



Sunset Times

CELEBRATING OVER 40 YEARS

To Join the Sunset Times email list, please email jbohnhoff@seniorservices-eccoa.org or check out our webpage at www.seniorservices-eccoa.org and click on the news tab

OUR OFFICE WILL BE CLOSED JULY 3RD IN OBSERVANCE OF THE JULY 4TH HOLIDAY!

Independence Day

Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die.

~Dwight D. Eisenhower

**2015 WHITE HOUSE CONFERENCE ON AGING—MONDAY, JULY 13TH
SPECIAL EVENT BEING HELD HERE AT THE EFFINGHAM SENIOR CENTER, LEARN MORE ON PAGE 9**



**July 17th
Blood Drive!
10:00am—2:00pm
At The Senior Center!**
Drawing for Free Tickets to Holiday World For Those Who Donate Blood.

COMMUNITY CARE PROGRAM

“ . . . HELPING OLDER PEOPLE LIVE INDEPENDENTLY ”

Established in 1979 by Public Act 81-202, the Illinois Department on Aging's Community Care Program helps senior citizens, who might otherwise need nursing home care, to remain in their own homes by providing In-home and community-based services....aimed at assisting seniors to maintain their independence and providing cost effective alternatives to nursing home placement.

The Community Care Program provides services to any person who applies for the program and meets all current eligibility requirements. The Community Care Program is one of the 1915(c) waivers for home and community-based services under the Medicaid Program.

Who is eligible?

People who...

- Are 60 years old or older;
- Are U.S. citizens or legal aliens;
- Are residents of Illinois;
- Have non-exempt assets (Non-exempt assets do not include home, car, or personal furnishings.); and
- Have an assessed need for long term care (to be at risk for nursing facility placement as measured by the Determination of Need (DON) assessment).

NOTE: Although the level of income does not affect eligibility for the program, an income level is established for each participant to determine the participant's ability to contribute to the cost of care.

Services

- Adult Day Service (in specific areas)
- Emergency Home Response Service
- In-Home Services (Homecare Aide)
- Money Management

Questions & Answers:

Q: Could I get an Emergency Button free?

A: Yes, there are programs out there that do provide this Emergency Button free, it will give you peace of mind knowing that if you fall, help is near. Many families have great distance between children and care givers, and having that extra peace of mind benefits everyone.

Q: Since I am getting a bit older, I could sure use a little help with light housekeeping, meal preparation, laundry and other tasks, is there a program where I can get some assistance, oh, and by the way; I do not have a large income.

A: Yes, the State of Illinois Department of Aging has the Community Care Program available for you. We want you to continue to live independently in your OWN home, for as long as you can. Call Senior Services today at 217.347.5569 and make an appointment for a staff member to come out and speak with you about the Community Care Program. There is no cost for this service. There are certain program guidelines that do determine eligibility.



**IF YOU ARE NEEDING ASSISTANCE STAYING IN YOUR HOME
OUR CCP PROGRAM IS WELL WORTH A CONSULTATION
WITH ONE OF OUR TRAINED CARE COORDINATORS**



**Dine With A Doc July 9th
from 11am-1pm
At the Effingham Senior Center**

Reservations are required and can be made by contacting: the center at 217-347-5569, seating will be limited.

Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch.

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's guest speaker will be Dr Artuor Menchaca MD from Paris Community Hospital Family Medical Center. Dr. Menchaca provides a variety of surgical and non-surgical treatments for dropped pelvic organs, incontinence, infertility, and other gynecological conditions.

Lunch will be provided compliments of



THANK YOU TO OUR JUNE VOLUNTEERS

Jackie Morgan—8 hrs
Sara McKinney—4 hrs
Joan Walker—3 hrs
Gerry Hoene—10 hrs

Jerry Katt—13 hrs
Colleen Sutton—6.5 hrs
June Harris—3 hrs
Evelyn Mann—5 hrs

Linda Greenwood—3 hrs
Ed Eckert—3 hrs
Sonja Martin—2 hrs
Kathy Fehrenbacher—1 hr

Emily Painter—2 hrs
Cindy Martens—12 hrs
Trudy Bailey—1 hr

SPONSORED BY HSHS ST. ANTHONY'S MEMORIAL HOSPITAL

Every Third Saturday of the Month at 9am

July 18th at 9am at the TREC Walking Trail

Winter & Inclement Weather Location is at the Village Square Mall
Spring, Summer and Fall location is at TREC Walking Trail



SUCCESSFUL AGING IN THE 21ST CENTURY

SPONSORED BY LAKELAND REHAB

When: Friday, July 24th, 2015 at 11:00 am

Where: Effingham Senior Center

Guest Speaker: Illinois Comptroller Office

Call 217-347-5569 to confirm your reservations





BENEFITS ACCESS PROGRAM (formerly Circuit Breaker) Is A License Plate Discount Program

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

RIDES MASS TRANSIT DISTRICT EFFINGHAM SATURDAY TRIPS

*Let's go shop, eat, socialize and have FUN! Invite family and friends
to come see and do exciting things with you!*

July 11th—Bluegrass Reunion, Charley Brown Park in Flora IL, Shopping & Lunch

**July 18th—Belleville Antiques & Collectibles Flea Market,
Shop at Carlyle Plaza & Have Lunch**

**July 25th—Enjoy Lunch, Shop The Vendor Fair At The Chataqua In Shelbyville,
Then Tour The Dam At Lake Shelbyville**

All Trips will leave the Effingham Senior Center at 8am Every Saturday.

Let's get out and Ride. Seniors show your RMTD card and ride at no charge to you. If you are a senior and need a ID card please contact the Rides office at 1-877-667-6123. If you are not a senior there will be a minimal fare.

TO SCHEDULE A RIDE CALL 1-877-667-6123 BY 3PM THE THURSDAY BEFORE THE TRIP.



Gerelene Burry, Joan Walker, Ruth Shadwell,
Sharon Caylor & Roger Asplin



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 and meeting on the second Wednesday at 11:00am at the

MONTHLY POTLUCK July 2nd 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 2 qt size dish.

Registration Required, Please Call 217-347-5569



**HSHS St Anthony's
Memorial Hospital
Blood Pressure
Screening July 2nd from
10:30 am to 11:30 am**





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**THERE ARE NO AGE OR INCOME
RESTRICTIONS ON THIS PROGRAM!
If you are interested in learning more
about this program make an appoint-
ment today by calling 217.347.5569**



National Alliance on Mental Illness

**OF EFFINGHAM COUNTY
SUPPORT GROUP MEETING**

**BROWN BAG SUPPER
& SUPPORT MEETING**

Meetings are held the 2nd
Wednesday of each month,
July 8th at 5:00 pm

Bring your own brown bag supper
and meet other caregivers support-
ing someone with Mental Illness—
husbands, wives, parents, 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.

The Illinois Home & Community Ombudsman Program

Serving: Clay, Effingham, Fayette, Jefferson and Marion Counties

A main goal of the Home and Community Ombudsman Program is to allow
Ombudsmen to advocate for clients to receive appropriate services to reduce the
risk of placement in a long term care facility.

**The Home & Community
Ombudsman Program provides a
range of services which include but
are not limited to:**

- Providing information about home care
- Promoting access to home care services
- Advocating for more long-term care options



**Contact Terri Simpson, Regional Ombudsman, if
you have any questions at 217-347-5569**

VOCA-CRIME VICTIMS ASSISTANCE

- If you think you have been a victim of a crime such as
- Construction/Home Repair Fraud
- Unknown charges to your bank account or credit card
- Identity Theft and Scams

Call Senior Services. Tom Kern may be able to help you navigate the system, get answers to your questions

and get you a resolution to the problem.



When you need Tom's help call, 217-347-5569

LONG TERM CARE OMBUDSMAN PROGRAM



The Illinois Long-Term Care Ombudsman Program strives to protect & promote the rights & 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 office to speak with:

Regional Long Term Care Ombudsman, Terri Simpson at 217-347-5216

S.H.I.P. (SENIOR HEALTH INSURANCE PROGRAM)

Senior Services staff are available to assist Medicare beneficiaries & their caregivers with insurance counseling. Please call our office to make an appointment.



Audibel will be at the Senior Center to do free hearing tests, checkups and minor repairs **FOR ALL BRANDS** of hearing aids, as well as fitting for hearing aids at discounted prices. Audibel will be at the Center on **Tuesday, July 7th 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.



Movie Time!

Thursday, July 23rd at 1:00 pm

The Man Who Shot Liberty Valance Starring James Stewart & John Wayne

Popcorn and drinks will be served

Reserve A Seat By Calling, 217-347-5569

Painting With Jim

Every 1st Monday of the Month at 10am

The painting to the right is an example of what you will accomplish when you paint with Jim. No experience necessary! And you will go home with a completed painting for your home!

Call Jim for more details at 217.536.6546



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Exceptional care, closer to home. Bringing comfort to body, mind, and spirit, HSHS Hospice Southern Illinois cares for the whole person and their whole family. Night and day, our skilled team is here to help you with medical care, pain management, planning, and emotional support.

To discuss your options, call 347-1777.

Where you come first.



RULES OF THE ROAD CLASS



Will be held on July 10th at 9:30am at the Senior Center please call to register at **217-347-5569**



Coming July 31st Thru August 8th

TOE NAIL CLINIC

We will have a toe nail clinic on **July 7th & July 21st at 1:00pm**



Make sure to bring your towel and a tub for your toes to soak in!

EMERGENCY HOME RESPONSE SERVICE

EHR 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 (EHR) 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

EHR offers 24-hour-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.



LEARN THE MNM'S OF Diabetes



**Presented by Linda Dust, RN, Certified Diabetes Educator
HSHS St. Anthony's Memorial Hospital**

Living with diabetes can be challenging. Linda will discuss issues you experience as you manage your diabetes and answer questions you may have.

A light, healthy snack will be provided, as well as a Door Prize.

Join us Wednesday, July 22nd at 10:00 am

Please RSVP by calling the office, 217-347-5569

ECCOA/SENIOR SERVICES DOES ACCEPT AND APPRECIATE ALL DONATIONS.

YOUR DONATIONS ASSIST WITH THE SERVICES WE PROVIDE.

Senior Services Donation Form

Name: _____

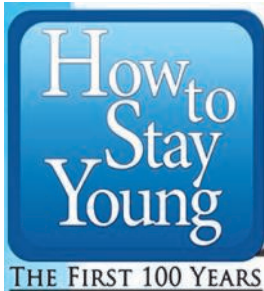
Address: _____

Phone Number: _____

Email Address: _____

Donation Amount (\$): _____

Donation Comments: _____



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Website: doctorstanfield.com



Our doctors at Stanfield Chiropractic, with over 20 years experience in wellness education

Presentation: How To Stay Young, The First 100 Years
July 15th at 11:00 am at The Senior Center
Lunch Provided by Stanfield Chiropractic
Reservations Required by calling 217-347-5569

MARK YOUR CALENDARS!



When: August 5, 2015
Time: 9 a.m. to 11 a.m.
Where: Effingham Armory
1206 W Temple Ave
Effingham IL 62401

FREE Admission!
Door Prizes!

FREE Refreshments!
FREE Health Screenings!

Sen. Kyle McCarter—Sen. Dale Righter
Sen. Chapin Rose—Rep. John Cavaletto

DEFENSIVE DRIVING CLASS - August 18th & August 19th
from 8:30 am to 12:30 pm, Certified Instructor — Dave Maxey
- NO Pass or Fail Test Taken - Certificate is Good for 3 Years
- Insurance Discounts Upon Completion

Driving has changed since you first got your license. The AARP SMART DRIVER Course is a defensive driving refresher class. \$15 for AARP members, \$20 for non-members.

Class Size Is Limited, Sign Up By Calling 217-347-5569



2015 WHITE HOUSE CONFERENCE ON AGING



History Of The White House Conferences On Aging

The first White House Conference on Aging (WHCoA) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These conferences have been viewed as catalysts for development of aging policy over the past 50 years. The conferences generated ideas and momentum prompting the establishment of and/or key improvements in many of the programs that represent America's commitment to older Americans including: Medicare, Medicaid, Social Security, and the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans for the next decade. In the past, conference processes were determined by statute with the form and structure directed by Congress through legislation authorizing the Older Americans Act. To date, Congress has not reauthorized the Older Americans Act, and the pending bill does not include a statutory requirement or framework for the 2015 conference.

However, the White House is committed to hosting a White House Conference on Aging in 2015 and intends to seek broad public engagement and work closely with stakeholders in developing the conference. We also plan to use web tools and social media to encourage as many older Americans as possible to participate. We are engaging with stakeholders and members of the public about the issues and ideas most important to older individuals, their caregivers, and families. We also encourage people to submit their ideas directly you can go to our website at www.whitehouseconferenceonaging.gov.

The Issues

The face of America is growing older and more diverse as the first baby boomers reached retirement age in 2011, accelerating a population surge in the number of Americans over the age of 65. Each day for the next 15 years, thousands more will reach retirement age, creating new opportunities for how we define what it means to be an older American. The 2015 White House Conference on Aging allows us to highlight the contributions of older adults today, and to shape the landscape of aging for the decade to come.

The President believes that older Americans are a tremendous national asset and has consistently worked to support their needs by, for example, strengthening Medicare and protecting Social Security. The White House Conference on Aging offers a unique opportunity to reflect on this work while looking forward to the next decade. We are listening to older Americans, families, researchers, caregivers, and leaders in the field of aging about the issues of most importance to them. Diverse stakeholders have provided substantial feedback at Regional Forums, listening sessions, webinars, and sent policy responses from around the country.

In our conversations to date, some common themes have emerged, including: how to ensure we prepare for financial needs in retirement; how to remain healthy as we age; what types of services and supports can help older Americans remain independent in the community as we age and how to support this care and the caregivers who provide it; and how to protect older Americans from financial exploitation, abuse, and neglect. The 2015 White House Conference on Aging provides an opportunity to listen to older Americans and engage with the American public about strategies to continue to maximize the contributions of older Americans to our country.

2015 WHITE HOUSE
CONFERENCE
on AGING

The White House Conference on AGING

Host Site: Effingham Senior Center

When: July 13th

Times: Limited Sessions Available

**Live Showing of the conference
throughout the day**

◆ Snacks & Drinks Provided ◆

Space Per Session Is Limited So Call Today at 217-347-5569 To Reserve Your Time



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

July 2015 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

Suggested Donation
\$2.60 Congregate Meal
\$2.85 Delivered Meal
\$3.00 Tues Evening Meal

Effingham Tues Evening Meal

Mon	Tue	Wed	Thu	Fri
<p><i>Golden Circle Nutrition</i> Ph: 217-347-2851</p> <p>Effingham Senior Center Ph: 217-347-5569</p>	<p>6 Beef Tips w/ mushroom gravy over Noodles Brussels Sprouts Corn Apricots</p>	<p>7 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll</p>	<p>1 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced bananas</p>	<p>2 Pork Burger on Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley</p>
<p>13 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies</p>	<p>14 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes Baked Beans Cantaloupe</p>	<p>8 Grilled Chicken Ceaser Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Crackers</p>	<p>9 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/Tomatoes Baked Apples Garlic Bread</p>	<p>10 Fish on Bun Cauliflower w/cheese Seasoned Lima Beans Cantaloupe</p>
<p>20 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/Fruit Cocktail</p>	<p>21 Grilled Pork Tenderloin Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon</p>	<p>15 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit</p>	<p>16 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Birthday Cake</p>	<p>17 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll</p>
<p>27 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun</p>	<p>28 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie</p>	<p>22 Taco Salad w/tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Applesauce</p>	<p>23 Chicken Patty Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread</p>	<p>24 Cheese Omelet & Sage Patty Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll</p>
<p>7 Fried Chicken Mashed Potatoes Gravy Green Beans Fruit Cocktail</p>	<p>14 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe</p>	<p>29 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread</p>	<p>30 Pork Roast Baked Sweet Potatoes Brussels Sprouts Applesauce Whole Grain Roll</p>	<p>21 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/Tomatoes Baked Apples Garlic Bread</p>
<p>28 Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun</p>	<p>31 Tuna Salad Sandwich Tomato/Cucumber Medley Black Bean & Corn Salad Watermelon FINAL</p>	<p>31 Tuna Salad Sandwich Tomato/Cucumber Medley Black Bean & Corn Salad Watermelon FINAL</p>	<p>28 Meatloaf Scalloped Potatoes Butter Beans Whole Grain Bread Birthday Cake</p>	<p>31 Tuna Salad Sandwich Tomato/Cucumber Medley Black Bean & Corn Salad Watermelon FINAL</p>



Closed
July 4th Holiday

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

JULY ACTIVITY CALENDAR

SATURDAY TRIPS



















Fri

Thu

Wed

Tue

Mon

<p>6 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes 10:00 Painting w/Jim</p>  	<p>7 9:00 Exercise to Tape 10:00 Audibel 10:00 Line Dancing 1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo</p> 	<p>8 COFFEE CLUB 9:00 TOPS 11:00 NARFE 5:00 pm NAMI</p>  	<p>9 9:00 Exercise to Tape 11:00 Dine With A Doc Sponsored by Lakeland Rehab</p> 	<p>10 COFFEE CLUB 1:00 Bingo Sponsor: Effingham Ophthalmology</p> 	<p>11 Bluegrass Reunion Charley Brown Park Flora IL Shopping & Lunch</p> <p>Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>
<p>13 9:30 White House Conference On Aging Meetings Throughout the day NO KNIT/CROCHET & QUILTING TODAY</p>	<p>14 9:00 Exercise to Tape 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>15 COFFEE CLUB 9:00 TOPS 11:00 How To Stay Young in the 1st 100 Years Sponsored by Stanfield Chiropractic</p> 	<p>16 9:00 Exercise to Tape</p>	<p>17 COFFEE CLUB Blood Drive From 10:00am— 2:00pm NO BINGO</p> 	<p>18 Walk With A Doc, 9am at the Trec</p> <p>Belleville Antiques & Collectibles Flea Market & Shop at Carlyle Plaza</p> <p>Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>
<p>20 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p> 	<p>21 9:00 Exercise to Tape 10:00 Line Dancing 1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo</p> 	<p>22 COFFEE CLUB 9:00 TOPS 10:00 am Diabetic Presentation Sponsored by HSHS St Anthony's Memorial Hospital</p> 	<p>23 9:00 Exercise to Tape 1:00 pm Movie Time</p> 	<p>24 COFFEE CLUB 11:00 Successful Aging in The 21st Century 1:00 Bingo Sponsor: Lakeland Rehab</p> 	<p>25 Vendor Fair at the Chataqua in Shelbyville & Tour The Dam</p> <p>Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>
<p>27 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p> 	<p>28 9:00 Exercise to Tape 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>29 COFFEE CLUB 9:00 TOPS</p> 	<p>30 9:00 Exercise to Tape 1:00 Birthday Party w/Cake by Martins, Ice Cream from Brookstone Suites, Gift from Effingham Health & Rehab</p> 	<p>31 COFFEE CLUB 1:00 Bingo Sponsor: Brookstone Estates</p> 	<p>4 NO SATURDAY TRIP PLANNED FOR 4TH OF JULY</p>