



Sunset Times

June 2017

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or visit our web page @ www.seniorservices-eccoa.org



Thank You

To our donors & sponsors for making Older Americans Month 2017 a success. Senior Services & the seniors appreciate your support.



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Please support those who support us!



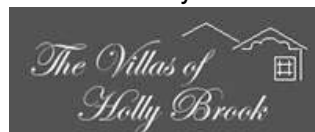
Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for Thursday, June 8th in the Activity Center from 11:00 AM until 1:00 PM.

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. Rodney Stanfield, DC

Lunch will be complimentary and provided courtesy of: The Villas of Hollybrook

***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.



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 1st 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. At this event Ashley Dillingham, from HSHS St Anthony's Homecare & Hospice, will present their Everlasting Memories Program.



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 18th

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 6, 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.



Athena will be here at the Senior Center on Monday, June 5th 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:

thankyou

Joan Walker – 2 hrs
Jerry Katt – 14 hrs
Ruth Shadwell – 1 hrs
Evelyn Mann – 3 hrs
Barb Nelson – 4 hrs
Ruth Gier – 14 hrs
Sarah McKinney – 7 hrs
Sharon Bludworth – 7-1/2 hrs

Dalyne Sapp – 16 hrs
June Harris – 13 hrs
Colleen Sutton – 12.5 hrs
Sonjia Martin – 1 hr
Joan Walker – 2 hrs
Gerry Hoene – 2 hrs
Kate Walk – 3 hrs

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.cefsecc.org/CPT/ECPT.htm>

Senior Cinema

Tuesday, June 20th at 1:00 pm
Come and enjoy "Seven Brides For Seven Brothers" starring Jane Powell and Howard Keel.
Popcorn and drinks will be served.
Reserve a seat by calling 217-347-5569.

Coffee Club

All Are Welcome to Attend
(Men & Women)

Busses 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

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!



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 6th & June 20th 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 7th at 9 am and the Altamont Municipal Building on June 13th at 12 noon.)

Rules of the Road Class



The next class will
be held on Friday, July 7th
Class will begin at 9:30 am.



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.



**Happy April Birthday to
Don Heuerman
and Mickey Weber!**

Farmers Almanac

JUNE 2017: temperature 68°
(4° below avg.); precipitation
4.5" (0.5" above avg.);

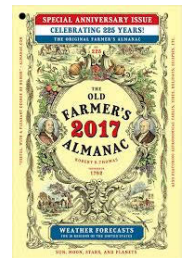
Jun 1-6: A few showers, cool;

Jun 7-12: T-storms, then sunny, cool;

Jun 13-18: T-storms, then showers, cool;

Jun 19-21: Sunny, nice;

Jun 22-30: A few t-storms; warm, then
cool.



EFFINGHAM COUNTY SUPPORT GROUP MEETING

Wednesday, June 14th 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, Linda Cummins, is a therapist from Griffith Therapeutics. She will be speaking to us regarding current medications used to treat persons with mental health issues.



In May, A Good Time Was
Had By All!!!

“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

walk WITH a DOC



Join HSHS St. Anthony's for "Walk With a Doc" on Saturday, June 17, 2017 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.

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



Thurs., June 1, 10:30 to 11:30 a.m. - Effingham Senior Center

Mon., June 5, 11 to 11:30 a.m.- Golden Circle Nutrition Site , Effingham

Tues., June 6, 11 to 11:30 a.m. – Shumway Kluthe Center

Wed., June 7, 9 to 10:00 a.m. – Catholic Charities

Thurs., June 8, 11:30 a.m. to Noon- Dieterich Civic Center

Mon., June 26, 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 24 & 25 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: HSHS St Anthony's Homecare & Hospice

When: Thursday, June 15, 2017

Where: Effingham Senior Center

What Time: 8:30 – 10:00 am

Call: **217-347-5569** to confirm your reservation!



Guided Architectural Tour of Downtown Effingham!



June 13 & June 17th at 6:00 p.m.

Join us as local architectural and historian expert, Phil Lewis, leads a walk throughout Downtown Effingham to highlight various architectural styles and share details about local buildings. The walk will begin at the west entrance (3rd Street) of the library. Please allow at least an hour for this walking tour.

Buildings included in the walking tour are:

- | | |
|---------------------------|-------------------------|
| 1. Effingham Courthouse | 5. China Express |
| 2. The Zone | 6. State Farm Insurance |
| 3. Bike and Hike | 7. Heart Theatre |
| 4. Village Wine and Gifts | |

To register for the walk, call the library at 217-342-2464, ext. 1.

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!

CENTRAL ILLINOIS PUBLIC TRANSIT

Effingham County Saturday Trips



**June 3—Strawberry Festival
Newton, IL**

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**June 10—Gordyville Flea Market  
Gifford, IL**

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**June 17—Downtown Craft Market
Arthur, IL**

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**June 24—Summer Flea Market at Cross County Mall  
Mattoon, IL**

**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.cefseoc.org/CIPT/CIPT.htm>

## Golden Circle Menu

# Delivering Exceptional Care *together, in your home*

Combining exceptional care with the comforts of home, the HSHS Home Care and Hospice Southern Illinois team offers talented and trustworthy nurses, on call 24/7, for a healthy dose of in-home, faith-based care and compassion. Reducing stress for both you and your loved ones, we work closely with physicians and staff to ensure you receive the best possible care.

*Comforting. Caring. Convenient. Exceptional Care is in reach.*



**HSHS**  
**Home Care & Hospice**  
Southern Illinois



HSHS Home Care & Hospice Southern Illinois offers Home Care, Hospice, Palliative Care, and Transitional Care Services to communities in 27 counties across southern Illinois.

**To learn more, or to find out if you are eligible, call 800-551-6566.**



## June Activity Calendar