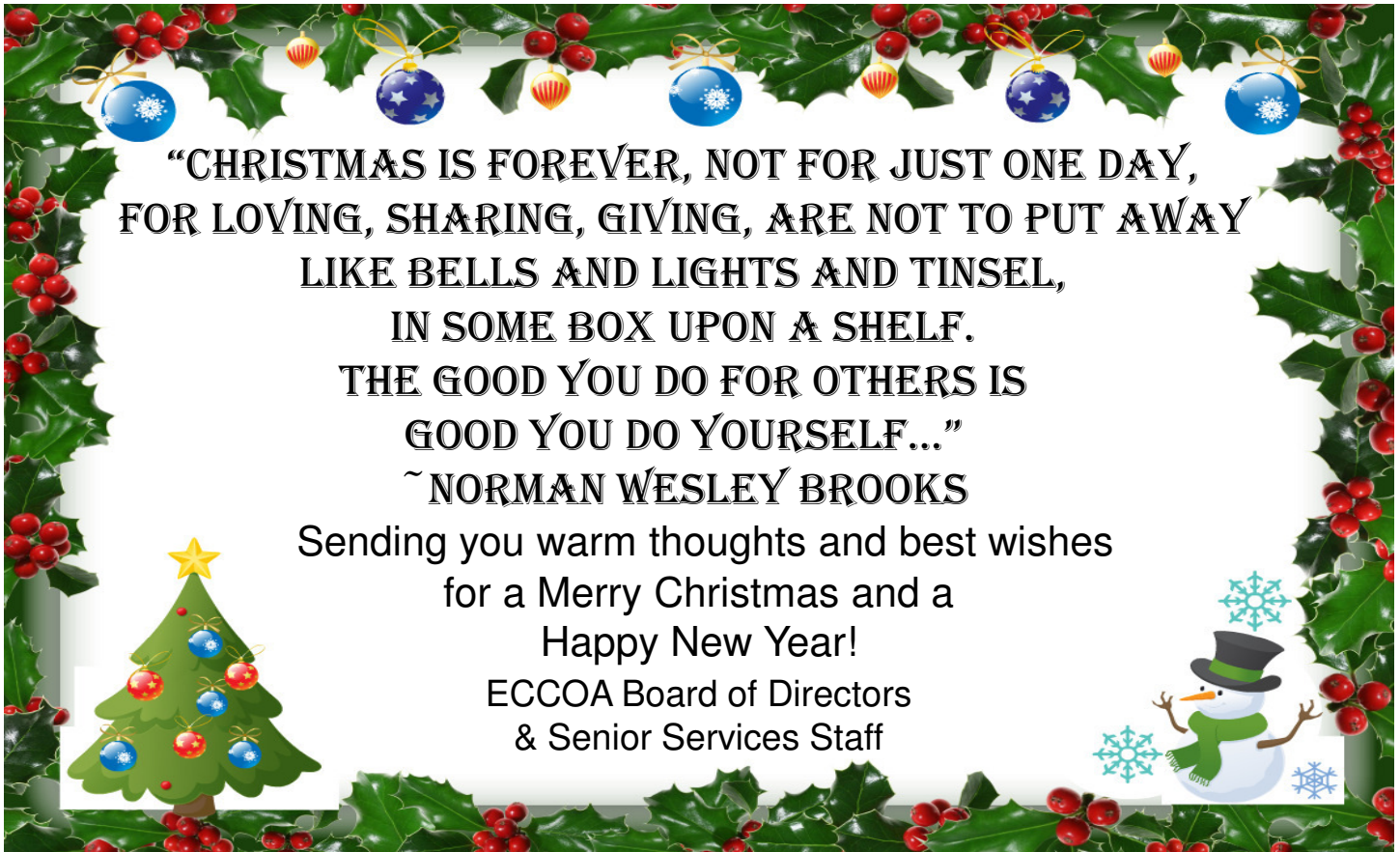




# Sunset Times

DECEMBER  
2018

To join the Sunset Times email list please email  
abushue@seniorsservices-ecco.org or check out our  
webpage at [www.seniorservices-ecco.org](http://www.seniorservices-ecco.org)



**“CHRISTMAS IS FOREVER, NOT FOR JUST ONE DAY,  
FOR LOVING, SHARING, GIVING, ARE NOT TO PUT AWAY  
LIKE BELLS AND LIGHTS AND TINSEL,  
IN SOME BOX UPON A SHELF.  
THE GOOD YOU DO FOR OTHERS IS  
GOOD YOU DO YOURSELF...”  
~ NORMAN WESLEY BROOKS**

Sending you warm thoughts and best wishes  
for a Merry Christmas and a  
Happy New Year!

ECCOA Board of Directors  
& Senior Services Staff

**Senior Services will be CLOSED on  
Wednesday, December 5<sup>th</sup> for staff development & training.**

**We will be CLOSED Monday, December 24<sup>th</sup>  
& Tuesday, December 25<sup>th</sup>  
in observance of Christmas.**

**We will be CLOSED  
Monday, December 31<sup>st</sup>  
& Tuesday, January 1<sup>st</sup>  
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-ecco.org](http://www.seniorservices-ecco.org)



## Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on December 4<sup>th</sup> or December 18<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 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 Altamont Municipal Building on December 11<sup>th</sup> at noon.



# NARFE

National Active and Retired Federal Employees Association

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 2<sup>nd</sup> Wednesday at 11:00 am at Senior Services of Effingham County.

## **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

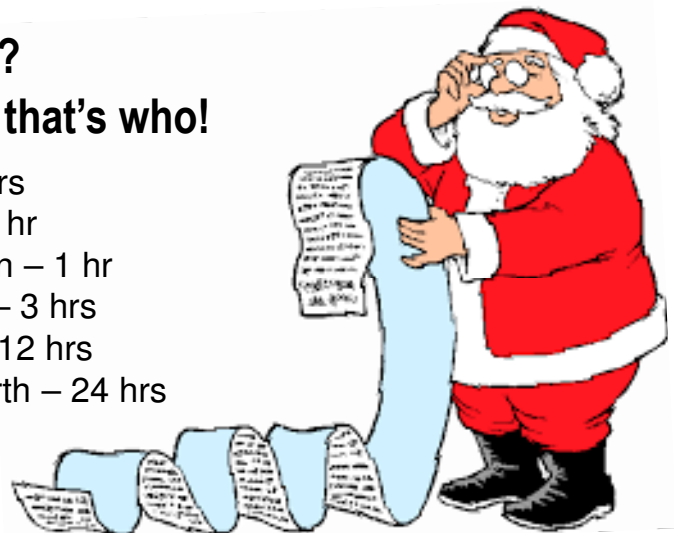
Join us for the Tuesday Evening Meal, December 4<sup>th</sup> at 5:00 pm at Senior Services, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation. For transportation, call ECPT at 1-855-755-2478 by Monday before the meal. Meals are a suggested donation, but 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!**

Shirley Cheadle – 1 hr  
Sara McKinney – 4 hrs  
Cindy Martens – 6 hrs  
Christie Murphy – 3 hrs  
Kate Walk – 4 hrs  
Gerry Hoene – 2 hrs  
Jan Pagel – 1 hr  
Grace Boldt – 2 hrs  
Debbie Borries – 1 hr

Ed Eckert – 2 hrs  
Kate Eckert – 1 hr  
Carol Heuerman – 1 hr  
Mary Edwards – 3 hrs  
Dalyne Sapp – 12 hrs  
Sharon Bludworth – 24 hrs





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



Open Enrollment Period will end 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.



## HOLIDAY FIXINS GIVEAWAY



We will be giving away a **Holiday Fixins Basket** on Friday December 21<sup>st</sup>...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, dessert mix, green beans, corn and rolls. Need not to be present to win...winner will be notified for pick up.



## Monthly Potluck – Thursday, December 6<sup>th</sup> at 11:30 am

Please join us for our monthly potluck on Thursday, December 6<sup>th</sup> at 11:30 am. Evergreen Nursing & Rehab will be providing fried chicken for the entrée and playing some fun games with you. Prizes will be given away. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2 quart size dish.



\*Please call 217-347-5569 to make your reservation today.



## Blood Pressure Checks

Monday, Dec 3<sup>rd</sup> : 11-11:30 Effingham Golden Circle

Nutrition Site

Wednesday, Dec 5<sup>th</sup>: 9-10:00 Catholic Charities

Thursday, Dec 6<sup>th</sup>: 10:30 – 11:30 Senior Services of Effingham County

Thursday, Dec 13<sup>th</sup>: 11:30-12 Dieterich Civic Center

Monday, Dec 17<sup>th</sup>: 11-11:30 Altamont Municipal Building



Please join us for cake and ice cream on Thursday, December 27<sup>th</sup> at 1:00 p.m. for those celebrating a birthday this month. Sponsored by Senior Services, and Aperion Care. A special December Birthday gift will be given at the party compliments of Effingham Health and Rehab.



**Happy October Birthday to Doris Flowers!**



National Alliance on Mental Illness

### NAMI FAMILY SUPPORT

December 12<sup>th</sup> at 5:00 pm

### MONTHLY FAMILY SUPPORT GROUP MEETING & CHRISTMAS PARTY

Please join us at Heartland Human Services, 1200 N. 4<sup>th</sup> St, Effingham. Enter the North doors and look for the NAMI sign.

This will be our Christmas Party meeting with food. We'll provide the meat & drinks. We invite you to bring a side dish or dessert to share if you can. **Please RSVP so we know how much food to order by calling (217)690-6583.**

We are also having a white elephant gift exchange if you want to participate. If you have any questions, call Donna at (217)273-9934.

Before the support meeting, Mike Stopka, Executive Director of "The Haven" Homeless Shelter, will be speaking to us about the new shelter in Mattoon.

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

405 S Henrietta – Effingham, IL

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



This free dinner is open to all Effingham County residents and their families who would like to enjoy Christmas with others. The dinner will be on Christmas Day starting at 11:30 am. 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 contacting Susan Elke at 217-868-5913 or Senior Services of Effingham County at 217-347-5569 by December 20, 2018.



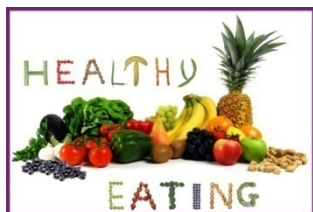
We are also in need of volunteers to help set up the Parish Center, package and deliver meals to the homebound, transport individuals who need transportation to and from the Parish Center and serve the people attending the meal. If you are interested in volunteering, please contact Susan Elke at 217-868-5913.

This dinner is not just for seniors, everyone in Effingham County is welcome!



**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 18<sup>th</sup> 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**.



## SUCCESSFUL AGING IN THE 21<sup>ST</sup> CENTURY

Please join us on Thursday, December 20<sup>th</sup> at 11:00 am in the Activity Center for some food and fun! The Glenwood will be providing seniors with a free lunch. Sign up will be limited to 50 people.

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



For more information contact  
Adrienne Jarrell at  
(217)347-1346

2019

**Diabetes Support Group Meeting Dates**  
**A Little Education, A Little Fun.**

**No Cost!**

**Meeting time: 5:30 p.m.**

**HSHS St. Anthony's Health Center, 2<sup>nd</sup> Floor**  
**900 W Temple, Building B, Effingham**

**Meetings are held the 2<sup>nd</sup> Monday of the Month**  
**February through November, 2019**



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 13<sup>th</sup>, 2018 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:  
HSHS St Anthony Memorial Hospital doctor info to come.



Lunch will be complimentary and provided courtesy of:  
Effingham Rehabilitation & Health Care Center



**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.**

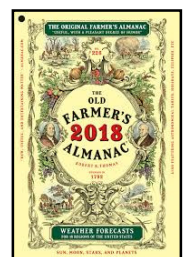
You can use ECPT to go anywhere in Effingham county.... visit friends and family, get groceries, go to the senior center....anywhere you would drive yourself. Just call ahead and go!

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



**DECEMBER 2018:** temperature 35° (2° below avg.); precipitation 3" (avg.);

- Dec 1-5:** Snow, then sunny, cold;
- Dec 6-12:** Rain to snow, then flurries, cold;
- Dec 13-15:** Rain to snow;
- Dec 16-22:** Rainy periods, mild;
- Dec 23-31:** Snow showers, cold.





## 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.

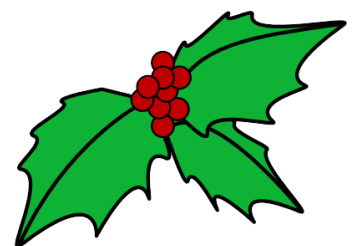
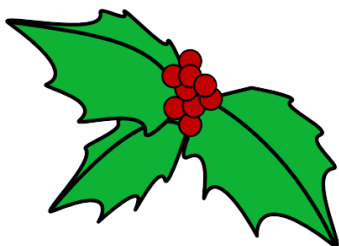
**For more info call 1-800-283-4070 or call 217-347-5569**



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!

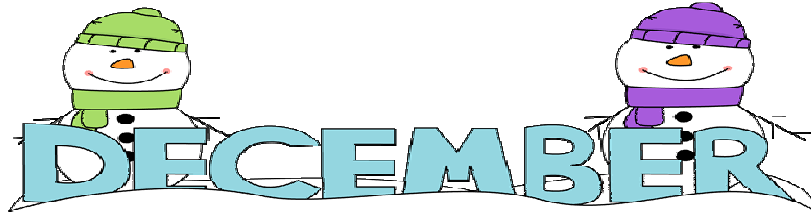
Come to the Senior Center and knit or crochet with us! Join the ladies every Monday morning at 9:30 in the Activity Center!!!





# CENTRAL ILLINOIS PUBLIC TRANSIT

## Effingham County Saturday Trips



December 1<sup>st</sup> — Argosy Casino, Lunch at the Casino

Alton, IL

\*\*\*\*\*

December 8<sup>th</sup> — Marketplace Mall, Lunch at the mall

Champaign, IL

\*\*\*\*\*

December 15<sup>th</sup> — Flea Market & Gingerbread Walk, Lunch at Eckert's

Belleville, IL

\*\*\*\*\*

December 22<sup>nd</sup> — *No Out of County Trip*

\*\*\*\*\*

*December 29<sup>th</sup> — 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

Big Changes Happening At  
Evergreen Nursing and Rehabilitation!  
*Come see us for a tour today!*



*Our new remodel  
(still in progress)  
on Rehab-to-Home  
Suites.*



**EVERGREEN**  
A HELIA HEALTHCARE FACILITY  
*bringing you home*

Insert Activity Calendar Here