Ed Eckert – 1 hr

Dalyne Sapp – 16 hrs
Colleen Sutton – 12.5 hrs
Joan Walker – 2 hrs
Nina Poland – 1 hr
Angela Geltz – 1 hr
Sharon Bloodworth – 12 hrs

Jerry Katt – 14 hrs
Jackie Morgan – 10 hrs
Ruth Gier – 10 hrs
Noel Hyde – 1 hr
Gerry Hoene – 2 hrs



HELP WANTED:

Volunteers for:
The Cross at the Crossroads

3 Hours Monthly

Call Kathy VanSant @ (217)342-4100

NURSING HOME BINGO

Will be held on Thursday,
June 2nd at 1:30 pm.
We encourage local nursing
homes to bring residents
for an afternoon of fun,
friends, treats, and prizes!!



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, June 9th 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: Andrea Keller, PT

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.



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.



Bring those toes, towels, & tubs to the Senior Center!



We will have a toe nail clinic on June 7th & June 21st 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.

(**If you can not make those dates, Megan will also be holding toenail clinics at the Life Center of Cumberland County in Toledo on June 8th at 9 am and the Altamont Municipal Building on June 14th at 12 noon.)



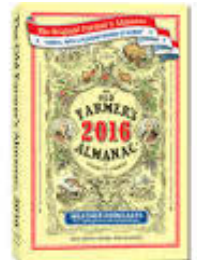
**Happy April Birthday to
Don Heuerman!**

Rules of the Road Class



The next class will
be held on Friday, July 1st
Class will begin at 9:30 am.

Farmers Almanac



JUNE 2016: temperature 75°
(3° above avg.); precipitation 3.5"
(1" below avg.);

Jun 1-8: A few t-storms, warm;

Jun 9-12: Sunny, hot;

Jun 13-21: T-storms, then sunny, turning
hot;

Jun 22-25: T-storms, then sunny, cool;

Jun 26-30: T-storms, turning hot.



Tuesday Evening Meal

Join us for the CEFS Golden Nutrition Tuesday Evening Meal at the Senior Center, where you will find good food, fun, and friends. Please call (217) 347-5569 to make your reservation. Meals are a suggested donation of \$3.50, but no one will be denied for inability to make a donation.

"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 a suggested donation
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DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Friday from 6am 8pm

Effingham County Public Transportation

OPEN TO EVERYONE!!

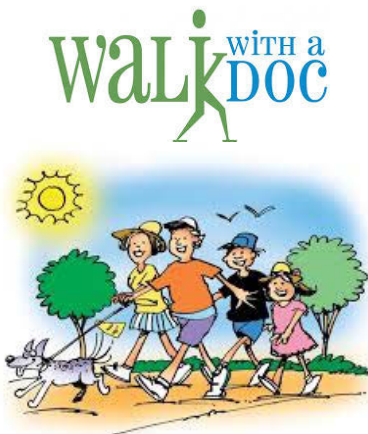
GET ON THE BUS AND RIDE WITH US

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>

Diabetes Support Group

Are you living with diabetes? You are not alone. The public is invited to attend a Diabetes Support Group meeting at St. Anthony's Memorial Hospital on June 13th at 5:30 pm. The welcome session begins at 5:30 p.m. followed by the educational session. For more information about the Diabetes Support Group, please contact Bonnie Kruse at 347-1288.



Join HSHS St. Anthony's for "Walk With a Doc" on Saturday, June 18 at 9 am at the TREC Trail. Meet in the EPC parking lot to hear a brief presentation from a local physician before enjoying a walk with area doctors. Listen to the radio station for cancellations or changing location in case of bad weather.

***New! An evening walk at the Ballard Nature Center! Join HSHS St. Anthony's for "Walk With a Doc" on Tuesday, June 28 at 7 pm at the Ballard Nature Center.

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. This service is now available for cell phones too.



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



Are you interested in Knitting or Crocheting?



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! Come and join in the fun!!!

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"

St. Anthony's Events

Blood Pressure Checks



St. Anthony's
MEMORIAL HOSPITAL
EFFINGHAM, ILLINOIS

Wed., June 1, 9 to 10 a.m.- Catholic Charities

Thurs., June 2, 10:30 to 11:30 a.m. - Effingham Senior Center

Mon., June 6, 11 to 11:30 a.m.- Golden Circle Nutrition Site , Effingham

Tues., June 7, 11 to 11:30 a.m. – Shumway Kluthe Center

Thurs., June 9, 11:30 a.m. to Noon- Dieterich Civic Center

Mon., June 27, 11 to 11:30 a.m.- Altamont Municipal Building



Sacred Heart Parish Picnic

The annual parish picnic will be held on Saturday and Sunday, June 25 & 26 on the school grounds located at the corner of Fayette and Henrietta streets!



F is for fun.
A is for awesome.
T is for thoughtful.
H is for huggable.
E is for educational.
R is for rather lovable.

Breakfast in a Briefcase

Sponsored By: The Villas of Hollybrook
When: Thursday, June 16, 2016
Where: Effingham Senior Center
What Time: 8:30 – 10:00 am
Call: **217-347-5569** to confirm your reservation!



Downtown Sculpture Walk

Join Abbey Depoister, Effingham Convention & Visitors Bureau marketing assistant, for a tour of the 2016-2017 Art on the Avenue on June 18, 2016 at 9:30 am. Sculptures from around the Midwest are featured in this year's downtown display. The tour will meet on the west side of the library, facing Third Street. To register for this event contact the Effingham Public Library at (217) 342-2464.

Defensive driving class – Coming Soon
Certified Instructor – Dave Maxey

- No pass or fail test taken
- Certificate is good for 3 years
- Insurance discounts upon completion



If you are interested in taking the Defensive Driving Class, please call 217-347-5569 to register.



Please remember:

Transportation is available for the Tuesday Evening Meal and Wednesday & Friday Morning Coffee Club. Call Rides Mass at 1-877-667-6123 a day in advance for your ride!

Brookstone Cookout

FRIDAY, JUNE 10TH
5:30PM to 7:00PM

Enjoy an afternoon of fun in the sun with music, tasty cookout foods and refreshing lemonade. Socialize with our residents and staff at one of our beautiful communities.

BROOKSTONE ESTATES OF EFFINGHAM

a Senior Lifestyle community

SUPPORTIVE LIVING

1101 N. MAPLE STREET | EFFINGHAM, IL 62401

RSVP AT 217-712-2415 TODAY!

BROOKSTONE SUITES OF EFFINGHAM

a Senior Lifestyle community

SHELTERED CARE

505 W. TEMPLE AVENUE | EFFINGHAM, IL 62401

RSVP AT 217-712-2421 TODAY!

WWW.SENIORLIFESTYLE.COM



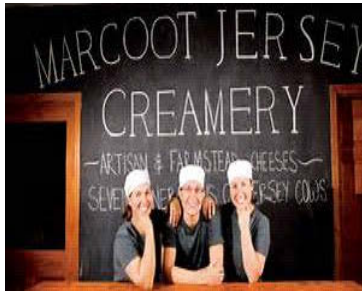
Pet
Friendly



un-retire AT BROOKSTONE ESTATES

With countless programs, groups and friends, the hardest part about joining our community, is deciding what you want to do once you get here! *Your apartment is waiting.*
No guarantee you'll spend much time there.

Golden Circle Menu



Rides Mass Transit District Effingham County Trips

**June 4- Visit the Marcoot Creamery for their
Open House, shopping, and out for lunch.
Greenville, IL**

**June 11th- The Heritage Days Festival,
lunch and yard sales.
Martinsville, IL**

**June 18th- All About Pets Expo, and
shopping at the St. Louis Mills Mall.
Collinsville, IL**

**June 25th- Go to the Daffodil Club
Garden Tour.
Salem, IL**

**To schedule a ride call 1-877-667-6123 by
3PM the Thursday before the trip.**

Let's get out and Ride. Seniors show your RMTD card and ride at no charge to you. If you are a senior and need a ID card please contact the Rides office at **1-877-667-6123**. If you are not a senior please call to check on availability and fare.

June Activity Calendar