



Sunset Times

March
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 to observe
Good Friday
March 25, 2016

Happy St. Patrick's Day March 17, 2016



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, March 10, 2016 at the Activity Center from 11:00 AM until 1:00 PM.

Each doctor has graciously donated his time in an 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. James Graham, DPM

Lunch will be complimentary
and provided courtesy of:



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 110 individuals.

Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, many activities 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

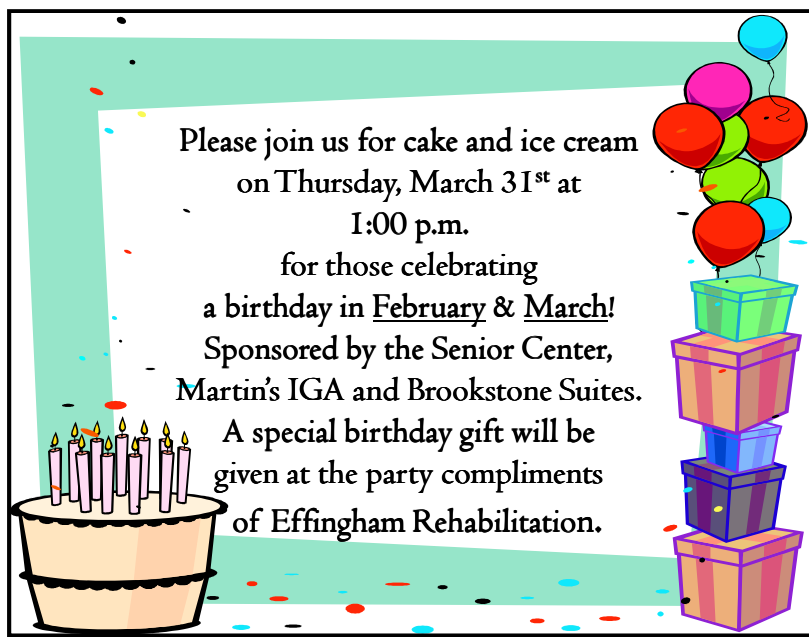
Phone: 217-347-5569 or toll free 1-800-283-4070 after hours and on weekends

www.seniorservices-eccoa.org



Foot Clinic

Bring your toes, tubs, & towels to the Senior Center on March 1st or March 15th. Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$10, payable to the technician.



May your blessings
outnumber
The shamrocks that
grow,
And may trouble avoid
you
Wherever you go.

Irish Blessing

Family Caregiver Symposium: Take Care of Myself Today

Thursday, April 28, 2016

3:00 pm – 8:00 pm

Keller Convention Center

1202 N, Keller Dr.

Effingham, IL 62401

Registration begins at 3 pm

Complimentary dinner at 5 pm

Keynote speakers are Dr. Ryan Jennings, MD, Chief Medical Officer HSHS St. Anthony's Memorial Hospital and L.Kaye DeSelms Dent, Attorney Frisse & Brewster Law Offices.

Remember... Please make sure to sign up as well as cancel all reservations 24 hours in advance of the event. This will allow us to give a proper count to our sponsors for meals and/or giveaways.



Thanks for your cooperation!

Blood Pressure Checks

Tuesday	March 1 st 11-11:30am Shumway Kluthe Center
Wednesday	March 2 nd 9-10:00am Catholic Charities
Thursday	March 3 rd 10:30-11:30 Effingham Senior Center
Tuesday	March 22 nd 10:30-11:30 Jasper County Senior Center
Monday	March 28 th 11-11:30 Altamont Municipal Building



St. Anthony's
MEMORIAL HOSPITAL
EFFINGHAM, ILLINOIS
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM



Tuesday Night Meal

Join us at 5:00 pm on the first Tuesday of each month for the Tuesday Night Meal at the Senior Center, where you will find good food and friends. Please call (217) 347-5569 to make a reservation by the Monday before the meal. For transportation, call Rides Mass at 1-877-667-6123. Meals are a suggested donation, but no one will be denied for inability to make a donation.

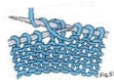


"Three Senior Pals"

Three seniors are out for a stroll.
One of them remarks, "It's windy."
Another replies, "No way, It's Thursday."
The last one says, "Me too. Let's have a soda."

Interested in Knitting or Crocheting

Join the ladies every Monday morning at the 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.

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

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 or you can have the device installed and pay for the services independently.



Free Community Diabetes Program

"Do you have diabetes?" You can meet with a Registered Dietitian who will help you live better with diabetes. Learn more about this free program that can help you with food, medications, blood sugar testing supplies, and lifestyle changes. For more information or to schedule an appointment, please contact Bonnie Kruse, RD at (217)347-2737.

Senior Services would like to extend a BIG
 “THANK YOU” to our February volunteers:
 Doesn't volunteering make you feel good?

**Oh so
 LUCKY
 to have
 you!**

Colleen Sutton, 8 hrs	Jackie Morgan, 12 hrs
Christie Murphy, 3 hrs	Joan Walker, 2 hrs
Cindy Martens, 3 hrs	Nina Poland, 8.5 hrs
Gerry Hoene, 2 hrs	Sara McKinney, 8 hrs
Ruth Gier – 8.5 hrs	Evelyn Mann, 1 hr
Sonja Martin, 1 hr	June Harris, 1 hr
Noel Hyde, 15 hrs	Jerry Katt, 12 hrs



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”



MONTHLY POTLUCK AT THE SENIOR CENTER

April 7th at 11:30 am

Sponsored by Health Alliance

Mervet from Health Alliance will be here to give a short presentation on Scams and Fraud. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2qt side dish. St. Anthony Hospital will also be here to check your blood pressure. Call 217-347-5569



Long Term Care Ombudsman

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, or if you wish to volunteer, please call Terri Simpson, Regional Ombudsman at
 217-347-5569
 (all calls are confidential)

Transportation



Transportation is offered in Effingham for medical appointments, grocery shopping, errands, visiting with friends and family and much more. Please call Rides Mass Transit at 1-877-667-6123 to schedule your transportation appointment at least one day in advance.

**If you would like to make
 A monetary donation,
 Please complete the form
 To the right and mail it along
 With your contribution to:
 E.C.C.O.A.
 PO Box 361
 Effingham, IL 62401**



Senior Center Donation Form

Name: _____
 Address: _____
 Phone Number: _____
 Email Address: _____
 Donation Amount (\$): _____
 Donation Comments: _____



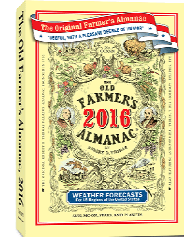
Audibel will be at the Center to do free hearing tests, checkups, and minor repairs OF ALL BRANDS of hearing aids, as well as fitting for hearing aids at discounted prices. Kerri from Audibel will be at the Center on Tuesday March 8th, at 10:00 AM. Please call 347-5934 to make an appointment for your HEARING TEST as additional equipment is required for this test. Other services do not require appointments so feel free to stop in.

MARCH 2016: temperature 42° (3° below avg.); precipitation 3" (1" below avg.);

Mar 1-8: Snow, then showers, turning warm;

Mar 9-23: Snow showers, cold;

Mar 24-31: Rain, then sunny, cool.



ILLINOIS TELECOMMUNICATIONS
ACCESS CORPORATION

ITAC has added several new styles of phones to the selection of 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'll be surprised at what you have missed by not being able to hear.

MARK YOUR CALENDAR!

The next **RULES OF THE ROAD** class to be offered at the Senior Center will be on Friday, March 4th, 2016 starting at 9:30 am.



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 of the month at 11:00 am at Effingham Senior Center.





AARP Tax-Aide is the nation's largest free, volunteer-run tax return assistance & preparation service. It serves taxpayers with low to moderate income with special attention for those 60 & older. AARP membership is not required.

AARP will have volunteers here at the Effingham Senior Center on March 23rd and 30th to prepare income taxes.

Please call 217-347-5569 for an appointment!

Happy January Birthday's!



Barbara Nelson, Faye Pearson
Richard Woman, & Della Stanford



National Nutrition Month: Health Tips for Seniors

Dietary Tips

Food Pyramid Guidelines

- Fruits & Veggies- Choose whole, antioxidant rich items that are color-rich.
- Calcium- Bone health is extremely important to seniors, so 1,200 mg of calcium are necessary for maintaining bone strength.
- Grains- Choose whole grains rather than processed white flour for more nutrients and [fiber](#).
- Protein- Eat the appropriate amount of protein depending on your weight, and choose items from varying sources (like fish, beans, or dairy.)

Vitamins

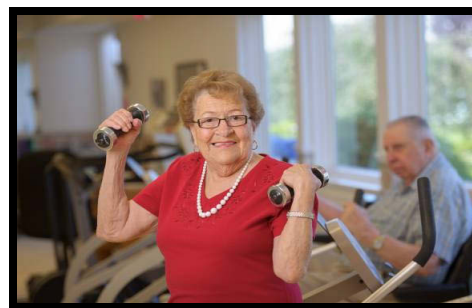
- Vitamin D- This is essential to the absorption of calcium, so getting the daily recommended amount will improve bone health.
- Vitamin B- This helps blood and nerve function running at an optimal level.

General

- Be sure to get enough fiber, avoid sugar and bad fats, and reduce sodium intake.

Physical Activity Tips

- Aerobic exercises: At least 2.5 hours a week of moderate to vigorous exercise to increase heart rate.
- Strength exercises: Strength sessions up to twice a week will improve posture and balance.
- Being older, it is important for seniors to start slowly, and be aware of limits as to not over-exert themselves.
- Physical activity is beneficial to senior health, but can also be a great way to add social time to the day.



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 keep you out of a nursing home, as long as nursing home placement is not necessary for you. 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 Service, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, 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, set 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 or to make a referral for someone you feel could benefit from the program call 217-347-5569. Call Today.... We can assess your needs and keep you at home.

Monthly Potluck-Thursdays March 3rd at 11:30 am

Effingham Senior Center 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 quart size dish.



**At this event we will be providing information on the FREE ITAC phone program for anyone who is hard of hearing.

**Also, remember HSHS St. Anthony's Hospital will be here taking blood pressures starting at 10:30 am.

Please call 217-347-5569 to make your reservation today!



EFFINGHAM COUNTY SUPPORT GROUP MEETING

March 9th at 5:00pm at the Senior Center

BROWN BAG SUPPER & SUPPORT MEETING

Meetings are held the 2nd Wednesday of each month. 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.

Rides Mass Transit District Effingham Saturday Trips



Rides Mass Transit District Effingham County Trips March 2016

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March 5th- Rockville, Indiana – Go to the Park County Maple Syrup Fair and shop in Downtown Rockville.

March 12th- Shopping at the White Oaks Mall in Springfield and see the Old State Capitol

March 19th- Antiquing in Flora, Il and lunch at Grandma's Kitchen

March 26th- Visit the Labor and Industry Museum in Belleville and visit Resale shops

All trips will leave the Effingham Senior Center at 8AM every Saturday.

**To schedule a Ride contact RMTD
1-877-667-6123**

Let's get out and Ride. Seniors show your senior ID card and ride at no charge to you. If you are a senior and don't have an ID contact:

Rides Office at 1-877-667-6123

To Reserve a seat please call by 3PM on Thursday before the trip.

Thank you !

MEALS



ON
WHEELS

The Villas of Holly Brook, a Meridian Senior Living community, will be hosting a fun day of food, entertainment, raffles, and live and silent auctions to help support Effingham Meals on Wheels, the local C.E.F.S. Golden Circle Nutrition Program.

The C.E.F.S. Golden Circle Nutrition Program provides congregate meals and companionship for local seniors age 60 and over.

We hope you can attend this fun event. If you are unable to, you can still make a difference with your donation prior to the event. Donations can be made at *Crossroads Bank* (under C.E.F.S. Golden Circle Nutrition Program). Thank you for helping us help our local seniors be healthy and happy ... *Because everyone deserves a great life!*

*The Villas of Holly Brook
Fundraiser to benefit*

Effingham Meals on Wheels

Sat., June 4, 2016

at

Villas of Holly Brook

904 W. Evergreen

Effingham, IL

Meal served 2-5pm
(Free Will Donation)

*Live
Auction
6-7pm*



RAFFLE

*Silent Auction
2-7pm*

Entertainment



MERIDIAN
SENIOR LIVING



MERIDIAN

The Villas of Holly Brook – Effingham

CEFS / Golden Circle Nutrition Menu

You are cordially invited to a...



Free Financial Seminar

March 16 11:00 a.m.

**Lunch is
included!**

Sponsored by:



**To reserve your spot,
please RSVP to:**

217-347-5569

**1st National
Bank**

www.fnbwaterloo.com

Activity Center March Calendar