



SUNSET TIMES

October 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 Service will be **closed**
on **Monday, October 10th** in
honor of Columbus Day.



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, October 13th in our Activity Center here at the Senior Center from 11:00 AM until 1:00 PM.

Each speaker has graciously donated their time in effort to listen, hear, and answer your 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.

Come and learn about ways to improve your quality of life.
A question/answer period will follow their discussion.

This month we are excited to present: Dr. Fran Bergfeld Kuhns, Pharm D

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



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.



*I love autumn, the one season of the year that God seemed
to have put there just for the beauty of it. – Lee Maynard*

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



Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on October 4th or October 18th. 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.



Can't Keep up with Energy Bills????

C.E.F.S. may be able to **HELP!**

Your household may be eligible for help paying your utility bills if you meet the following guidelines:

Family Size	30 Day Income (before tax)
1	\$1,459
2	\$1,966
3	\$2,474
4	\$2,981



For Help please contact your local C.E.F.S.
Effingham: 217-347-7514 Clay: 618-662-4042

Halloween is right around the corner!! The Halloween Parade in Effingham will be at 2:00 PM on Sunday, October 30th. Trick or Treat will be held on Monday, October 31st from 6:00 PM until 8:00 PM in Effingham.



Tuesday Evening Meal

Join us at 5:00 pm on the first Tuesday of each month for the Tuesday Evening Meal at the Senior Center, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation by the Monday before the meal. For transportation, call ECPT at 1-855-755-2478. Meals are a suggested donation, but no one will be denied for inability to make a donation.

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



Ruth Gier – 5 hrs
Cindy Martens – 12 hrs
Sharon Bludworth – 2.5 hrs
Sharon Caylor – 1 hr
Sara McKinney – 11 hrs
Joan Walker – 1 hr
June Harris – 1 hr

Colleen Sutton – 8 hrs
Evelyn Mann – 1 hr
Jerry Katt – 12 hrs
Jackie Morgan – 9 hrs
Dalyne Sapp – 16 hrs
Ed Eckert – 1 hr
Gerry Hoene – 2 hrs

Blood Pressure Checks

Monday, Oct. 3 : 11-11:30 Eff. Golden Circle Nutrition Site

Tuesday, Oct. 4 : 11-11:30 Shumway Kluthe Center

Wednesday, Oct 5 : 9-10 Catholic Charities

Thursday, Oct. 6 : 10:30 – 11:30 Effingham Senior Center

Thursday, Oct. 13 : 11:30-12 Dieterich Civic Center

Monday, Oct. 24 : 11 – 11:30 Altamont Municipal Building



Please join us for cake & ice cream on Thursday, October 27th at 1:00 p.m. for those celebrating a birthday this month.

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

Rules of the Road

Will be held in the Activity Center on Friday, November 4th from 9:30 to 11:30 am.



October is National Breast Cancer Awareness Month, a time to remember those who have lost the battle to breast cancer and support those who continue to fight daily. Thanks to improvements in treatment and early detection, more women are winning the fight against breast cancer. As we continue to progress toward a cure, we're also learning more about how to prevent the disease. Eliminating breast cancer is an ongoing battle. While every woman is unique, in general, survival rates for breast cancer can reach 93% when detected in the earliest stages.

October 2016:

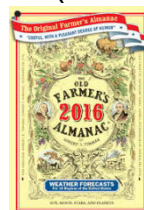
Temperature 58 (6 above average). Precipitation 1.5" (1" below average).

1-5: Showers, cool.

6-14: Sunny, warm.

15-24: Showers, then sunny, warm.

25-31: Rain, then snow showers, turning cold.





- Don't forget to turn your clocks back one hour as you are going to bed on November 5.
- Election day is Tuesday, November 8th. Don't forget to vote! We are voting on many different issues and appointments so please read, analyze, and know your position on each race. Your vote will count!!!



Coffee Club

All Are Welcome To Attend
(Men & Women)



Busses are available to take you to this event and it's a great way to get out and enjoy some good conversation!

Call ECPT at 1-855-755-2478 at least 24 hrs in advance for pickup.



Join HSHS St. Anthony's for "Walk With a Doc" on Saturday, **October 15th at 9:00 am** at the TREC Trail. Meet in the EPC parking lot to hear a brief presentation from a local physician before enjoying a walk. Come and exercise! Enjoy the great outdoors and interact with the community.



Audibel will be at the Senior 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, October 4th at 10 am. Please call 217-347-5934 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.

Admit One

Senior Cinema

On Tuesday, October 18th at 1:00 pm come and enjoy "Dial M for Murder" starring Alfred Hitchcock and Grace Kelly. Popcorn and drinks will be served. Call 217-347-5569 to reserve your seat.



Admit One

Nursing Home Bingo



Will be held on **Thursday, October 6th** here at the center 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination.

- Christopher Columbus

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.

Long-Term Care Ombudsman

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



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 Tom today at 217-347-5569.



Remember...

OPEN ENROLLMENT

for Medicare Part D is

October 15th - December 7th.

Please call 217-347-5569 to make an appointment for a plan comparison!

Come to the Senior Center and knit or

crochet with us!



Join the ladies every Monday morning at 9:30 in the Activity Center!!!

BREAKFAST IN A BRIEFCASE

Sponsored by: Lakeland Rehab & Health Care Center

When: Thursday, October 20th, 2016

Where: Effingham Senior Center

What Time: 8:30 am

Guest Speaker: Char Wasson, Director Of Therapy For Aegis

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



Illinois Telecommunications Access Corporation

An amplified phone may be your ticket to hearing more clearly over the phone. ITAC has several FREE amplified phones for selection by those with hearing problems. There are no age or income restrictions on this program. Call Senior Services at 217-347-5569 if you are interested in learning more about ITAC. You'll be surprised at what you have missed by not being able to hear!

COMMUNITY CARE PROGRAM

“....helping older people live independently”



Did you know that Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for the 9 counties within the region of the AAA (09) in 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.



What do skeletons say before eating?

- Bone Appetit!



Why didn't the skeleton go to see a scary movie?

- He didn't have the guts!

ChiliFest

Effingham Central Business Group

Where: Downtown Effingham

Date: October 14, 2016

Time: 5:00 – 8:00 pm



Chili, live music, & fun for the whole family!

Jim Rhodes, Certified Bob Ross Instructor, will be here at the Senior Center on Monday, Oct 3rd at 10:00 am to guide you in painting. Bring your passion and see what you create. You will be totally amazed. Please call Jim at 217-536-6546 for more information.



Happy August Birthday!

Mary Higgs, Dee Skrobot, Rita Asplin,
Lorraine Sager, Jerry Katt, Carolyn Berger,
& Shirley Compton.



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".

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. The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am at the Effingham Senior Center.

For more information contact Barb Carie at 217-347-7536.



Did you know.... October is National Chili Month!

1 lb ground beef	1 onion, chopped
1 (14.5 oz) can stewed tomatoes	1 (15 oz) can tomato sauce
1 (15 oz) can kidney beans	1-1/2 cups water
1 pinch chili powder	1 pinch garlic powder
Salt and pepper to taste	



- 1) In a large saucepan over medium heat, combine the beef and onion and saute until meat is browned and onion is tender. Add the stewed tomatoes with juice, tomato sauce, beans and water.
- 2) Season with the chili powder, garlic powder, salt and ground black pepper to taste. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

NAMI BROWN BAG SUPPER & SUPPORT!

Who: NAMI of Effingham County Support Group Meeting
National Alliance on Mental Illness (NAMI)



What: The NAMI of Effingham County Support Group Meeting will be on Wednesday, October 12th, 2016 at 5:00 p.m. Bring your own brown bag supper and meet other caregivers supporting someone with Mental Illness --- husbands, wives, parents, and siblings are 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 Kaye DeSelms Dent, Attorney. She will be making a presentation on special needs, wills and trusts.

Founded in 1979, NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support, and education.

When: October 12th, 2016 (Wednesday) 5:00 p.m. (Support meetings are held on a regular basis on the 2nd Wednesday of each month).

Where: **NEW LOCATION!** The Effingham Public Library in either the Luttrell or Workman Room. Both are in the basement.

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

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



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.celfseoc.org/CIPT/CIPT.htm>

Make your Benefit Access
Program
(formerly Circuit Breaker)
Appointment today call
217-347-5569



MONTHLY POTLUCK AT THE SENIOR CENTER

October 6^h at 11:30 am

Sponsored by Brookstone Estates

Brookstone Estates 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 register today!



Effingham County Public Transportation

Effingham Saturday Trips



October 1—Taylorville Chilifest
Taylorville, IL

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**October 8—Scarecrow Daze**  
**Shelbyville, IL**

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October 15—Sullivan Oktoberfest
Sullivan, IL

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**October 22—The Great Pumpkin Patch**  
**Arthur, IL (\$5 per person entry fee)**

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October 29—Fall Flea Market at Cross County Mall
Mattoon, IL

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

Where would you like to go?

If you have a request for a destination for a
Saturday Trip, please call
Jennifer at 217-994-0724



**FRIENDS,
FOOD,
FELLOWSHIP**

C.E.F.S / GOLDEN CIRCLE NUTRITION PROGRAM

October 2016 MENU

CALL THE DAY BEFORE TO RESERVE MEAL.

Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal

Mon	Tue	Wed	Thu	Fri	Effingham Tues Evening Meal
3 Ham & Beans Cole Slaw Beets Peaches Corn Bread	4 Italian Beef on Hoagie Bun Roasted Red Potatoes Broccoli Jello w/fruit	5 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	6 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	7 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich Whole Grain Bread Creamy Cole Slaw Apricots	4 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie
10 Closed Columbus Day	11 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	12 Potato Soup Crackers 1/2 Tuna Salad Sandwich Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots	13 Lasagna Tossed Salad w/tomatoes Spiced Apples Brownie Garlic Bread Stick	14 Chicken & Noodles Spinach Glazed carrots Chilled Pineapple Whole Grain Bread	
17 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	18 Meatloaf Whipped Potatoes Corn Mandarin Oranges Oatmeal Cookie	19 Chicken Pot Pie Creamy Cole Slaw Apricots Biscuits	20 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Whole Grain Bread Birthday Cake	21 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	
24 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread	25 Tuna Noodle Casserole Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	26 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuits	27 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	28 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	
31 Riblet on Bun Au Gratin Potatoes Baked Beans Apricots				Final	Golden Circle Nutrition 217-347-2851

Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!



Health Alliance Medicare has a strong network of doctors you can rely on, so you can stop worrying about health care and get back to doing what you love.

▶▶▶ Travel, explore, dance, garden, golf, relax.
Keep living well with a health plan that fits your life.

Call us to learn more.

1-888-382-9771, 8 a.m. to 8 p.m.
weekdays. TTY 711.

Health Alliance Medicare is an HMO and PPO plan with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. Other providers are covered in our network.

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Activity Calendar