



209 S. Merchant
Effingham, IL 62401

Sunset Times

May 2016










To join the Sunset Times email list please email abushue@seniorservices-eccoa.org
or check out our webpage at www.seniorservices-eccoa.org



May is Older Americans Month ! Let's "Blaze A Trail"!



SCHEDULE OF EVENTS:

- | | |
|---|--|
|  Wednesday, May 4 th : | Senior Center Health & Information Fair – 8:30 to 11:30 am |
|  Thursday, May 5 th : | Mother's Day Potluck – 11:30 am |
|  Tuesday, May 10 th : | "Dessert Bar Talk" – 1:30 pm |
|  Thursday, May 12 th : | Dine With A Doc – 11:00 am |
| | Super Bingo – 12:30 pm |
|  Wednesday, May 18 th : | "How To Stay Young For The First 100 Years" – 1:30 pm |
|  Monday, May 23 rd : | Effingham City Police & 911 Presentation Luncheon – 12:00pm |
|  Tuesday, May 24 th : | Senior Cinema "Singin In The Rain" – 1:00 pm |
|  Thursday, May 26 th : | Monthly Birthday Party – 1:00 pm |
| | "Citizens Alert" by Kim Tegeler – 1:15 pm |
|  Friday, May 27 th : | Successful Aging In The 21 st Century Luncheon – 11:00 am |



A special thank you to our corporate sponsors:



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Bank for Tomorrow.

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BONUTTI
CLINIC



Senior Services of Effingham will be CLOSED
on Wednesday, May 25th for a staff meeting
& on Monday, May 30th
in observance of Memorial 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-eccoa.org





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.

Rules of the Road Class will be offered at the Senior Center will be on Friday, May 6th, 2016 at 9:30 am.

The next class will be Friday, July 1, 2016.



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.

Tuesday Evening 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 of \$3.50, but no one will be denied due to inability to make a donation.



Bring your toes, tubs, and towels to the Senior Center on Tuesday, May 3rd or Tuesday, May 17th. 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 Megan.

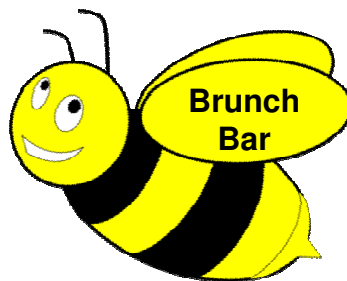
* Megan will also be trimming toenails at the Kluthe Civic Center in Dieterich on May 10th at 1:00 pm, at Toledo Senior Life Center on May 11th at 9:00 am.

Senior Health & Information Fair



Wednesday, May 4th
At the Senior Center

Time: 8:30 – 11:30 am



Blood Sugar
& Blood
Pressure
Testing

Spinal
Screening

Cholesterol
Testing

Eye
Glass
Cleaning

Mini Manis
&
Paraffin Hand
Dips

Hand
Massages

Bone
Density
Testing

Hearing
Screening

Grip
Strength
Testing

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"Successful Aging in the 21st Century"

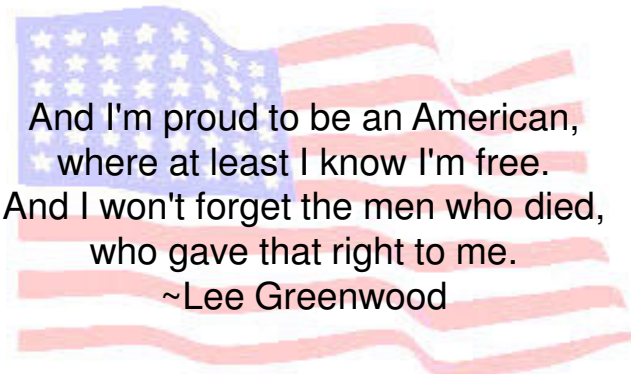
Please come to the Senior Center and enjoy a Luncheon at 11:00 am on Friday, May 27. The lunch is sponsored by Lincolnland Home Care & Hospice. Sign up will be limited to 50 people. Call to sign up today at 217-347-5569!



11th Annual Effingham Artisan Fair will be held on May 13 & 14, 2016



The Effingham Artisan Fair turns Downtown Effingham into an art gallery for residents & visitors to enjoy from 5 pm to 8 pm on Friday, May 13 and 10 am to 4 pm Saturday, May 14, 2016 as the arts are celebrated. Work from over 40 artists from across the region will be on display for purchase, including oil paintings, pottery, jewelry and sculptures. Demonstrations will also be going on throughout the day.



And I'm proud to be an American,
where at least I know I'm free.
And I won't forget the men who died,
who gave that right to me.
~Lee Greenwood

Old Farmer's Almanac

May 2016: temperature 57.5° (0.5° below avg.); precipitation 3" (0.5" below avg.)

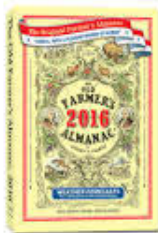
May 1-5: A few showers, cool;

May 6-11: Sunny, very warm;

May 12-20: Showers, cool;

May 21-24: Sunny, nice;

May 25-31: Scattered t-storms, very warm.



Happy February & March Birthdays!
Winifred Dressback, Jim Watson, &
Carol Heuerman.



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



Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a FREE program REQUIRED and GOVERNED by Illinois Law. There are no fees and no hidden costs. 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!

Admit One

Senior Cinema

Tuesday, May 24th at 1:00 pm
Come and enjoy "Singin' In the Rain"
starring Gene Kelly.

Popcorn and drinks will be served.

Reserve a seat by calling 217-347-5569.



Admit One

Painting With Jim



Jim Rhodes, Certified
Bob Ross Instructor, will be
here at the Senior Center on
Monday, May 2nd at 10:00 am
to guide you in painting.
Bring your passion and see
what you can create. You will
be totally amazed!



Benefits Access Program (formerly Circuit Breaker)

This is for a License Plate Sticker Discount.

If you are interested in finding out if you qualify,
Please call 217-347-5569 for all of the details.



"How to Stay Young for the First 100 Years"

You're invited to learn the secret to not only extending your lifespan,
but increasing the quality of your life! This is a presentation you can't
afford to miss!

PRESENTING: Stanfield Chiropractic

WHEN: May 18, 2016

WHERE: Effingham Senior Center

WHAT TIME: 1:30 pm

***Please RSVP for this presentation to 217-347-5569 as a snack will be served.



May 21st at 9am at the Trec Trail
(EPC parking lot)

Come and exercise! Enjoy the great outdoors
and interact with the community. Hear about
current medical topics and walk with one of
our local physicians.

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 RMTD 24 hrs in
Advance @ 1-877-667-6123

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!



“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



Senior Services would like to extend a **BIG “Thank You”** to our **March volunteers!** Doesn't it make you feel good to volunteer?



Joan Walker – 2 hrs
Grace Boldt – 1 hr
Jerry Katt – 9 hrs
Sherry Goldstein – 1 hr
Sara McKinney – 10 hrs
Doris Probst – 1 hr
Doris Verdeyen – 1 hr
Ruth Shadwell – 2 hrs
Ruth Gier – 7 hrs

Colleen Sutton – 8 hrs
Vickie Esker – 1 hr
Gerry Hoene – 2 hrs
Jackie Morgan – 10 hrs
Faye Pearson – 1 hr
Cindy Martens – 9 hrs
Noel Hyde – 15 hrs
Nina Poland – 11 hrs
Dalyne Sapp – 12 hrs

St. Anthony's Events



St. Anthony's
MEMORIAL HOSPITAL
EFFINGHAM, ILLINOIS

Blood Pressure Checks

Tuesday, May 3: 11-11:30 am, Shumway Kluthe Center

Wednesday, May 4: 9-10:00 am, Catholic Charities

Thursday, May 5: 10:30-11:30 am, Effingham Senior Center

****Thursday, May 12: 11:30-12 am, Dieterich Civic Center**

Monday, May 23: 11-11:30 am, Altamont Municipal Building

Tuesday, May 24: 10:30-11:30 am, Jasper County Senior Center

****With Blood Glucose Screening**

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.

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, & just the great company of numerous talented individuals who have a great time getting together & sharing their wisdom. No previous experience is needed! Come & join the fun!!!





What To Say When You Talk To Your Doctor “Dessert Bar Talk”

Are you telling your doctor everything he needs to know to take care of you? How well you and your doctor talk to each other is one of the most important parts of getting good health care. But, talking to your doctor isn't always easy. It takes time and effort on your part as well as your doctor's.

Join us for a delicious desert & presentation by Jennifer Tobias from Aperion Care as she shares with us some important tips in communicating with our doctor. She will be here at the Senior Center on May 10, 2016 at 1:30 pm.

Jennifer is bringing some delicious deserts for you to enjoy so please RSVP to our office at 217-347-5569.



National Alliance on Mental Illness

EFFINGHAM COUNTY SUPPORT GROUP MEETING

Wednesday, May 11th at 5:00 pm

Brown Bag Supper & Support Meeting

This meeting will be held at the Effingham Public Library in either the Luttrell or 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 Ms. Bonnie Kruse,
Dietician for HSHS St. Anthony Hospital.
“Healthy Foods = Healthy Brains”

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.

Don't forget May is
Older Americans
Month!
Come join us in the
Celebration!



Effingham County 911 Presentation & Spaghetti Luncheon



Jodi Moomaw, from the Effingham City Police Department and 911 will be here to make a presentation to you regarding 911 awareness, how 911 works, and emergency response to better assist you. This presentation will be held on Monday, May 23rd, at 12:00 pm here at the Senior Center. Please call 217-347-5569 to register for this event as seating will be limited.

All that I am, or hope to be, I owe to my angel mother. - Abraham Lincoln



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, May 12, 2016 at 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. Jason Jerabek DO

Lunch will be complimentary and provided courtesy of:
Heritage Woods of Charleston



****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.**

****Don't forget that this month we will be having Special Bingo following Dine with A Doc® to celebrate Older Americans Month!**



A hero is someone who has given his or her life to something bigger than oneself. ~Joseph Campbell



HAPPY BIRTHDAY!

Please join us for cake and ice cream on Thursday, May 26 at 1:00 p.m.

for those celebrating a birthday this month.

Sponsored by Senior Services, Martin's IGA and Brookstone Suites. A special May Birthday gift will be given at the party compliments of Effingham Rehabilitation & Health Care.

Immediately following, we will be having a presentation on "Citizens Alert Program" by Kim Tegeler, City of Effingham Emergency Management Coordinator in an effort to inform the seniors regarding the citizens alert program and signing them up to receive their alerts.



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".

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 (Mother's Day) Potluck May 5th at 11:30 am



SPONSORED BY THE VILLAS OF HOLLYBROOK

The Villas Of Hollybrook 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. Registration is required! Please call 217-347-5569 to register.

In Honor Of Older American's Month, We Present...

SUPER BINGO

Thursday, May 12th at 12:30 pm at the Senior Center.
Bigger Prizes – Lots of Fun – Many Sponsors!

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.

Please insert menu page.

Rides Mass Transit District Effingham Saturday Trips



**Let's go shop, eat, socialize and have fun!
Tell family and friends!**

**May 7th – Greenville American Heritage Museum
Swap meet & Flea Market, lunch at Kahuna
Burgers, and resale shopping.
Greenville, IL**

**May 14th – Scott Field Heritage Air Park & shopping
in the Belleville area.
Belleville, IL**

**May 21st – Monticello Wabash Depot, Visit the Railroad
Museum & shop.
Monticello, IL**

**May 28th – Visit the Red Skelton Museum (\$3.00 per person
charge, the other half is being sponsored), then visit the
George Rogers Clark Memorial, & shop Main Street.**

**To schedule a Ride contact RMTD at 1-877-667-6123
by 3PM the Thursday before the trip.**

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. If you are not a senior ,
please call to check on availability and fare.

Please insert activity
calendar here.