



209 S. Merchant
Effingham, IL 62401

Sunset Times

September 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 on **Monday, September 5, 2016** in observance of Labor Day.
Senior Services will be closed on **Tuesday, September 27, 2016** for a staff meeting.



FLU SHOT CLINIC: Effingham Senior Center Thursday, September 8th, 2016 10:00 AM

The shot is covered by Medicare so please,
bring your **MEDICARE** card with you!

If you have any questions, please contact Nicole
from the Effingham Walgreens pharmacy.
at 217-342-6075.



Labor Day

The first Monday in September, it's a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly and national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country...ENJOY YOUR DAY !



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

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



Remember September 11, 2001



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,
And I gladly stand up next to you and defend her still today,
'Cause there ain't no doubt I love this land God Bless the U.S.A.

★ Please keep all the soldiers, deceased and living, in your thoughts and prayers. We are grateful for what they have done for our country and what they are doing now. Also, please remember all the firefighters and policemen and women and citizens that were lost on September 11, 2001.



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



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

Blood Pressure Checks

Thursday, Sept. 1: 10:30 – 11:30 @ Effingham Senior Center

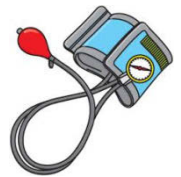
Tuesday, Sept. 6: 11-11:30 @ Shumway Kluthe Center

Wednesday, Sept. 7: 9-10:00 @ Catholic Charities

Thursday, Sept. 8: 11:30-12 @ Dieterich Civic Center

Monday, Sept. 26: 11-11:30 @ Altamont Municipal Building

Tuesday, Sept. 27: 10:30-11:30 @ Jasper County Senior Center



St. Anthony's
Memorial Hospital



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, September 8th 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 his discussion.



This month by special request we are excited to present: Bonnie Kruse, MS, RD, MBA

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.

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.

BINGO

Nursing Home Bingo

BINGO

Residents of the local nursing homes are invited to attend Bingo on the 1st Thursday of each month at the Effingham Senior Center. Light refreshments and Bingo prizes are provided. We believe that this is one activity at the center that truly does make it all worthwhile. Putting smiles on faces and making life a little brighter for our elderly nursing home residents brings a joy to them and a warm glow to those who participate. If you would like to bring happiness to residents, then come out to the Senior Center and help out on this very special day. For those who would like to participate, please call 217-347-5569 in advance.

Rules of the Road

Friday, September 2nd
9:30am – 11:30am in the
Activity Center



Toe Nail Clinic



Bring your toes, tubs, and towels to the Senior Center on September 6th or September 20th. 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.

THANK YOU TO ALL THE GRANDPARENTS! September 8th, National Grandparents Day

Grandparents are special people
with wisdom and pride.

They are always offering love and kindness
and are always there to guide.

They often make you feel so confident
and strong.

Their arms are always open
no matter what you did wrong.

They try to help out in every way
that they can.

They love all their grandchildren the same
whether you're a child, woman or man.

They are always there to listen
and to lend a helping hand.

They show you respect
and they try to understand.

They give their love, devotion and so much more,
that's easy to see.

Grandparents, what perfect examples
of the kind of person that we should be.



Senior Services would like to extend a **BIG** "Thank You" to our **August** volunteers:

Thank You

Sonja Martin – 1 hr
 Evelyn Mann – 1 hr
 Jerry Katt – 15 hrs
 Cindy Martens – 12 hrs
 Gerry Hoene – 2 hrs
 Colleen Sutton – 5.5 hrs
 Jackie Morgan – 8 hrs
 Sharon Caylor – 1 hr

June Harris – 4 hrs
 Ed Eckert – 1 hr
 Sara McKinney – 8 hrs
 Ruth Gier – 13.5 hrs
 Noel Hyde – 16 hrs
 Dalayne Sapp – 16 hrs
 Sharon Bludworth – 9.5 hrs

Reflection

As I was hobbling down the street
 on these old tired and aching feet
 I passed a shop and out of the
 corner of my eye,
 I caught a glimpse of an old,
 stooped shoulder, and sad looking guy.
 A few steps farther and I turned around,
 my feet seemed much lighter as
 they touched the ground.



Because I was going back to cheer up that old guy.
 that I had glimpsed out of the corner of my eye.
 But when I got back I was surprised to see,
 that old guy was a reflection
 in the window of me.

- Melvin R Higgs



QUILT SHOW



Friday, Sept. 9th from 9 am – 5 pm
 Saturday, Sept. 10th from 9 am – 2 pm

Thelma Keller Convention Center
 1202 North Keller Drive
 Effingham, IL 62401-4523

Admission

\$5.00 for adults
 \$1.00 for children ages 5-12



Appearing at this years show:

Over 100 entries in 10 different
 categories
 Quilting & Craft vendors
 Demonstrations
 Scissor Sharpening (Sat only)
 Special Exhibit



OLD FARMERS ALMANAC



SEPTEMBER 2016: temperature
 65° (3° above avg.); precipitation
 2.5" (1" below avg.); **Sep 1-3:**
 Sunny, warm; **Sep 4-11:** T-storms,
 then sunny, cool; **Sep 12-19:**
 Showers, cool; **Sep 20-25:** Sunny,
 quite warm; **Sep 26-30:** Showers,
 turning cool.



AUDIBEL®

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, September
 6th at 10:00 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.

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



SHIP

(Senior Health Insurance Program)

State Certified Senior Service 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"

POTLUCK



Please join us for our **MONTHLY POTLUCK** on September 1st at 11:30 am. Evergreen Nursing & Rehabilitation 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 qt size dish.

Please call 217-347-5569 to register today!



Please join us for cake and ice cream on

Thursday, September 29th at 1:00 p.m.

for those celebrating a birthday in September.

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



Remember...Open enrollment for Medicare Part D begins on October 15th and runs through December 7th. Please call 217-347-5569 to make an appointment!

Victims Of Crime Assistance (VOCA)



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.

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.

PAINTING WITH JIM

Jim Rhodes will be here at the Senior Center on Monday, September 19th at 9:30 to guide you in painting. Bring your passion and see what you create. You will be totally amazed.



Come and Knit or Crochet with us!



Join the ladies every Monday Morning at 9:30 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.



Illinois Telecommunications Access Corporation

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!



Happy July Birthday!

Blanche Ready, Betty Ramirez, Pauline Worman,
Vi Kirchoff, & Frank Harris.



“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



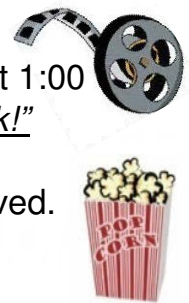
Take Off Pounds Sensibly

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.

Admit One

Senior Cinema

On Tuesday, September 20th at 1:00 pm come and enjoy “McLintock!” starring John Wayne. Popcorn and drinks will be served. Reserve a seat by calling 217-347-5569.



Admit One



National Alliance on Mental Illness (NAMI) Support Group Meeting



NAMI of Effingham County will hold its monthly Support Group Meeting on Wednesday, September 14th at 5:00 pm at one of the shelters in Community Park in Effingham, for our annual picnic. Families, friends, caregivers, and loved ones are invited for food, fellowship, and fun. Food is provided, but you are welcomed to bring a dessert to share. Featured speaker/entertainment will be Ms. Kelly Willenborg, Certified Cognitive Wellness Coach who will be demonstrating “drumming”. Come and find out what this really is and how it benefits to your well being.

Founded in 1979 NAMI is the 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 engaged in support, education, advocacy and research.

NAMI of Effingham County holds Support Group Meetings every Second Wednesday of the month at the Effingham Public Library.

Please RSVP by Friday, September 9th, to attend the picnic. Call 217-690-6583 or e-mail namieffingham@gmail.com to let us know how many will be attending or for more information.

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
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



September 3—Arthur Cheese Festival
Arthur, IL

~~~~~

**September 10—Arcola Broomcorn Festival**  
Arcola, IL

~~~~~

September 17—Belleville Flea Market
Belleville, IL

~~~~~

**September 24—Wellness and Brain Fitness Fair**  
Market Place Mall  
Champaign, 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

**Effingham County Public Transportation**

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.cefseoc.org/CIPT/CIPT.htm>

GOLDEN CIRCLE MENU PAGE



## Addus In-Home Care

### Home and Community-Based Services to Preserve Independence

#### The Professional Help You Need, When You Need It

- Personal Care (Bathing/Dressing)
- Meal Planning & Preparation
- Housekeeping and Laundry
- Companionship
- Live-in Services
- Assistance with Medications
- Transportation (Shopping/Errands, Appointments)
- Respite Care
- Other Activities of Daily Living

#### Eligibility, Cost and Reimbursement

Cost of services may be covered in whole or in part if you or your family member qualifies for services under any of the following sponsoring programs:

- Long-Term Care Insurance
- Managed Care Insurance
- Medicaid
- Veterans Administration
- Workmen's Compensation
- Private Pay

We will provide a free consultation to answer any questions you and your family members may have about home care needs.

Any Addus HomeCare office will provide information regarding the many government programs to which Addus is a service provider. In the majority of cases, our team will make a referral to the appropriate local government agency or case management team to arrange an assessment of your health and need for assistance.

Once this assessment is completed, a specific plan of care will be recommended. Some of our clients require just a few basic services while others may require a full range of home care services. Once this is determined an Addus HomeCare Aide can be assigned to provide the required services.

To learn how to begin the process and to arrange for professional home care, call Addus HomeCare.

**We serve all counties in Illinois!**

# (888) 233-8746

for additional information



[www.addus.com](http://www.addus.com)



## Addus HomeCare

Serving Families at Home Since 1979

## ACTIVITY CALENDAR