



Sunset Times

January 2018

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



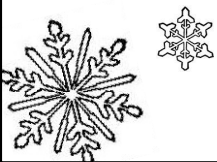
Our office will be closed on **Friday, December 29th** and **Monday, January 1st** in observance of the New Year's Holiday and on **Monday, January 15th** for Martin Luther King Day!



The beginning of a brand new year seems like an obvious time to reflect on changes we have experienced and ponder our successes. It is a time to think about what we have accomplished that has enhanced the lives of people who are close to us, as well as helping those who live in our community who are less fortunate. ECCOA's Board of Directors, volunteers, and staff, will continue to support our mission and work to enhance the lives of the people in our community. We have a passion for what we do and we are grateful for the many relationships that have been nurtured.

On behalf of the Board of Directors and staff, we wish all of you happiness, prosperity and good health in the New Year. We welcome 2018!

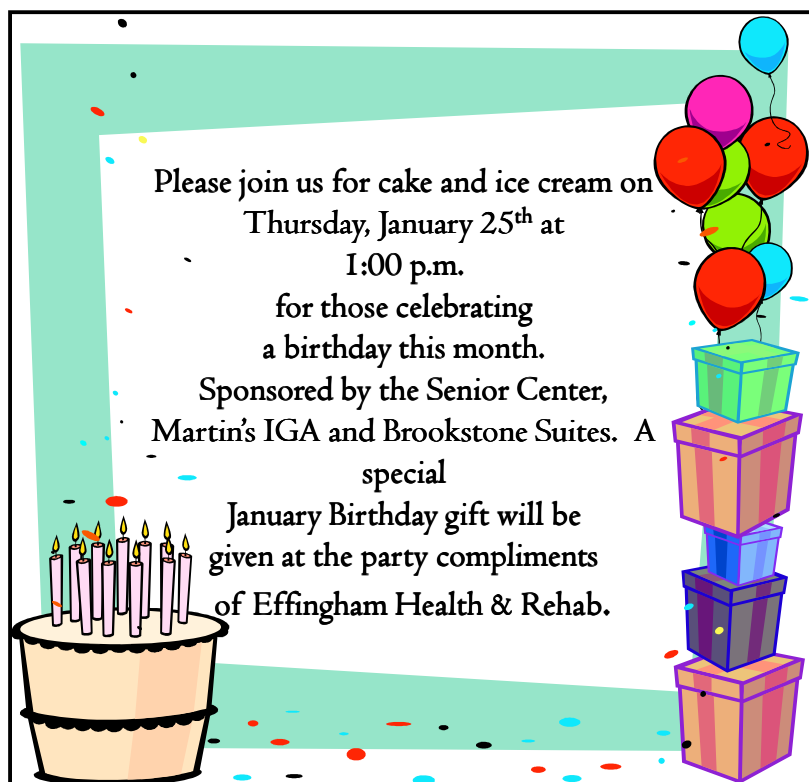
-Linda Hubbartt, Executive Director



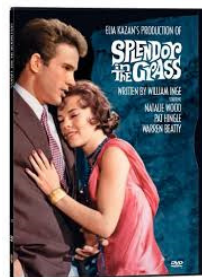
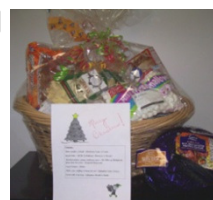
Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, many activities are designed for people of all ages.

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 1-800-283-4070 after hours and on weekends
www.eccoa.info





Congratulations to Christie Murphy!
She was the lucky winner of the Holiday Fixins Basket that was given away on December 15th. Her name was drawn from those who brought in non perishable food items for the local food pantry. We would like to thank everyone who participated in this event.



Senior Cinema
Tuesday, January 30th
at 1:00 pm
Come and enjoy
"Splendor in the Grass"
Starring Natalie Wood
& Warren Beatty.



"Life's most persistent and urgent question is,
what are you doing for others?"

This office will be closed on Monday, January 15th in
observance of
Martin Luther King's Birthday!

**Important
Message**

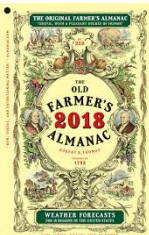


There will be no Dine With A Doc program this month. The next Dine With A Doc will be held on February 8, 2018.

January 2018:

Temperature 33 degrees (6 degrees above average);
Precipitation 2" (0.5" below average);

Jan 1-5: Lake snows, cold;
Jan 6-11: Sunny, turning warm;
Jan 12-21: Rainy periods, mild;
Jan 22-24: Rain to snow;
Jan 25-31: Rainy periods, mild.



New Years is all about getting
another chance. A chance to
forgive, to do better, to do more,
to give more, to love more. And
stop worrying about 'what if' and
start embracing what would be.

Foot Clinic

Bring your toes, tubs, & towels to the Senior Center on Jan 2nd or Jan 16th. Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on both of these days.

**The fee for this service is \$15, payable to the technician.



Rules of the Road Review Course will be held at the Activity Center on Friday, January 5th, 2018 starting at 9:30AM.

Tuesday Evening Meal



Tuesday Evening Meal for the month of January will be held on January 9th 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. The next evening meal will be held on February 6, 2018.

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.

St. Anthony's Events.

Blood Pressure Checks

Tuesday, January 2nd 11-11:30 am Shumway Kluthe Center

Wednesday, January 3rd 9 – 9:30 am Catholic Charities

Thursday, January 4th 10:30-11:30 am Effingham Senior Center

Thursday, January 11th 11:30 - Noon Dieterich Civic Center

Monday, January 22nd 11-11:30 am Altamont Municipal Bldg

Tuesday, January 23rd 10:30-11:30am Jasper County Senior Center



HSHS
St. Anthony's
Memorial Hospital

Are you looking for an interesting and relaxing new hobby to start in the New Year?

Many people would like to learn how to paint, but few know where to begin. Athena, a Certified Bob Ross Instructor, will be here at the Senior Center on January 8th, 2018 at 10:00 am. 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. The cost of the class is \$40.



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.

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



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/CPT/CIPT.htm>

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

**THANK
YOU**

Christie Murphy, 9 hrs
Jackie Morgan, 2 hrs
Sara McKinney, 4 hrs
Jerry Katt, 3 hrs
Kate Walk, 2 hrs
Joan Walker, 1 hr
Gerry Hoene, 2 hrs
Julie Sudkamp, 1 hr
June Harris, 4 hrs
Grace Boldt, 1 hr
Debbie Borries, 1 hr
Ed Eckert, 1 hr
Kate Eckert, 1 hr
Faye Pearson, 1 hrs
Sonja Martin, 3 hrs
Sue Green, 2 hrs
Ruth Gier, 10 hrs
Dalyne Sapp – 16 hrs
Sharon Bludworth, 3 hrs



NAMI SWI – EFFINGHAM REGION

January 10, 2018 at 5:00pm

BROWN BAG SUPPER & SUPPORT MEETING

This meeting will be held at Heartland Human Services. Bring your own brownbag supper and meet other caregivers supporting someone with mental illness, are all welcome. The goal is learning and supporting each other. This is a chance to find out that you are not alone in your struggle.

Scheduled speaker is Deb Bohannon of Bolin Inc.

Relax after the holiday stress and learn about family fun attractions right here in our back door...

"Big things in a small town".



Senior Center would like to extend a big

"THANK YOU"



to Brookstone Suites & Estates for sponsoring a wonderful Holiday Dinner on December 15th ! Good food and fun was shared by all!

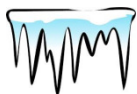
Community Care Program

“....helping older people live independently”

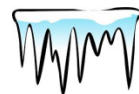


Did you know that Senior Services is contracted with the Illinois Dept. on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are: Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are 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



Please note: There will be no “Dine With A Doc” in January!



Illinois Telecommunications Access Corporation

ITAC has several new styles of phones for selection by 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!



**THE NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
(NARFE) REPRESENTS SOME FIVE
MILLION FEDERAL WORKERS,
RETIREEES, 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.



Happy November Birthday's!

Ann Bushue, Milt Elefson,

Daphne Fearday,

& Grace Boldt



Golden Circle Menu

Flag Presentation

Woodmen Of The World
presented Effingham Senior
Services with a new flag.



2017 MEMORIES



Activity Calendar