



Sunset Times

**November
2019**

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 Monday, November 11th in
honor of Veterans Day & Thursday,
November 28th & Friday, November 29th for Thanksgiving.



**On behalf of all of us at Senior Services of
Effingham County, we wish you a very
Happy Thanksgiving!**

15th Annual Effingham County Thanksgiving Day Dinner



The Effingham County Fish Organization is sponsoring the 15th Annual Free Effingham County Thanksgiving Day Dinner on **Thursday, November 28, 2019** at the St. Anthony Parish Center, 101 E. Virginia Ave., Effingham, IL.

This free dinner is open to all Effingham County residents and their families who would like to enjoy Thanksgiving with others. The dinner will be on **Thanksgiving Day Starting at 11:30 a.m.** Home delivered meals will be available for homebound individuals. There will also be transportation available to pick up and take home those people in need of a ride.

For those persons wishing to attend the meal, please RSVP by November 25, 2019 by contacting Susan Elke at 217-868-5913 or Senior Services Of Effingham County at 217-347-5569. Please let us know when you RSVP if you need transportation.

For those who need home delivered meals, please contact Senior Services Of Effingham County at 217-347-5569 by November 25, 2019.

We are in need of volunteers to help set up, package and deliver meals to the homebound, transport individuals who need transportation to and from the church and serve those people attending the meal. If you are interested in volunteering, please contact Susan Elke at 217-868-5913.

(This is not a dinner just for Seniors. All in the county and their families are welcome)

Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and 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 1-800-283-4070 after hours and on weekends

www.seniorservices-eccoa.org



MONTHLY POTLUCK AT THE SENIOR CENTER

November 7th at 11:30 am

Sponsored by Sarah Bush Lincoln Health Center



**Sarah Bush
Lincoln**
Trusted Compassionate Care

Sarah Bush Lincoln Health Center will be providing meatloaf as 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 2qt side dish. Chris Kessler will be making a short presentation.

At 10:30 am St. Anthony Hospital will be here to check your blood pressure.

Call 217-347-5569 to register.

SUCCESSFUL AGING IN THE 21ST CENTURY

Thursday, November 21st, 2019 at 11:00 am.

We all know we should have information like power of attorney paperwork, POLST forms, living wills and insurance info in one place that is easy to find in case of an emergency or our passing. But what about other information that your family may need or that you want to ensure is available for them when needed? Planning ahead takes the stress off your loved ones and will put your mind at ease that you know your wishes will be carried out at the end of your days.

Join Amanda Spade from HSHS Home Care & Hospice for a candid conversation about creating a Family Love Letter and what information you may want to include. All you need is "love" and the details to create a great Family Love Letter! This event will take place in the Activity Center. SAMH Homecare & Hospice will be providing seniors with a free lunch.



Please call 217-347-5569 to make your reservation!



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a **FREE** program **REQUIRED** and **GOVERNED** by Illinois Law. There are no fees and no hidden costs. 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!



**HSHS
St. Anthony's
Memorial Hospital**

Blood Pressure Checks

- **Tuesday, Nov. 5th : 11:00 – 11:30**
Shumway Kluthe Center
- **Wednesday, Nov. 6th : 9:00 - 9:30**
Effingham Catholic Charities
- **Thursday, Nov. 7th : 10:30-11:30**
Senior Services Of Effingham Co.
- **Thursday, Nov. 14th : 11:30-12:00**
Dieterich Civic Center
- **Monday, Nov 25th : 11:00 – 11:30**
Altamont Municipal Building



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".

Please note
new time!

Rules of the Road

Will be held at the
Senior Center on
Friday, November 1st
from **1:00 pm – 3:00 pm**



It's Movie Time!

When: Tuesday, Nov. 12th at 1:00 pm

Where: Senior Center

Feature Movie: "On Golden Pond"

Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. *At Golden Pond*, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms. ... Katharine Hepburn, Henry Fonda, Jane Fonda.

Popcorn and drinks will be provided.

Reserve a seat by calling 217-347-5569!



Happy September Birthday to Ella Mae Key!

**Please join us for cake and
ice cream on Wednesday,
November 27th at 1:00 p.m.
for those celebrating
a birthday this month.**

**Sponsored by Senior Services
and Aperiion Care. A special
November Birthday gift will
be given at the party
compliments of
Effingham Rehab & Health.**

CELEBRATE! CELEBRATE! CELEBRATE!

5th Annual All I want for Christmas Craft Fair

Sunday, November 17th, 2019

10 AM – 4PM

Thelma Keller Convention Center

1202 N Keller Dr.

Effingham, IL

70+ Crafters and Vendors

NO ADMISSION!

Don't miss our biggest show yet!



Line Dancing

Join the line dancers every Tuesday
Morning at 10:00 am in our Activity
Center. Come and join in the fun and
learn a new step or two!!!

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



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 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, Home Delivered Meals, Respite Care for the Caregiver, 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, set 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 or to make a referral for someone you feel could benefit from the program call 217-347-5569. Call today...We can assess your needs and keep you at home.



HOLIDAY FIXINS GIVEAWAY



On November 1, 2019 we will begin collecting items for the Holiday Fixins Basket . 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, desert, green beans, corn and rolls. We will be drawing for the basket on December 9, 2019. Need not to be present to win...winner will be notified for pick up.



Be a **Savvy Senior**



Savvy Senior Pick Your Pumpkin!

You're on Medicare? For you, Oct. 15 to Dec. 7 means open enrollment. For scammers, it means prime time to try to steal your money and identity!

Please join us on Tuesday, November 26th at 1:30 pm for some pumpkin dessert and a listen to an informative presentation on Medicare scams!

***Please call 217-347-5569 to register for this event!**



Medicare Annual Enrollment is **HERE!**

The Medicare Annual Enrollment Period Is a Scammer's Favorite Time of Year

With the Medicare Annual Enrollment Period (AEP) in full swing, scammers are gearing up to prey on unsuspecting Medicare beneficiaries. Here are the facts about the current Annual Enrollment Period.

For 2020 coverage, Annual Enrollment will run from October 15, 2019 through December 7, 2019. During the Annual Enrollment Period, you can make changes to various aspects of your Part D or Medicare Advantage coverage.

We would like to help protect beneficiaries from falling for AEP scams!

- ✓ There are no Medicare sales representatives. If someone contacts you suggesting they are from Medicare, it is a scam call.
- ✓ If someone calls you and suggests it is mandatory, that is false. Enrolling in a Medicare Part D or Medicare Advantage Plan is voluntary. But please note; there is a penalty for not enrolling when you are eligible, and this is something you should discuss with a trained and certified SHIP Counselor who is available at any of the 5 sites listed below.
- ✓ Do not give out any information over the phone to someone you do not know.

It is very important to compare the plans offered during the AEP. SHIP counselors are an unbiased third party, who can help you by putting you in a plan that works for you! If you need help during annual enrollment and live in Effingham County you can contact any of the local SHIP sites listed below to schedule an appointment and have your questions answered.

Senior Services of Effingham County

209 S. Merchant St.
Effingham, IL 62401
(217) 347-5569

Catholic Charities of Effingham

1502 E. Fayette
Teutopolis, IL 62467
(217) 857-1458

CEFS

1805 S. Banker
Effingham, IL 62401
(217) 342-2193

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401
(217) 347-7179 ext.1062

Opportunities for Access

2301 Hoffman Dr., Suite B
Effingham, IL 62401
(217) 342-5521



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



Open Enrollment Period begins October 15th thru 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.



CATHOLIC CHARITIES CHRISTMAS STORE



Our local
Catholic Charities

will be collecting new toys and non-perishable goods beginning **Nov. 1st**. Please bring your donations to the Senior Center and place them in the containers located in the reception area.



National Alliance on Mental Illness

NAMI – EFFINGHAM REGION

Wednesday, November 13, 2019 at 5:00 pm

Monthly Family Support Group Meeting

Do you need help supporting a loved one, family member, friend, neighbor, or have concerns about someone you know suffering from mental illness? Are you trying to navigate the ever changing system to get help? WELCOME, we've all been there. We don't claim to have all the answers, but together we will help you look for them and share our experiences... You are not alone.

Finger foods and refreshments will be there, and you are welcome to bring your own to share if you wish.

Before the support meeting, we will also have a scheduled speaker, Dr Andy Hogan PHD LCPC – Midwest Neurofitness.

Join us at Heartland Human Services, 1200 N Fourth Street, Effingham, IL. Enter the North Doors and look for the NAMI sign.



AIR FORCE BAND



Will be performing at
Effingham Performance Center
Monday, November 11, 2019
at 7:00 pm!

Tickets are FREE, but you must
Have a ticket to enter. For more
Information, call 217-540-2788.

Senior Services would like to extend a **BIG “Thank You”** to our **October volunteers!** Doesn't it make you feel good to volunteer?



Janet Pagel – 1 hr
Gerry Hoene – 2 hrs
Faye Pearson – 1 hr
Kate Walk – 2 hrs
Shirley Cheadle – 2 hrs
Trudy Robinson – 9 hrs
Dalyne Sapp – 20 hrs

Grace Boldt – 1 hr
Ed Eckert – 1 hr
Kate Eckert – 1 hr
Sara McKinney – 2 hrs
Gustie Unkraut – 1 hr
Christie Murphy – 10 hrs



Don't forget to “FALL BACK” (turn your clocks back an hour) & change your smoke detector battery on the night of Saturday, November 2nd!

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.

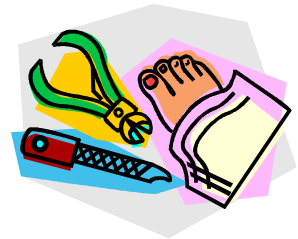
Long-Term Care Ombudsman

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 1-217-347-5569 or 1-800-283-4070.**



Foot Clinic

Bring your toes, tubs and towels to the Senior Center on November 5th or November 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 \$15, payable to the technician.



- If you can not make the above dates, Megan will also be holding a toenail clinic at the Dieterich Kluthe Center on November 12th at 1:00 pm.

Tuesday Evening Meal



Join us for the Tuesday Evening Meal, November 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 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.



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, November 14, 2019 in the Activity Center here at the Senior 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. Timothy Gray, MD.



Lunch will be complimentary and provided courtesy of:
Sarah Bush Lincoln Health Care

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.



Take Off Pounds Sensibly

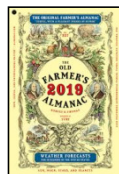
Are you ready to stop dieting and start making real changes with good choices? We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey. Come and join the TOPS (Take Off Pounds Sensibly) group here at the Senior Center. They meet every Wednesday morning at 9:00 am.



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.

November 2019: Temperature 43 degrees (3 degrees above avg); Precipitation 3.5" (avg.);

November 1-3: Sunny, cool.
November 4-11: Rain, then flurries, cold.
November 12-16: Rain, then flurries, cold.
November 17-22: Rain to snow, then flurries, cold.
November 23-29: Snowstorm, then sunny, cold.
November 30: Rain.



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
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DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Saturday from 6am-8pm

Effingham County Public Transportation
GET ON THE BUS AND RIDE WITH US

OPEN TO EVERYONE!!

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>

November

Effingham County Public Transportation
Effingham Saturday Trips

Call 1-855-755-2478 to reserve your seat by noon the Friday before the trip!

November 2nd – NO TRIP.



November 9th – Godfrey, IL

Josephine's Tea Room - Experience a traditional tea & do a little shopping at the historical Monticello House! Lunch at Josephine's.

November 16th – East St. Louis, IL

Casino Queen - Let's go try our luck! Lunch at the Casino Queen.



November 23rd – Gordyville (Gifford), IL

Christmas Craft Show - Over 300 Vendors! Gifford State Bank is hosting this huge event, don't miss out on the holiday fun! Lunch at Stagecoach Steakhouse.



November 30th – Champaign, IL

Marketplace Mall - Let's go shopping! We will be going to the Market Place Mall and some surrounding shopping centers! Come with us and find those holiday deals! Lunch at the Mall or at Freddy's.



Trips are a suggested donation for persons 60 years or older & are Effingham County residents.
All persons under 60 are \$5 to ride to the destinations.

Meals On Wheels Menu

Trusted Compassionate Care

SBL Bonutti Clinic

1303 West Evergreen Ave.
217-342-3400

ORTHOPEDICS

Joseph Ajdinovich, MD
Peter Bonutti, MD
Michael Chioffe, MD
Kayla Deters, APRN
Stacia Fallert, APRN
Timothy Gray, MD
Jennifer Hess, APRN
Frank Lee, MD
Didi Omiyi, MD
Nick Williams, PA-C
Tom Williams, PA-C
Luke Zumbahlen, APRN

MRI

SBL Evergreen Clinic

1104 West Evergreen Ave.

GENERAL SURGERY

Kevin Malone, MD

James Flaig, DO

217-347-2500

UROLOGY

Fernando Gonzales, MD

217-258-4186

SBL Lincolnland Home Medical Equipment

903 North Maple St.
217-347-7372

*The mission of
Sarah Bush Lincoln
is to provide
exceptional care
for all and create
healthy
communities.*

SBL Effingham Clinic

905 North Maple St.

Louis Schwing, MD

INTERNAL MEDICINE

217-540-6122

Paul Oltman, MD

FAMILY PRACTICE

217-347-7776

Walk-In Clinic

Douglas Kabbes, MD

217-540-6123

ENT Clinic

Lori Cudone, MD

Charly Nguyen, MD

Michael Smith, MD

Audiology & Hearing Services

217-347-7077



Sarah Bush Lincoln

Calendar