



Sunset Times

DECEMBER
2017

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



**Senior Services will be CLOSED on
Thursday, December 7th for a staff meeting.**

**We will be closed Friday, December 22nd
& Monday, December 25th
in observance of Christmas.**

**We will be closed
Friday, December 29th
& Monday, January 1st
for the New Year Holiday.**



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

www.seniorservices-eccoa.org



Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on December 5th or December 19th. 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.



- If you can not make the above dates, Megan will also be holding a toenail clinic at the Altamont Municipal Building on December 12th at noon.
- Also please note the fee for this service will be \$15 after January 1, 2018.



National Active and Retired Federal Employees Association

NARFE

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. NARFE represents some five million federal workers, retirees, and spouses and their survivors. The local NARFE group holds their monthly luncheon on the 2nd Wednesday at 11:00 am at the Effingham Senior Center. For more information contact Barb Carie, 347-7536.

ECPT Coffee Club

All Are Welcome To Attend
(Men & Women)

Busses are available to take you to this event and it's a great way to get out and enjoy some good conversation!



Call ECPT 1-855-755-2478
24 hrs in advance for pick up!



Tuesday Evening Meal

Join us for the Tuesday Evening Meal, December 5th at 5:00 pm at Senior Services, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation. For transportation, call ECPT at 1-855-755-2478 by Monday before the meal. Meals are a suggested donation, but no one will be denied for inability to make a donation.

Guess who is on Santa's **GOOD** list?

Our November volunteers, that's who!

Sue Green – 2 hrs
Sara McKinney – 4 hrs
Joan Walker – 1 hr
Jerry Katt – 3 hrs
Faye Pearson – 1 hr
Gerry Hoene – 2 hrs
June Harris – 4 hrs
Della Stanford – 1 hr
Ruth Gier – 10 hrs

Julie Sudkamp – 1 hr
Sonja Martin – 1 hr
Elaine Shouse – 1 hr
Christie Murphy – 3 hrs
Colleen Sutton – 3 hrs
Dalyne Sapp – 20 hrs
Sharon Bludworth – 36 hrs





Remember....Annual Open Enrollment Medicare Part D/Prescription Plan



Open Enrollment Period will end December 7th. 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.



HOLIDAY FIXINS GIVEAWAY



We will be giving away a **Holiday Fixins Basket** on Friday December 15th...for each non perishable food item (not expired) that you bring in to donate to help fill our local food pantries, you will receive a ticket for the drawing for this wonderful **Holiday Fixins Basket**. Drawing is open to anyone. Stop by today and bring your item, get a ticket! The basket includes: Ham, potatoes, sweet potatoes, marshmallows, gravy mix, stuffing mix, broth, cranberry sauce, noodles, pumpkin desert mix, green beans, corn and rolls. Need not to be present to win...winner will be notified for pick up.



Senior Center Holiday Dinner



Brookstone Suites & Brookstone Estates will be providing a Holiday dinner, and 2 door prizes on Friday, December 15th at 11:00 am here at the Center...sign up is requested.

Lets take time during this holiday season to spend time with old and new friends as you join us for a Holiday dinner. If this is your first time to attend an event here at the Center or you have joined us in the past, bring a friend and introduce them to our great programs and activities held here at the Center. Remember

sign up is required so call today!
217-347-5569.



Blood Pressure Checks

Monday, Dec 4th : 11-11:30 Effingham Golden Circle Nutrition Site

Tuesday, Dec 5th: 11-11:30 Shumway Kluthe Center

Wednesday, Dec 6th: 9-10:00 Catholic Charities

Thursday, Dec 14th: 11:30-12 Dieterich Civic Center

Monday, Dec 18th: 11-11:30 Altamont Municipal Building



Walk With a Doc

Join HSHS St. Anthony's for "Walk With a Doc" at the Workman Sports Complex on Saturday, December 16, 2017 at 9:00 a.m. Meet in the lobby to hear a brief presentation from a local physician before enjoying an indoor walk with area doctors. Listen to the local radio station for cancellations.

Please join us for cake and ice cream on
Thursday, December 28th at 1:00 p.m.

for those celebrating a birthday this month.

Sponsored by Senior Services, Brookstone Suites

& Martin's IGA. A special December Birthday gift will be given
at the party compliments of Effingham Health and Rehab.



Happy September Birthdays!

Walden Pomalow
&
Ella Mae Key



(Please note: I skipped putting the
September picture in last month's newsletter
and I got a month ahead. —Thanks, Ann)



EFFINGHAM COUNTY SUPPORT GROUP MEETING

December 13th 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 in your struggle. Our program speaker will be Linda Cummins, Therapist, from Griffith Therapeutics speaking on current medications for mental health issues.

BREAKFAST IN A BRIEFCASE

Sponsored by: Effingham Health
& Rehabilitation

When: December 21st, 2017

Where: Effingham Senior Center

What Time: 8:30 am – 10:00 am

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



“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

The Effingham County FISH Organization is sponsoring the Annual Free Effingham County Christmas Dinner at Sacred Heart Church – Parish Center

405 S Henrietta – Effingham, IL

(just SOUTH of the church at the corner of Fayette & Henrietta)



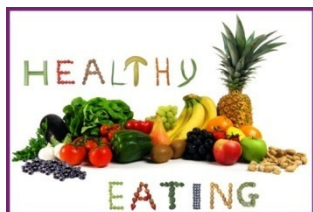
Join us on Christmas Day – Sunday –December 25th at 11:30 am to celebrate the “real” reason for the season. If you will be alone this Christmas, need to find someone to share the holiday with, or know someone who is home bound.... Call to join us for This Annual Christmas Dinner sponsored by the FISH Organization. Free to ALL in Effingham County!

❄ Please contact the Effingham Senior Center at 217-347-5569 to make reservations or for delivery.



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.



When: Tuesday, Dec 26th at 1:00 pm

Where: Senior Center

Feature Movie: “One Magic Christmas”

A young mother rediscovers the joy and beauty of Christmas, thanks to the unshakable faith of her six-year-old daughter, Abbie, and Gideon, the mother's very own guardian angel.

Popcorn and drinks will be provided!

Reserve a seat by calling: 217-347-5569

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**.



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, December 4th at 10:00 a.m. to guide you in painting. Bring your passion & see what you can create. You will be totally amazed!



For more information contact
Bonnie Kruse, R.D. at
(217)347-1288 or (217)994-2737

2018

Diabetes Support Group Meeting Dates

A Little Education, A Little Fun

No Cost!

Meeting time: 5:30 p.m.

Diabetes and Nutrition Education Center

Convenient Care, Lower Level

801 West Temple, Effingham

***Meetings are held the 2nd Monday of the Month
January through November, 2018***



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, December 14th, 2017 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:
Dr. Joseph Borreggine, DPM.



Lunch will be complimentary and provided courtesy of:
The Villas Of Hollybrook.



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.

You can use ECPT to go anywhere in Effingham county.... visit friends and family, get groceries, go to the senior center....anywhere you would drive yourself. Just call ahead and go!



For all your transportation needs call 1-855-755-2478.

DECEMBER 2017: temperature 39.5° (4° above avg. east, 1° above west); precipitation 4" (1" above avg.);

Dec 1-3: Rainy, mild;

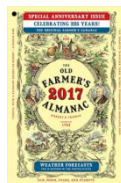
Dec 4-7: Showers and flurries;

Dec 8-11: Snow showers, cold;

Dec 12-18: Rainy periods, mild;

Dec 19-22: Snow, then sunny, mild;

Dec 23-31: Showers, then flurries, cold.



What the heck is Tai Chi?

Come to the Senior Center and find out!

When: Every Monday & Wednesday morning beginning January 3rd, 2018

Where: Senior Center Activity Center

What time: 8:00 am to 9:00 am

(Hint: It's an awesome way to start your day!)





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 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, 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 provide you with choices for your care with services that might be right for you. Services include In-Home Homemaker Services, Adult Day Services, Emergency Home Response Service, 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 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.

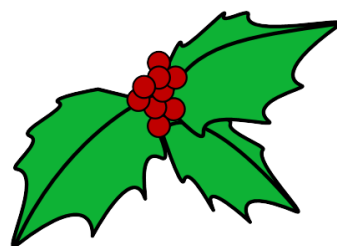
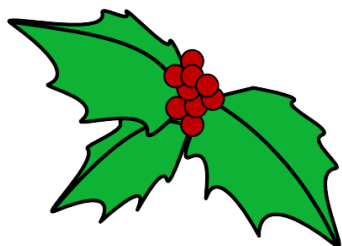
For more info call 1-800-283-4070 or call 217-347-5569



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!

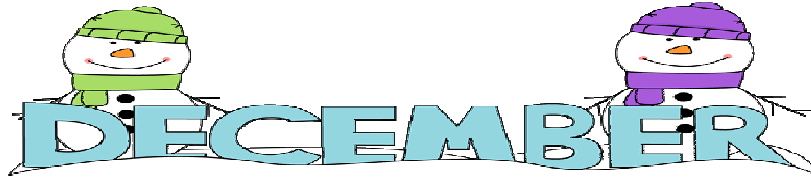
Come to the Senior Center and knit or crochet with us! Join the ladies every Monday morning at 9:30 in the Activity Center!!!



CENTRAL ILLINOIS PUBLIC TRANSIT



Effingham County Saturday Trips



December 2nd— Outlet Mall
Tuscola, IL

December 9th— Argosy Casino
Alton, IL

December 16th— Market Place Shopping Center
Champaign, IL

December 23th— *No Out of County Trip*

December 30th— No Out of County Trip

To Schedule a ride contact CIPT at 1-855-755-2478 by 3:00pm the Thursday before the trip. (We will call everyone by noon on Friday, the day before, if the trip would be cancelled due to bad weather/road conditions.)



Insert Golden Circle Menu Here



The Villas of Holly Brook-Effingham

*904 W. Evergreen Avenue
Effingham, IL 62401
(217) 342-2353*

www.meridiansenior.com

Our community offers gracious residential living in a home-like setting with dedicated and knowledgeable staff available 24 hours a day to meet the personal needs and individual demands of each resident. Spacious living rooms, private or companion apartments, landscaped outdoor areas, and more combine to provide a safe, secure, and comfortable environment for each resident to 'make their own'.

A full range of activities are conducted on-site – with cookouts, outdoor leisure times, and trips for shopping, concerts, and tours. All provided with the care, concern, and commitment of staff members whose only goal is the comfort, well-being, and support of our residents.

Making Life Better Every Day... For Every Resident.

Our residents know — and we understand — this is their home. Our job is to make it the most comfortable, secure, and enjoyable home possible. We are privileged to serve, protect, and enrich the lives of some very special individuals. It is a privilege we take very seriously. Whether for you or a loved one, you can rest assured we will provide a caring atmosphere, an active community, and a comfortable, secure life for our residents.

With the latest in convenience and services, our community offers each resident the opportunity to 'live life their way'. Residents enjoy assistance when required, and freedom when desired. Residency includes a complete array of services and accommodations.

As we count down to Christmas, may the beauty and excitement of the season fill your heart and home with happiness.

We are filled with gladness and gratitude for customers and neighbors like you. Thank you for making us feel at home here. We look forward to your visits in the New Year!



Insert Activity Calendar Here