



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

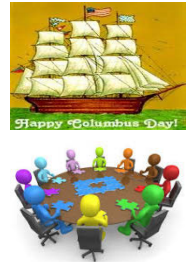
October 2015

Celebrating over 40 Years

To join the Sunset Times email list please email [jbohnhoff@seniorsservices-eccoa.org](mailto:jbohnhoff@seniorsservices-eccoa.org) or  
Check out our webpage at [www.seniorsservices-eccoa.org](http://www.seniorsservices-eccoa.org)



Senior Services will be closed  
on Monday, October 12th in  
honor of Columbus Day & on Thursday,  
October 22nd for a Staff Development meeting.



**FLU SHOT CLINIC hosted by Walgreens**  
Will be held at the Effingham Senior Center  
Friday, October 9th, 2015  
10:00 am to 1:00 PM



Cost:

High Dose - \$59.99

Regular Dose - \$31.99

**Medicare will pay for the flu vaccine.**

**Please bring your MEDICARE card with you!**



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



## 2<sup>ND</sup> ANNUAL SENIOR CENTER CRAFT FAIR & BAKE SALE

October 23, 2015 – 9:00 am to 4:00 pm

October 24, 2015 – 9:00 am to 3:00 pm

At the Effingham Senior Center.

\*Don't miss this opportunity to get your  
holiday shopping started early!

Senior Services of Effingham County 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 1-800-232-1790



## Annual Open Enrollment Medicare Part D/Prescription Plan



Open Enrollment Period begins October 15<sup>th</sup> thru December 7<sup>th</sup>. This is a great time for you to review your current coverage and compare different plans that carry your specific prescriptions and see if there is a better plan available to you. Medicare Part D is a prescription drug insurance offered by private insurance companies. During annual open enrollment you can switch your provider. You can review and/or compare different plans by going onto [www.medicare.gov](http://www.medicare.gov) and clicking on the green colored “find health & drug plans” button. If you need additional assistance please call 217-347-5569 to make an appointment.

### **BREAKFAST IN A BRIEFCASE**

Sponsored by: Villas of Hollybrook

When: October 15<sup>th</sup>, 2015

Where: Effingham Senior Center

What Time: 8:30 am - 10:00 am

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



**ECCOA/SENIOR SERVICES DOES ACCEPT AND APPRECIATES ALL DONATIONS. YOUR DONATIONS ASSTIST WITH SERVICES WE PROVIDE TO YOU.**

### **Senior Services Donation Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Donation amount(\$): \_\_\_\_\_

Donation Comments: \_\_\_\_\_

## Foot Clinic



Bring your toes, tubs, and towels to the Senior Center on October 6<sup>th</sup> or October 20<sup>th</sup>. 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 25<sup>th</sup>. Trick or Treat will be held on Saturday, October 31<sup>st</sup> from 6:00 PM until 8:00 PM in Effingham.



## Tuesday Night Meal

Join us for the Tuesday Night Meal at Senior Services, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation . For transportation, call Rides Mass at 1-877-667-6123 by Monday before the meal. Meals are a suggested donation, but no one will be denied for inability to make a donation.

It's time to come up with a fall craft idea. Decorations such as pumpkins, gourds, leaves, witches, ghosts, and scarecrows can be brought to the Senior Center before Oct 20. The decorations will be judged on Tuesday evening Oct 20<sup>th</sup>. Prizes will be awarded for the best decorations. The decorations will then be donated to Effingham Rehab and Healthcare in appreciation of all the things they do for the Center. For more information contact Nancy Hoene at 217-857-3848.

### Senior Services would like to extend a BIG "Thank You" to our September volunteers:

- |                          |                          |                         |
|--------------------------|--------------------------|-------------------------|
| Joan Walker - 4 hrs      | June Harris - 4 hrs      | Ed Eckert - 4 hrs       |
| Sonja Martin - 3 hrs     | Cindy Martens - 9 hrs    | Jerry Katt - 13 hrs     |
| Colleen Sutton - 3.5 hrs | Jackie Morgan - 4 hrs    | Sara McKinney - 4 hrs   |
| Gerry Hoene - 5 hrs      | Cindy Montgomery - 4 hrs | Wilma Villalobos - 1 hr |
| Betty Ramirez - 3 hrs    | Sharon Caylor - 3 hrs    | Evelyn Mann - 2 hrs     |
| Nina Poland - 6 hrs      | Ruth Gier - 6 hrs        | Sharon Bludworth- 8hrs  |
| Jan Werner- 2 hrs        |                          |                         |



## Blood Pressure Checks

Thursday, Oct. 1: 10:30-11:30 Effingham Senior Center

Monday, Oct. 5: 11-11:30 Eff. Golden Circle Nutrition Site

Tuesday, Oct 6: 11-11:30 Shumway Kluthe Center

Wednesday, Oct 7: 9-10 Catholic Charities, Effingham

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



**St. Anthony's**  
MEMORIAL HOSPITAL  
EFFINGHAM, ILLINOIS



Please join us for cake and ice cream on Thursday, October 29th at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services and Martin's IGA. A special October Birthday gift will be given at the party compliments of Effingham Health & Rehabilitation.



### Happy September Birthday!!

Lorraine Sager, Evelyn Mann, Shirley Campton, Jerry Katt, Dee Skrobot, Cindy Montgomery, and Dennis McMahon.



### Rules of the Road

Will be held in the Activity Center on Friday, November 6th from 9:30 am – 11:30 am



### EFFINGHAM COUNTY SUPPORT GROUP MEETING

October 14 at 5:00pm Senior Center

### BROWN BAG SUPPER & SUPPORT MEETING

Meetings are held the 2<sup>nd</sup> Wednesday of each month. 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.



- Don't forget to turn your clocks back one hour as you are going to bed on October 31st.
- Election day is November 3. 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!!!



## Nursing Home Bingo



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

## Domestic Violence Awareness Month

### October is National Domestic Violence Awareness Month

Domestic violence thrives when we are silent; but if we take a stand and work together, we can end domestic violence. Throughout the month of October, help to raise awareness about domestic violence and join in our efforts to end violence.

Hotline at 1-800-799-7233



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 6th 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.

## MovieTime

**When:** Thursday Oct. 15th, at 1:00 pm

**Where:** Senior Center

**Feature Movie :** *“Where The Red Fern Grows”*

Popcorn and drinks will be provided.

Reserve a seat by calling 217-347-5569.





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 8th, 2015 in 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: TBA

Lunch will be complimentary and provided courtesy of: Brookstone Suites and Brookstone Estates.

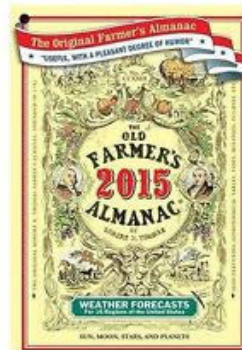
**Reservations for Dine with A Doc® are required and can be made by contacting the center at 217-347-5569, seating will be limited to 100 individuals.**



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 percent when detected in the earliest stages.

**October 2015:** *If many whitethorn blossoms or dog-roses are seen, expect a severe winter.*

- 1-4: Rainy periods, turning cool.
- 5-7: T-storms, warm
- 8-12: Sunny, Cool
- 13-20: Rain, then sunny, nice
- 21-27: Rainy periods, turning cool
- 28-31: Sunny, cool



## 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... Please make sure to sign up as well as cancel all reservations 24 hours in advance of the event. This will allow us to give a proper count to our sponsors for meals and/or giveaways. Thanks for your cooperation!

Come to the Senior Center and knit or crochet with us!

Join the ladies every

Monday morning at 9:30 in the Activity Center!!!



# MONTHLY POTLUCK

October 1<sup>st</sup> at 11:30 am

Sponsored by Lakeland Rehab & Health Care



Lakeland Rehab 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



## 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!

## Community Care Program

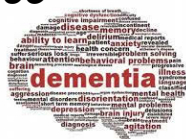
“....helping older people live independently”



Did you know that Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for the 5 counties within the region of the AAA (09) in the State of Illinois? The counties we serve are: Effingham, Clay, Fayette, Jefferson, and Marion. All of our offices located in these counties 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, Flexible Senior Services, Home Delivered Meals and in some areas of the state, Senior Companion. If you qualify for CCP 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.

October 13<sup>th</sup> ~Effingham Public Library will be holding a meeting on the topic of “Alternative Therapies: *Ways to Reduce Behavioral Symptoms of Dementia*”.

To register, call 342-2464.



# AARP

Real Possibilities

Come join us for a free cup of coffee at the **Village Wine Shop!** You can learn more about what AARP is doing in your Community!

October 2,9,16,23,& 30, 2015.  
From 9:00 am – 10:00 am





Jim Rhodes, Certified Bob Ross Instructor, will be here at the Senior Center on Monday, Oct 5th at 10:00 am to guide you in painting. Bring your passion and see what you create. You will be totally amazed.



### **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 217-347-5569 to make an appointment.



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

*~ Christopher Columbus*

Remember Christopher Columbus' arrival in the Americas on October 12, 1492.

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



**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 October 14th at 11:00 am at 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.

# Rides Mass Transit District Effingham Saturday Trips



**Oct 3<sup>rd</sup>- Heath Toffee Festival, Robinson, IL  
(Shop locally and see Burl Ives grave site)**

\*\*\*

**Oct 10<sup>th</sup>- Belleville, IL, The Largest Yard Sale at the  
fairground and lunch at Belleville Fish and Chicken  
(Known for their catfish steaks)**

\*\*\*

**Oct 17<sup>th</sup> - Covered Bridge Festival, Mansfield, IN-Will be  
Leaving at 7am for this trip!**

\*\*\*

**Oct 24<sup>th</sup>- Shopping in Terre Haute Honey Creek Mall, visit  
Lowe's**

\*\*\*

**Oct 31<sup>st</sup>- The Great Pumpkin Patch & Homestead Bakery  
Lunch at Yoder's Kitchen and visit area stores.**

***To Schedule a ride call 1-877-667-6123 by  
3PM the Thursday before the trip.***

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 an ID card, please contact the RMTD office at **1-877-667-6123**. If you are not a senior, please call to check on availability and fare.

**To reserve a seat please call by 3PM on Thursday before  
the trip. Thank you!**