



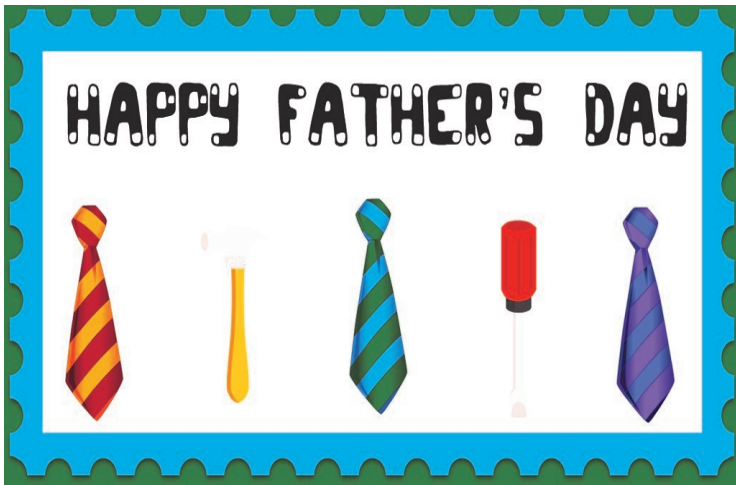
Sunset Times

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



**Senior Services Will Be Closed
June 30th For A Staff Meeting**



My DAD
 My father is a man like no other.
 He gave me life, nurtured me,
 taught me, dressed me, fought for
 me, held me, shouted at me,
 kissed me, but most importantly
 he loved me unconditionally.
 There are not enough words I can
 say to describe just how
 important my father was to me,
 and what a powerful influence he
 continues to be.
I LOVE YOU DAD.

**Remember Your Dad
On June 21st, 2015**

We Would Like to Thanks All Of Those Companies that Participated In or Donated To Our Events For May's Older American Month! With So Many Participants, Too Many To List, We Would Like To Thank You All For Your Generosity And Assistances With Each And Every Event We Did For The Seniors!

Thank You Again For Your Generosity!



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



**Dine With A Doc June 11th
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 Announced.
Lunch will be provided compliments of



{thank you}
♥

OUR MAY VOLUNTEERS

{thank you}
♥

Jackie Morgan—8 hrs
Sara McKinney—6 hrs
Joan Walker—4 hrs
Gerry Hoene—9 hrs
Jerry Katt—17 hrs

Colleen Sutton—6.5 hrs
Cindy Grunloh—1 hr
Judy DeLong—5.5 hrs
Evelyn Mann—2 hrs
Linda Greenwood—1 hr

Kate Eckert—1 hr
Ed Eckert—3 hrs
Grace Boldt—4 hrs
Sonja Martin—1 hr
Kathy Fehrenbacher—1 hr

Emily Painter—3 hrs
Ruth Shadwell—1 hr
Cindy Martens—15 hrs
Gustie Unkraut—1 hr
Cindy Montgomery—1 hr

SPONSORED BY HSHS ST. ANTHONY'S MEMORIAL HOSPITAL

Every Third Sat. of the Month at 9am

June 20th 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



Blood Drive!

**July 17th
Coming Soon To
The Senior Center!**

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 Please
Call 217-347-5569**



BREAKFAST IN A BRIEFCASE

SPONSORED BY LAKELAND REHAB

When: Thursday, June 18th, 2015 at 8:30 am

Where: Effingham Senior Center

Guest Speaker: To Be Announced

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!*

June 6th—Visit Historic Soulards Market and enjoy St Louis, MO

June 13th—A Trip to 18th Street Farmers Market & a day of Shopping in Charleston IL

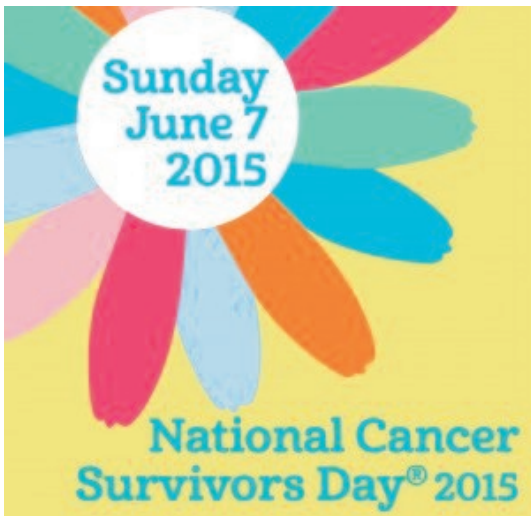
June 20th—Greenville, IL Graffiti Car Show with Guest Stars Eddie & Marilyn from "The Munsters"

June 27th—Blues, Brews & BBQ Festival in Champaign, IL

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.



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 Effingham Senior Center.



MONTHLY POTLUCK JUNE 4TH 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 June 4th from
10:30 am to 11:30 am**





ILLINOIS TELECOMMUNICATIONS
ACCESS CORPORATION



An Amplified Phone May Be Your Ticket To Hearing More Clearly Over The Phone.

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

WANTED—VOLUNTEERS

Volunteers to make monthly well being checks to homebound senior citizens
For More Information Contact Senior Services at 217-347-5569



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, June 2nd 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, June 18th at 1:00 pm
"The Ghost & Mr Chicken"
featuring Don Knotts
Popcorn and drinks will be served
Reserve A Seat By Calling,
217-347-5569

EMERGENCY HOME RESPONSE SERVICE

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-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.



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**

SCENES FROM OLDER AMERICAN'S MONTH



Mother's Day Potluck!



Dine With A Doc Crowd!



Super Bingo Prizes—
Thanks to our Sponsors!



en life is at its finest... when love is at its fullest...

Movie Of The Month!



Dine With A Doc, Dr Crowell



All American Luncheon



Dance Floor for Gina
Shelton's Dance

SAFETY IS NO ACCIDENT: JUNE IS NATIONAL SAFETY MONTH

It's time to repair broken steps, clean out the medicine cabinet, and install lighting in dim hallways – June is National Safety Month. This event, which brings national attention to accident prevention, is sponsored by the National Safety Council (NSC), a member of the American National Standards Institute (ANSI).

During National Safety Month, NSC helps Americans to prevent injuries and accidental deaths by calling attention to common safety and health risks. Each week during the month of June is dedicated to publicizing a different safety risk; this week, June 23-27, focuses on “Falls Prevention.”

The National Safety Month Web site provides a list of tips for protecting against accidental falls, both at home and at work:

- Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.
- Inspect ladders before and after every use.

The Web site also includes specific tips for aging adults, including:

- Wear proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.
- Use non-skid throw rugs to reduce chances of slipping on linoleum.
- Store frequently used items in easy-to-reach areas.
- Exercise regularly. The stronger the body, the more likely a person is to sustain a fall with minimal injury.

Following these tips, as well as the others detailed on the National Safety Month Web site, promotes safety around the home, on the road, and at the workplace. Voluntary consensus standards can help to ensure the effectiveness of these suggestions in preventing accidents and injuries.

Several American National Standards provide safety requirements for ladders. ANSI A14.1-2007, Ladders - Wood - Safety Requirements, prescribes rules and establishes minimum requirements for the construction, testing, care, and use of portable wood ladders. Metal ladders are also covered by standards for safety: ANSI A14.2-2007, Ladders - Portable Metal - Safety Requirements provides equivalent safety standards for metal ladders. These standards were developed by the American Ladder Institute (ALI), an ANSI organizational member and accredited standards developer.

Slip-resistant mats, ideal for slick floors at work and at home, are also covered by an American National Standard. ANSI/ASSE A1264.2-2006, Standard for the Provision of Slip Resistance on Walking/Working Surfaces is especially relevant to aging adults, who may be faced with more serious consequences from a fall. This standard was developed by ANSI organizational member and accredited standards developer the American Society of Safety Engineers (ASSE).

Whether climbing high at work or walking leisurely through the home, consumers are protected by standards that ensure safety and reduce injuries. Visit the National Safety Month Web site for more information on safety and accident prevention.

NATIONAL
SAFETY
MONTH

FALLS AMONG OLDER ADULTS: AN OVERVIEW

National Safety Month in June. Each year, millions of adults aged 65 and older fall. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

How can older adults prevent falls?

Older adults can stay independent and reduce their chances of falling.^{18,19} They can:

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.

- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.
- Make their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways, and improving the lighting in their homes.

To lower their hip fracture risk, older adults can:

- Get adequate calcium and vitamin D—from food and/or from supplements.
- Do weight bearing exercise.

Get screened and, if needed, treated for osteoporosis.



stanthonyshospital.org



Comfort shared.

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**

TOE NAIL CLINIC



We will have a toe nail clinic on **June 2nd & June 16th** at **1:00pm**

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

June's Birthday Celebration Will Be Held on June 25th at 1:00 pm

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



**FRIENDS,
FOOD,
FELLOWSHIP**

**C.E.F.S / GOLDEN CIRCLE NUTRITION PROGRAM
June 2015 MENU**

CALL THE DAY BEFORE TO RESERVE MEAL

**Suggested Donation
\$2.60 Congregate Meal
(Served At 11:30 am)
\$2.85 Delivered Meal**

Effingham Tues Evening Meal

Mon

Tue

Wed

Thu

Fri

1 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	2 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	3 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	4 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	5 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	2 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies
8 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/Fruit Cocktail	9 Grilled Pork Tender- loin Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	10 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	11 Taco Salad w/tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Apple	12 Egg, Sausage & Spin- ach Breakfast Casserole Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	9 Fried Chicken Mashed Potatoes Gravy Green Beans Fruit Cocktail
15 Bratwurst Grilled Peppers & On- ions Grilled Potatoes Blushing Pears Hot Dog Bun	16 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	17 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie	18 Tuna Salad Sandwich Tomato/Cucumber Med- ley Black Bean & Corn Salad Watermelon Birthday Cake	19 Pork Roast Baked Sweet Potatoes Brussels Sprouts Applesauce Whole Grain Roll	16 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon
22 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	23 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	24 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucum- ber Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	25 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberrie Whole Grain Roll	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	23 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread
29 Chicken Salad On Wheat Bread Tomato Medley Lettuce Salad Strawberries & Bananas	30 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll		Golden Circle Nutrition Ph: 217-347-2851 Effingham Senior Center Ph: 217-347-5569	30 Chicken Salad On Wheat Bread Tomato Medley Lettuce Salad Strawberries & Bananas	30 Chicken Salad On Wheat Bread Tomato Medley Lettuce Salad Strawberries & Bananas

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

JUNE ACTIVITY CALENDAR

SATURDAY TRIPS
























Fri

Thu

Wed

Tue

Mon

<p>1 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes 10:00 Painting w/Jim</p> 	<p>2 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>3 COFFEE CLUB 9:00 TOPS</p>	<p>4-9:00 Exercise to Tape 10:30 Blood Pressure Screening 11:30 Monthly Potluck Sponsored by Brookstone Estates 1:00 Nursing Home</p> 	<p>5 1:00 Bingo Sponsor: Effingham Health & Rehab</p> 	<p>6 Visit Historic Soular's Market and Enjoy St Louis, MO</p>  <p>Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>	
<p>8 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p> 	<p>9 9:00 Exercise to Tape 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>10 COFFEE CLUB 9:00 TOPS 11:00 NARFE 5:00 pm NAMI</p>  	<p>11 9:00 Exercise to Tape 11:00 Dine With A Doc Sponsored by Lakeland Rehab</p> 	<p>12 COFFEE CLUB 1:00 Bingo Sponsor: Effingham Ophthalmology</p> 	<p>13 A Trip to 18th Street Farmers Market, Charleston IL</p>  <p>Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>	
<p>15 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p> 	<p>16 9:00 Exercise to Tape 10:00 Line Dancing 1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo</p> 	<p>17 COFFEE CLUB 9:00 TOPS</p> 	<p>18 9:00 Exercise to Tape 8:30 am Breakfast In A Briefcase Sponsored by: Lakeland Rehab 1:00 pm Movie Time</p>  	<p>19 COFFEE CLUB 1:00 Dessert Bingo Sponsor: Villa's of Hollybrook</p> 	<p>20 Walk With A Doc, 9am at the Trec</p>  <p>Graffiti Car Show Greenville IL Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>	
<p>22 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p> 	<p>23 9:00 Exercise to Tape 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>24 COFFEE CLUB 9:00 TOPS</p> 	<p>25 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>26 COFFEE CLUB 1:00 Bingo Sponsor: Lakeland Rehab</p> 	<p>27 Blues, Brews & BBQ Festival Champaign, IL</p>  <p>Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>	
<p>29 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p> 	<p>30 OFFICE CLOSED FOR STAFF MEETING</p>	<p>Senior Services Donation Form</p> <p>Name: _____</p> <p>Address: _____</p> <p>Phone Number: _____</p> <p>Email Address: _____</p> <p>Donation Amount (\$): _____</p> <p>Donation Comments: _____</p>				