



# Sunset Times

CELEBRATING OVER 40 YEARS

To Join the Sunset Times email list, please email [jbohnhoff@seniorservices-eccoa.org](mailto:jbohnhoff@seniorservices-eccoa.org) or check out our webpage at [www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org) and click on the news tab

**Senior Services will be closed on Monday, September 07, 2015 in observance of Labor Day.**



**EFFINGHAM HEALTH DEPT  
FLU SHOT CLINIC**

**THURSDAY SEPTEMBER 10<sup>th</sup> 9:30am till 1:00 pm**

This is covered by Medicare but if you have a supplement policy, there could be a cost.



**NATIONAL LABOR DAY**

It's Monday! Monday's are most people's least favorite day of the week, so what better way to spend it than to have it off of work! Today we celebrate Labor Day. We add an extra day to our weekend to celebrate the labor movement, which gave to us better working conditions and fair treatment from our employers and the government. Labor Day is also associated by some as the end of summer, before the school year starts.

**CELEBRATE**

Labor Day is often spent as a vacation weekend by many families. Most campgrounds on this weekend are packed full. As you celebrate this day, consider and appreciate your hard work and how it has added to the well-being and prosperity of our country and use #NationalLaborDay to post on social media.

**HISTORY**

Labor Day was celebrated for the first time in New York City in 1882. It was originally celebrated on September 5th, but was moved to the first Monday in September in 1884. Labor Day started out as a state holiday, getting voted in by individual states, but gained popularity and was voted a national holiday by the U.S. Congress in 1894.

Senior Services of Effingham County is open to the public, and 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  
 please use side door entry for activities  
 Phone: 217-347-5569 or toll free 1-800-283-4070 after hours and on weekends  
[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)



September is National Senior Center Month—your opportunity to take advantage of the many programs and services that are available to you.....stop by your senior center and witness how they promote a positive image of aging.

**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.



**MOVIE TIME**

Wednesday Sept. 17, at 1:00 pm  
Feature Movie

**A Surprise Movie**

*(something from the RAT PACK?)*



Popcorn and drinks will be provided  
Reserve A Seat by Calling 217-347-5569

Successful Aging in the 21<sup>st</sup> Century

Sponsored by: Addus Healthcare

When: September 25th

Where: Effingham Senior Center

What Time: 11 am

Guest Speaker: to be announced

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



Please join us for cake and ice cream on Thursday,

September 24<sup>th</sup> at

1:00 p.m.

for those celebrating a birthday this month.

Sponsored by the Senior Center, Martin's IGA and Brookstone Suites. A special

September Birthday gift will be given at the party compliments of Lakeland Rehabilitation.



Bring your toes, tubs, & towels to the Senior Center on Sept 1<sup>st</sup> and Sept. 15th. Megan, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$10, payable to the technician.

ECCOA/SENIOR SERVICES DOES ACCEPT AND APPRECIATE ALL DONATIONS. YOUR DONATIONS ASSIST WITH THE SERVICES WE PROVIDE TO YOU.

Senior Services Donation Form

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

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

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

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

Donation Amount (\$): \_\_\_\_\_

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



## Tuesday Night Meal

Join us on Tuesday Night Meal at the Senior Center, where you will find good food and friends. Please call

(217) 347-5569

to make a reservation by the Monday before the meal. Meals are a suggested donation of \$3.50, but no one will be denied for inability to make a donation.

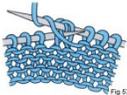


## NARFE

The National Active and Retired Federal Employees have 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.

### *Interested in Knitting or Crocheting*

Join the ladies every Monday morning at the 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. No previous experience is needed.



## SMOKEHOUSE GANG

September 9

1:00 to 3:00

Effingham Senior Center



this is a group of local talent that just love to provide good Country Music, and yes you guessed it, they got together playing their music and practicing in a **Smoke House**, come on out and listen to them.....Fun time for everyone!

## 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

## 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**

# 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 items)
- 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).

### Services

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



### **Questions & Answers:**

#### **Q: Could I get one of those Emergency Home Response Pendants free?**

A: Yes, there are programs out there that do provide this Emergency Pendant Button at no cost to you, 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, I don't think I am ready for the nursing home yet, is there a program where I can get some assistance, oh, and by the way; I do not have a large income, only have Social Security**

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 to you. There are certain program guidelines that do determine eligibility.

**IF YOU ARE NEEDING ASSISTANCE STAYING IN YOUR HOME OUR COMMUNITY CARE PROGRAM IS WELL WORTH A CONSULTATION WITH ONE OF OUR TRAINED CARE COORDINATORS  
CALL TODAY 217-347-5569**



**The Old Settlers Reunion  
Saturday, September 26<sup>th</sup>  
11:00 a.m. – 3:00 p.m.  
Courthouse Lawn  
Effingham**



Take a stroll through time in downtown Effingham during the Effingham County Old Settler's Reunion. There will be historical exhibits on the Courthouse Museum lawn as well as tours of the museum. To qualify for an Old Settlers ribbon, you have to have lived 30 consecutive years in the county. so come downtown and enjoy the events. Live music will be playing as well.

#### **Did you Know?**

A young man couldn't go courting at night much further than 5 miles or he wouldn't make it back home the next morning in time for farm chores. Five miles was a long way to go on foot, by horseback or by buggy. Young men often married young women within that 5-mile radius, so you can look to the tax lists for information that may lead to the maiden name of your female ancestors. This is especially true if the tax lists ARE NOT in alphabetical order, but are listed by location.

#### **Famous People From Effingham County.... Do you know any of them?**

**Ron Kabbes - Former St. Louis Cardinal baseball player.**

**Glen Brummer - Former St. Louis Cardinal baseball player (catcher).**

**Ada Kepley - first lady lawyer in Illinois and the first woman to graduate from a law school; buried in Oak Ridge Cemetery in Effingham.**

**David Stanley Hill - author**

**C. K. O'Dell - author**

**Zona B. Davis - radio broadcaster and author of articles for Guideposts Magazine**

**Susan Feldhake - author**

**Kathleen Sage - author**

**Mary A. (Brown) Newcomb - a Civil War nurse who wrote a book of her experiences, is buried in Oak Ridge Cemetery in Effingham. The soldiers called her "Mother" Newcomb. She was at the battle of Shiloh and met President Lincoln and General Grant.**

**Colonel John J. Funkhouser - commanded the 98th Illinois Infantry Regiment in the Civil War, is buried in Oak Ridge Cemetery in Effingham. He was wounded at the Battle of Chickamauga on September 20, 1863. He was Effingham County's highest ranking Civil War soldier.**

**Teresa Hoffman - teacher of the year in 1956 chosen by the National Education Association.**

**Major (Dr.) Henry Eversman - chief medical officer on Johnson Island in Lake Erie (Union prison for Confederate soldiers) from January, 1864 to July, 1865.**

**Rich Thomas from Dieterich, Illinois was recruited by Bobby Knight and later played basketball in the NBA.**

It is stated that a **Mrs. Bearins** from Dieterich, Illinois was Jimmy Hoffa's secretary, do you know who she was?

# SENIOR CENTER Craft Fair & BAKE SALE

Our 2nd Annual Craft Fair Will Be Held Friday October 23rd & Saturday October 24th This event is **FREE** to Senior Vendors, but you must reserve your table to participate. homemade and handcrafted items only please. **Registration sheets are available at the front desk, booth reservation deadline is October 1st Call 217-347-5569 to reserve your table**

## Nursing Home Bingo

Will be held on Thursday, September 3rd here at the Center from 1:30 till 2:30 or 3:00 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



**LABOR DAY** CLOSED **LABOR DAY**  
  
**SEPT. 07, 2015**  
**DON'T FORGET**



Are you looking for an interesting and relaxing new hobby to settle into the early fall with?

Many people would like to learn how to paint, but few know where to begin. Jim Rhodes, Certified Bob Ross Instructor, provides instruction. Classes are suited for the beginner as well as the advanced painter; you need no experience to attend the classes, just a desire to finish a painting in one day. You will take home a finished picture after the one day class, there will be no need to take a series of lessons to get a finished picture. Call Jim at 217-536-6546 to sign up. The next painting class is: September 21<sup>st</sup> at 10:00 am

### September 2015:

temperature 71° (4° above avg.); precipitation 2.5" (0.5" below avg.)

**Sep 1-5:** T-storms, then sunny, cool;  
**Sep 6-10:** Sunny, hot;  
**Sep 11-17:** Scattered t-storms, turning hot;  
**Sep 18-23:** Scattered showers, cool;  
**Sep 24-27:** T-storms, then sunny, cool;  
**Sep 28-30:** Sunny, warm.



### REMINDER:

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!



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

If you are interested in learning more about this program make an appointment today by calling 217-347-5569



Audibel will be at the 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 1st, at 10:00 AM.

Please call 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.



# LAKELAND

REHABILITATION & HEALTH CARE CENTER

*A Total Senior Living & Health Care Community*



## **Introducing Lotus**

Lotus surgery recovery and rehabilitation centers integrate conventional health care with holistic wellness programming to offer optimum outcomes to those undergoing post-surgery rehabilitation. Providing a serene environment for healing, recovery and personal development, Lotus treats the mind, body and spirit of the recovering individual.

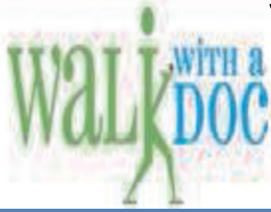
### **Lakeland Rehabilitation & Health Care Center**

800 W Temple Avenue  
Effingham, IL 62401  
(217) 342-2171

We offer a variety of care services that are designed to meet your needs, as those needs may change from time to time. We are here to make your recovery productive and meaningful.

- 24-hour skilled nursing care
- Extensive rehabilitation
- Physical, occupational and speech therapy
- Advanced wound care
- IV therapy
- Total parenteral nutrition
- Peritoneal dialysis
- Tracheostomy care
- Infectious disease care
- Pain management
- Restorative nursing
- Hospice care
- Respite care
- Community re-entry program
- Dementia management
- Secured Alzheimer/dementia care
- Stroke rehabilitation
- Home health and hospice

**Stop and visit us today, ask for a tour of our facilities**



**SPONSORED BY HSHS ST. ANTHONY'S MEMORIAL HOSPITAL**

Every Third Saturday of the Month at 9am  
September 19 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

**Thank You To Our August Volunteers**

- |                      |                        |                       |
|----------------------|------------------------|-----------------------|
| Jackie Morgan--7 hrs | Sara McKinney--2 hrs   | Joan Walker--2 hrs    |
| Gerry Hoene--6 hrs   | Sharon Caylor--1 hrs   | Colleen Sutton--4 hrs |
| Sonja Martin --2 hrs | Evelyn Mann--2 hrs     | Jerry Katt--6 hrs     |
| Cindy Martens—6 hrs  | Cindy Montgomery--1 hr |                       |
| June Harris--2 hrs   | Ed Blumer---2 hrs      |                       |
| Ed Eckert--2 hrs     | Ruth Gier--3 hrs       |                       |

**Rides Mass Transit District  
Effingham Saturday Trips**

- September 5th-** Palestine IL, Pioneer City Weekend, lunch at the Backporch Barbeque, and shopping
- September 12th- Broomcorn Festival & Beachy's in Arcola, IL**
- September 19th-** Annual Wellness and Brain Fair in Urbana, IL (senior fair, raffles, and free giveaways), Lunch at Perkin's Restaurant and Bakery, and shopping
- September 26th-** Shop Main St. Belleville, IL, Visit St. Peter's Cathedral, Go to the Weingarten Winery, and Blue Springs Cafe for Foot High Pies

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

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



Jan VonBokel would like to offer you water painting classes here at the Senior Center Jan VonBokel's paintings have been displayed in both solo and group exhibits through out the Midwest. Several private and corporate collections contain her work in and around the State of Illinois.

Ms. Von Bokel is the recipient of numerous awards and honorariums. While she is primarily self-taught, she has attended the Evanston School of Art, Parkland Junior College, Lakeland Junior College and workshops throughout the United States. Jan seeks to capture the life and energy around her through her paintings, specifically how objects in landscapes move internally and in relation to one another. With that objective in mind, Jan paints what she feels... if you are interested in taking a free class with Jan here at the Senior Center, please place your name on a list and we will schedule your day! This will be a group setting and all materials and supplies will be furnished. In case you didn't know, Jan is an Effingham Home Town Artist.

Call 217-347-5569 to sign up

**RULES OF THE ROAD CLASS**

Will be held on Sept 4th at 9:30am at the Senior Center please call to register 217-347-5569  
Next Class is 11-06-15



**BENEFIT ACCESS PROGRAM**  
Is a License Plate Discount Program  
call 217-347-5569 for more details

Advance Directives, Do you have yours done? Do your children know your wishes, take the time to have that conversation! You will be glad you did, and your children will be also.



## MONTHLY POTLUCK

September 3<sup>rd</sup> AT 11:30 AM

SPONSORED BY  
BROOKSTONE SUITES

Brookstone Suites 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

## Happy July Birthday's!



Frank Harris, Pauline Worman and Donald Burger

### 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 Your Regional Ombudsman, if you have any questions at 217-347-5569



Dine With A Doc Sept 10, 2015 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 and 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 **Regai Mitry, MD. With International Pain from Sarah Bush**

Lunch will be provided compliments  
**Heritage Woods of Charleston**



### EFFINGHAM COUNTY SUPPORT GROUP MEETING BROWN BAG SUPPER & SUPPORT MEETING

Meetings will be held the 2<sup>nd</sup> Wednesday of each month, September 9<sup>th</sup> at 5:00 pm Bring your own brown bag supper and meet other caregivers supporting someone with a 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.

Pathways



To Community Living

## Formerly Known As Money Follows The Person

Money Follows The Person

**Our Mission: To promote individual choice and control and increase the use of home and community based services.**

**What Is It: Our goal is to help**

interested people living in a long-term care facility move to an apartment or house in the community, and to make sure they receive quality care after they move. The IDoA Money Follows the Person initiative is part of a statewide, multi-department demonstration program. Your participation is voluntary.

**This program is for individuals who:**

- Have resided in qualified institutions in the state for a minimum of 90 days (excluding any days paid by Medicare)
- Have received Medicaid benefits for a minimum of one day, and
- Are 60 years of age or older.

**The goals of Money Follows the Person are to:**

- Increase the use of home— and community—based long-term care services,
- Eliminate barriers that prevent or restrict flexible use of Medicaid funds for necessary long-term care services in the settings reflecting individual choice,
- Increase the ability to assure continued community-based long-term care services to eligible individuals after transition, and
- Ensure that quality assurance and improvement continuously occurs for community-based long-term care services.

**How Does It Work: We have trained individuals, called**

Transition Coordinators, to help you. They will meet with you one on one. They will help decide if you are eligible for this program. They will help you before, during, and after you move.

***We Help Individuals Living In Nursing Homes or Long Term Care Facilities Move Back to the Community.***

***For More Information Please Call  
Your Ombudsman  
at 217-347-5569***

## BABY BOOMERS BORN IN 1955

- Cost of a gallon of Gas 23 cents
- Average Cost of a new car \$1,900.00
- Juicy Oranges 69 cents for 2 doz
- Porterhouse Steak 95 cents lb
- Ford Fairlane \$2,013
- Philco Black and White TV 20 inches \$229.95
- 5 ft Fibreglass Casting Rod \$1.54
- McDonald's Hamburger 15 cents
- Minimum Hourly Wage \$1.00 Per Hour The minimum hourly wage is raised in the United States from 75 cents per hour to \$1.00 per hour (for a 40 hr week this would provide about \$2,000 PER YEAR )
- James Dean's first performance in a major film started as of this date. He starred in a movie entitled East of Eden, for which he had won an academy award nomination.
- Rosa Parks and Martin Luther King Jr Rosa Parks sets off a bus boycott in Montgomery, Georgia when she refuses to give up her seat in the "colored" section of a bus . Led by Martin Luther King, Jr., the boycott lasted for over a year and resulted in the desegregation of the busses. This is often thought of as the event that started the Civil Rights Movement nationwide.

You have come a long way