



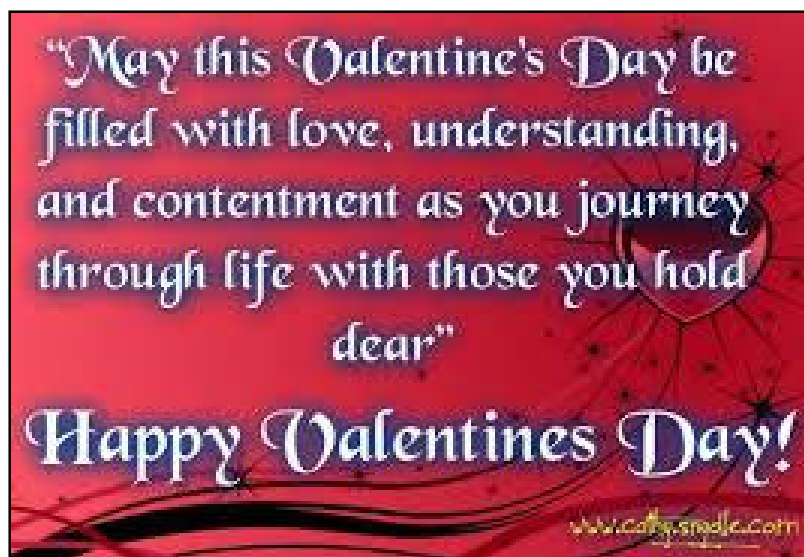
To join the Sunset Times email list please email
abushue@seniorsservices-ecco.org
or check out our webpage at
www.seniorservices-ecco.org

Sunset Times

February 2018



Senior Services of Effingham County will be **CLOSED** on Monday, February 19, 2018 to observe Presidents' Day.



FEBRUARY
14TH



Successful Aging In The 21st Century

Join us on February 15, 2018 at 11:00 am for a fun, mini Valentine's Day party at the Successful Aging Luncheon provided by Stanfield Chiropractic. There will be prizes available for you to win!



Stanfield Chiropractic will provide Homemade style Chicken Noodle Soup with cheese, crackers, bread & butter, and treats.

Stanfield will also be sharing a fun presentation titled, "How To Stay Young!"

Call: 217-347-5569 for reservations!

Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, many activities 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

www.seniorservices-ecco.org



Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on February 6th or February 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 \$15, payable to the technician.



♥ Megan will also be trimming toenails at the Altamont Municipal Bldg on February 13th at 12 noon.

Transportation is available for:

Tuesday Evening Meal And Wednesday & Friday Morning Coffee Club call: 1-855-755-2478 in advance for your ride.



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"



Senior Cinema

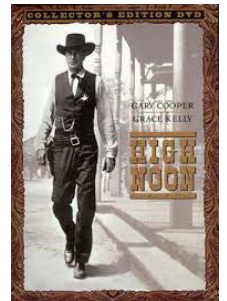
Tuesday, February 20th at 1:00 pm

Come and enjoy "High Noon" starring Gary Cooper & Grace Kelly.

Popcorn and drinks will be served.

Reserve a seat by calling 217-347-5569.

This is the classic tale of a lawman who stands alone to defend a town of cowardly citizens against a gang of revenge-seeking criminals. In the greatest showdown in the history of cinema, the lawman stands to lose not only the town but his new wife.



EFFINGHAM COUNTY SUPPORT GROUP MEETING

February 14th at 5:00pm

BROWN BAG SUPPER & SUPPORT MEETING

This meeting will be held at the Effingham Public Library in the Workman Room. Bring your own brownbag supper and meet other caregivers supporting someone with a mental illness, all are welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone supporting a friend or loved one struggling with this terrible disease.

Featured speaker will be Tricia Hogan, Executive Director of "Furry Friends Recovery" of Edwardsville Illinois..

PLEASE REMEMBER TO CHECK ON FAMILY & FRIENDS DURING COLD WEATHER, JUST A PHONE CALL CAN MATTER.



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



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 or you can have the device installed and pay for the services independently.

Interested in Knitting or Crocheting?



Come & join the ladies every Monday morning in the Activity Center for ideas that are shared, instruction to assist you, & just the great company of numerous talented individuals who have a great time getting together & sharing their wisdom. No previous experience is needed.



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

ITAC has specifically designed amplified phones 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 will truly enjoy what those Grandchildren are telling you all about! You'll be surprised at what you have missed by not being able to hear.

What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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.**



♥ Ombudsman services are confidential and free.

Senior Services would like to extend a BIG "THANK YOU" to our January volunteers:

June Harris – 1 hr
Mary Edwards – 3 hrs
Janet Pagel – 1 hr
Dalyne Sapp – 16 hrs
Joan Walker – 2 hrs
Christie Murphy – 3 hrs

Sara McKinney – 2 hrs
Sonja Martin – 1 hr
Kate Walk – 2 hrs
Ruth Gier – 12.5 hrs
Gerry Hoene – 2 hrs

Thank You!



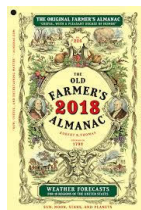
Life is not the amount of breaths you take. . . . It's the moments that take your breath away!



SAVE THE DATE:

Rules of the Road Review Course will be held at the Activity Center on March 2, 2018 from 9:30 AM until 11:30 AM.

Tuesday Night Meal is a fun time! If you plan to attend or you need to cancel please remember to call 217-347-5569 by noon on Tuesday, February 6th. Donation of \$3.50 is suggested but you will not be denied for inability to make a donation.



FARMERS ALMANAC WEATHER FORECAST FEBRUARY 2017:

Temperature 34° (avg.);
precipitation 2" (1" below avg.);

Feb 1-6: Snow, then flurries, cold; **Feb 7-11:** Rain to snow, then flurries, very cold; **Feb 12-18:** Snow showers, cold; **Feb 19-23:** Sunny, mild; **Feb 24-28:** Rainy periods, quite mild.



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



BINGO IS FUN, IT IS A GAME FOR ENJOYMENT AND SOCIALIZATION....A TIME TO SHARE WITH FRIENDS, AND YOU CAN WIN!



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, February 8, 2018 at 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: **Linda Siemer, FNP**

Lunch will be complimentary and provided courtesy of:
Evergreen Nursing & Rehabilitation



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.

Monthly Potluck

Please join us on February 1st at 11:30 am. **Addus HomeCare** 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.

** St Anthony's will be taking blood pressures at 10:30 am.

***Betty Barker will call a few games of "Valentine's Bingo" following the meal!

Please call 217-347-5569 to register today!



Blood Pressure Screenings by St Anthony's Home Care Staff:

Thursday, Feb 1 10:30 - 11:30 am Effingham Senior Center

Monday, Feb 5 11 - 11:30 am Effingham Golden Circle

Tuesday, Feb 6 11 - 11:30 am Shumway Kluthe Center

Wednesday, Feb 7 9 - 9:30 am Catholic Charities

Thursday, Feb 8 11:30 - Noon Dieterich Civic Center

Monday, Feb 26 11:00 - 11:30 am Altamont Municipal Bldg



HSHS
St. Anthony's
Memorial Hospital



What is Tai Chi?

Tai Chi is slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. It is gentle and not strenuous, but it has been shown to have a positive effect on muscle strength, flexibility, and balance.

Come to the Senior Center and take a class. Monday and Wednesday morning from 8:00 to 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.

Painting Class

Have you ever just wanted to paint those beautiful mountain scenes but never felt you could? **Athena** will be here at the Senior Center on Monday, February 5th at 10:00 a.m. to guide you in painting. Bring your passion & see what you can create. You will be totally amazed!



"All you need to paint is a few tools, a little instruction, & a vision in your mind." - Bob Ross



"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

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.

CELEBRITY BIRTHDAYS in FEBRUARY

1st – Clark Gable
2nd – Farrah Fawcett, Ayn Rand
3rd – Morgan Fairchild, Norman Rockwell
4th – Alice Cooper, Rosa Parks
5th – Henry “Hank” Aaron
6th – Zsa Zsa Gabor, Babe Ruth
7th – Laura Ingalls Wilder
8th – James Dean, Jack Lemmon
11th – Eva Gabor, Burt Reynolds
12th – Abraham Lincoln, Charles Darwin
14th – Jack Benny, Jimmy Hoffa
15th – Susan B. Anthony
17th – Michael Jordan, Arthur Kennedy
18th – Yoko Ono
19th – Smokey Robinson
22nd – George Washington
23rd – Peter Fonda
26th – Johnny Cash
27th – Elizabeth Taylor

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 assist you to live independently instead of premature nursing home placement. 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 Homemaker Service, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, 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 and goals, and assist you in setting 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 call 217-347-5569.



Chocolate Facts!

- Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.
- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.



"Away in a meadow all covered with snow
The little old groundhog looks for his shadow

The clouds in the sky determine our fate
If winter will leave us all early or late."

- [Don Halley](#)





FREE TAX ASSISTANCE Suzette Brumleve Memorial Effingham Public Library



The Effingham Public Library is pleased to partner with the AARP Tax Aide Program in providing free tax preparation and return assistance for any low to moderate income tax payers at the library on Tuesdays in February, March and April.

Those interested in using this free tax service should call the library's Reference Desk, Monday through Friday, at [217-342-2464 x. 1](tel:217-342-2464) to make an appointment.

AARP Tax Aide Program requires that participants bring:

Photo id for the taxpayer and spouse, Social security card or some official document showing the social security number of any, individual appearing on the tax return, a copy of your 2016 Tax Return, All income forms: W-2, 1099-Misc, 1099R, Railroad, SSA, etc., Royalties, interest and dividend statements, Health insurance documents, Business income and expense records, Real estate taxes paid records, Charitable contributions records, Any other deductible expense records.

Registration for is required. To register, call the library Monday through Friday at [217-342-2464 x1](tel:217-342-2464).

For more information, contact Catherine Bailey, Programming Outreach Manager at [217 342 2464](tel:217-342-2464) or catherine@effinghamlibrary.org.

FREE "DROP-OFF" TAX PREPARATION @ Catholic Charities-Effingham VITA for families with income less than \$60,000.

Simply, fill out the interview sheet, and drop-off your tax info
9am-noon and 1-3pm, weekdays, Monday-Friday,
starting Wednesday, January 31, 2018.



Please bring the following items:

A copy of last year's tax return,
taxpayer's proof of identity,
all forms, W-2, 1098, and 1099,
info for other income,
ID # for child care provider,
info for deductions and credit,
proof of account for direct deposit of refund (e.g. voided check),
social security cards and/or ITIN notices/cards for you, your spouse and dependents.



If you have questions or need further information, please call (217) 857-1458.

P2D2

Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and for your convenience you can get rid of your OLD, EXPIRED or UNWANTED medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired meds today!





February is American Heart Month



**Heart Disease is the #1
Cause of Death!**

About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or stroke in the future.

→ Friday, February 2nd is the American Heart Association's National Wear Red Day. St Anthony's Hospital and the Senior Center challenge everyone to wear red on this day and honor those affected by heart disease.

We are all born to
Dance
It's good for the soul!



"Cupid Shuffle" on into the Senior Center for some line dancing!

Join the Line Dancers every Tuesday morning at 10:00 a.m. here in our Center, whether you are a beginner or an advanced dancer. Come join in the fun & learn a new step or two!

♥ If you are interested in beginning line dance lessons, come to the Watson Civic Center on Wednesday evenings from 5:50 – 6:30 pm beginning in February. There is no cost for these lessons!



The National Active and Retired Federal Employees Association (NARFE) represents Some five million federal workers, retirees, Spouses, and their survivors.

The local NARFE group holds their monthly luncheon on the second Wednesday at 11:00 am at Effingham Senior Center. For more information contact Barb Carie at 217-347-7536.



CELEBRATE! CELEBRATE! CELEBRATE!

Please join us for cake and ice cream on Thursday, February 22nd at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services, Martin's IGA, & Brookstone Suites. A special February Birthday gift will be given at the party compliments of Effingham Rehab & Health!

CELEBRATE! CELEBRATE! CELEBRATE!

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

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



- Feb. 3, 2018: Fairview Heights, IL
Lunch at Lottawatta Creek

- Feb. 10, 2018: Arcola, IL
Lunch at Yoder's





- Feb. 17, 2018: Champaign, IL
Lunch at Bob Evan's

- Feb. 24, 2018: Alton, IL
Lunch at the Casino



Saturday trips will be canceled by noon on the Friday before, if ice, snow, or extreme cold is in the forecast.

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



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Golden Circle Menu



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



Addus HomeCare

Serving Families at Home Since 1979

Activity Calendar