



209 S. Merchant  
Effingham, IL 62401

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

*Sunset Times*

**March 2017**

May the sun shine, all day long  
everything go right and nothing wrong.  
May those you love bring love back to you,  
and may all the wishes you wish come true!



**Happy ST. PATRICK'S DAY !!!  
MARCH 17, 2017**



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 9, 2017 at the 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. Muhammad Islam, MD

Lunch will be complimentary and provided  
courtesy of: Effingham Rehab & Health Center



**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 open to the public, and  
many activities  
and trips are designed for people of all ages.

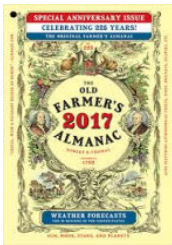
Operating hours are Monday through Friday – 8:00 am to 4:00 pm

Closed for Lunch daily from 11:30 am to 12:00 pm

Phone: 217-347-5569 or toll free 1-800-232-1790

[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)





**MARCH 2017:** temperature 42° (3° below avg.); precipitation 4.5" (0.5" above avg.);  
**Mar 1-3:** Snow showers, cold;  
**Mar 4-14:** Rainy periods, mild;  
**Mar 15-19:** Snow showers, cold;  
**Mar 20-31:** Rainy periods, occasional wet snow, cool.

“What we think, what we know, or what we believe, is, in the end, of little consequence. The only consequence is what we do.”

— John Ruskin

## Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on March 7<sup>th</sup> and March 21<sup>st</sup>. Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$10, payable to the technician.



ITAC has several 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.



### The Volunteer Income Tax Assistance (VITA) Program

offers free tax help to individuals and families with low or limited income, individuals with disabilities, senior citizens and military personnel and their families. Certified volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across Illinois. VITA sites are generally located

at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing; and many are in need of volunteers.

For your convenience, Robert West will be offering a “drop off” income tax service at Catholic Charities, 1502 E. Fayette Ave in Effingham, or for more information contact Robert at 217-857-1458.

### Transportation is available for:

Tuesday Evening Meal And Wednesday & Friday Morning Coffee Club call:  
1-855-755-2478 in advance for your ride.



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 at 11:00 am at Effingham Senior Center. For more information contact Barb Carie at 217-347-7536.



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!





## Tuesday Night Meal

Join us for the Tuesday Night Meal at the Senior Center, where you will find **good food and friends!**

If you plan to attend or you need to cancel please remember to call 217-347-5569 by noon on Tuesday, March 7<sup>th</sup>. A donation of \$3.50 is suggested but you will not be denied for inability to make a donation.



**Rules of the Road Review Course will be held at the Activity Center on Friday, March 03, 2017 starting at 9:30AM.**  
(Next Rules of the Road Class is May 5, 2017)

## 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.

## 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.

**Make your appointment for Benefit Access Program today at (217) 347-5569 to see if you qualify for a reduced license sticker.**



Admit One

**Senior Cinema** will be on Thursday, March 23<sup>rd</sup> at 1:00 pm. Come & enjoy "The Bridge On The River Kwai" starring William Holden, Alec Guinness, & Jack Hawkins.

Popcorn & drinks will be served.  
Call 217-347-5569 to reserve a seat.

After settling his differences with a Japanese POW camp commander, a British colonel cooperates to oversee his men's construction of a railway bridge for their captors – while oblivious to a plan by the allies to destroy it

Admit One





## EFFINGHAM COUNTY SUPPORT GROUP MEETING

March 8<sup>th</sup> at 5:00pm

### BROWN BAG SUPPER & SUPPORT MEETING

This meeting will be held at the Effingham Public Library in the Workman Room. 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. Featured speaker will be Dr. Monica Uddin, Professor of Psychology, University of Illinois. She will be speaking on her research into stress related mental health disorders with an emphasis on PTSD.

## What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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. Ombudsman services are confidential and free! If you have a concern, complaint, or question regarding long-term care, please contact:



**Terri Simpson, Regional Ombudsman, at  
217-347-5569 or 1-800-283-4070.**

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

Jerry Katt – 9 hours

Sara McKinney – 8 hours

Evelyn Mann – 1 hour

Joan Walker – 3 hours

Cindy Martens – 3 hours

Colleen Sutton – 4 hours

Christie Murphy – 3 hours

June Harris – 4 hours

Gerry Hoene – 2 hours

Gustie Unkraut – 1 hour

Sonja Martin – 1 hour

Ed Eckert – 1 hour

Kate Eckert – 1 hour

Jackie Morgan – 8 hours

Debbie Borries – 1 hour

Dalyne Sapp – 16 hours

Ruth Gier – 10 hours



## Interested in Knitting or Crocheting

Did you know that seniors who engaged in hand-focused craft activities such as knitting and crocheting have maintained their dexterity, mobility, as well as hand-eye coordination to a greater degree than those who don't. 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.



# SHIP

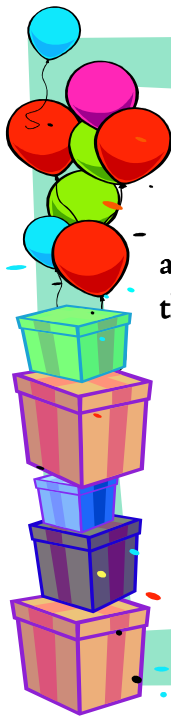
**(Senior Health Insurance Program)**

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".



Please join us for cake and ice cream on Thursday, March 30<sup>th</sup> at 1:00 p.m. for those celebrating a birthday in March. Sponsored by the Senior Center, Martin's IGA and Brookstone Suites. A special March Birthday gift will be given at the party compliments of Effingham Rehab (must be present at 1:00 pm to receive the gift)



## Family Caregiver Symposium



Wednesday April 19, 2017

10:00 am – 2:00 pm

Thelma Keller Convention Center

1202 N. Keller Dr.

Effingham, IL 62401

Cost is \$10 per person

Please RSVP to 217-347-7179

ext. 1062

## MONTHLY POTLUCK AT THE SENIOR CENTER



March 2<sup>nd</sup> at 11:30 am

Sponsored by Brookstone Estates



They will be providing the entrée for the event.

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 to reserve your spot!



Have you ever just wanted to paint those beautiful mountain scenes but never felt you could? Come and paint with Athena on Monday March 6<sup>th</sup>, at 10:00 am, and amaze yourself with your hidden talents. For more information please call Athena @ 217-821-8576.

**AUDIBEL®**

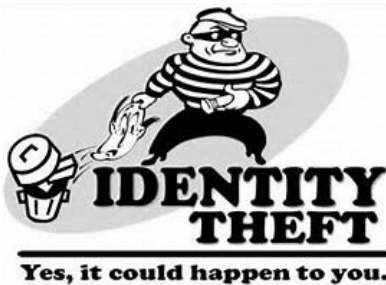


Audibel will be at the Center to do free hearing tests, checkups, and minor repairs OF ALL BRANDS of hearing aids, as well as fitting for hearing aids at discounted prices. Kerri from Audibel will be at the Center on Tuesday, March 7<sup>th</sup>, at 10:00 am. Please call 347-5934 to make an appointment for your hearing test as additional equipment is required for this test. Other services do not require appointments so feel free to stop in.

## "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



## **Successful Aging In The 21<sup>st</sup> Century**

Did you know thieves can use stolen bank account numbers, debit card numbers, or other personal and financial information to wipe out your accounts, take out loans, or get new credit cards.

Please join representatives from First National Bank who will bring you up to date information on identity theft.

This event will take place on  
Thursday, March 16<sup>th</sup>, 2017 at  
11:00 am in the Activity Center.  
Lunch will be served.

Please RSVP to 217-347-5569 if you are able to attend.



The leprechaun is an Irish fairy. He looks like a small, old man (about 2 feet tall), often dressed like a shoemaker with a cocked hat and a leather apron. According to legend, leprechauns are aloof, unfriendly, live alone, and pass their time making shoes. They also possess a hidden pot of gold!



### **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 at  
1-855-755-2478

## **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.



## AARP Tax Assistance at Suzette Brumleve Memorial Effingham Public Library



The Effingham Public Library is pleased to partner with the AARP Tax Aide Program in providing free tax preparation and return assistance for any low to moderate income tax payers at the library on Tuesdays in February, March and April.

Those interested in using this free tax service should call the library's Reference Desk, Monday through Friday, at [217-342-2464 ext 1](tel:217-342-2464) to make an appointment.

AARP Tax Aide Program requires that participants bring: Photo id for the taxpayer and spouse, Social security card or some official document showing the social security number of any, individual appearing on the tax return, a copy of your 2015 Tax Return, All 2016 income forms: W-2, 1099-Misc, 1099R, Railroad, SSA, etc., Royalties, interest and dividend statements, Health insurance documents, Business income and expense records, Real estate taxes paid records, Charitable contributions records, Any other deductible expense records.

For more information, contact Johnna Schultz, Adult Services Manager at [217 342 2464](tel:217-342-2464) or [johnna@effinghamlibrary.org](mailto:johnna@effinghamlibrary.org).



*Happy January Birthday's!*

*Laura Baker, Richard Worman,  
Della Stanford and Faye Pearson*



## What is Tai Chi?



Tai Chi is slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. It is gentle and not strenuous, but it has been shown to have a positive effect on muscle strength, flexibility, and balance.

Come to the Senior Center and take a class. Monday and Wednesday morning from 8:00 to 9:00 am.



## 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.

## Blood Pressure Screenings by St Anthony's Home Care Staff:



HSHS  
St. Anthony's  
Memorial Hospital

Wednesday, March 1; 9-10 am Catholic Charities  
Thursday, March 2; 10:30 -11:30 am Effingham Senior Center  
Tuesday, March 7; 11 - 11:30 am Shumway Kluthe Center  
Thursday, March 9; 11:30 – Noon Dieterich Civic Center  
Monday, March 27; 11:00 -11:30 am Altamont Municipal Bldg



## March is National Colorectal Cancer Awareness Month

Colorectal cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.



Among cancers that affect both men and women, [colorectal cancer](#) (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, more than 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

### How Can You Reduce Your Risk?

The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. [Colorectal cancer screening](#) saves lives, but many people are not being screened according to national guidelines. If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how—

- Colorectal cancer screening tests can find precancerous polyps so they can be removed
- before they turn into cancer. In this way, colorectal cancer is prevented.
- Screening tests also can find colorectal cancer early, when treatment often leads to a cure.



### What Are the Symptoms of Colorectal Cancer?

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include—

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.



### When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then keep getting screened regularly. Some people have a higher risk because they have [inflammatory bowel disease](#), a personal or family history of colorectal polyps or colorectal cancer, or genetic syndromes like familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome). If you are 50 years old or older, or think you may have a higher risk for colorectal cancer, talk to your doctor about getting screened. The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer for all people until they turn 75 years old, and for some people when they are older than 75. If you are in this age group, ask your doctor if you should be screened.

### What Are the Screening Tests for Colorectal Cancer?

Several [tests](#) are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. The USPSTF recommends these tests—

- Colonoscopy (every 10 years).
- High-sensitivity fecal occult blood test (FOBT), also known as a stool test (every year).
- Flexible sigmoidoscopy (every 5 years) with high-sensitivity FOBT (every 3 years).

## Colorectal Cancer Awareness Fair

When: Thursday, March 23

What time: 7 to 9 a.m. **or** 4 to 6 p.m.

Where: Hospital Auditorium – St. Francis Room



Plan to come to this awareness fair to discuss your options for a colorectal cancer screening. Attendees have the option to receive a FIT take-home test at no charge or receive assistance scheduling a colonoscopy (check with your health insurance provider on colonoscopy coverage).

If you or a family member are age 50 or older, or indicated for an earlier screening due to a colon cancer diagnosis of a first-degree relative, you should be screened. Colorectal cancer is the nation's second-leading cause of cancer-related deaths when men and women are combined. The vast majority of cases of colorectal cancer occur in people age 50 and older. Colorectal cancer in its' early stages usually has no symptoms, so everyone 50 & older should be tested.



# 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!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> 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**

GET ON THE BUS AND RIDE WITH US

**OPEN TO EVERYONE!!**

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>

## Effingham County Public Transportation Effingham Saturday Trips



**March 4 - Shopping at Market Place Mall and Hobby Lobby  
Champaign, IL**

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**March 11—Shopping in Amish Country  
Arthur, IL**

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**March 18— Find a good deal at the Flea Market  
Belleville, IL**

~~~~~

**March 25 - Try your luck at Argosy Casino  
Alton, IL**



Saturday trips will be canceled by noon on the Friday before, if ice, snow, or extreme cold is in the forecast.

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



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## Golden Circle Menu



## *Refresh & Reboot at Brookstone of Effingham!*

Senior Lifestyle Communities are designed to delight our residents and their family members. Our dedicated team of professionals deliver the highest standards of service and care. With engaging programs and comfortable amenities, our style of living will awaken your senses.

### **BROOKSTONE ESTATES OF EFFINGHAM**

*a Senior Lifestyle community*

SUPPORTIVE LIVING  
1101 N. MAPLE STREET  
EFFINGHAM, IL 62401

**CALL 855-805-9777  
FOR A TOUR TODAY!**

### **BROOKSTONE SUITES OF EFFINGHAM**

*a Senior Lifestyle community*

SHELTERED CARE  
505 W. TEMPLE AVENUE  
EFFINGHAM, IL 62401

**CALL 855-805-9802  
FOR A TOUR TODAY!**

[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)





## Activity Calendar