



Sunset Times

January 2019

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



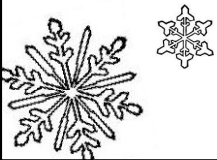
Our office will be closed on **Monday, December 31st** and **Tuesday, January 1st** in observance of the New Year's Holiday and on **Monday, January 21st** for Martin Luther King Day!



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 2019!

-Linda Hubbartt, Executive Director

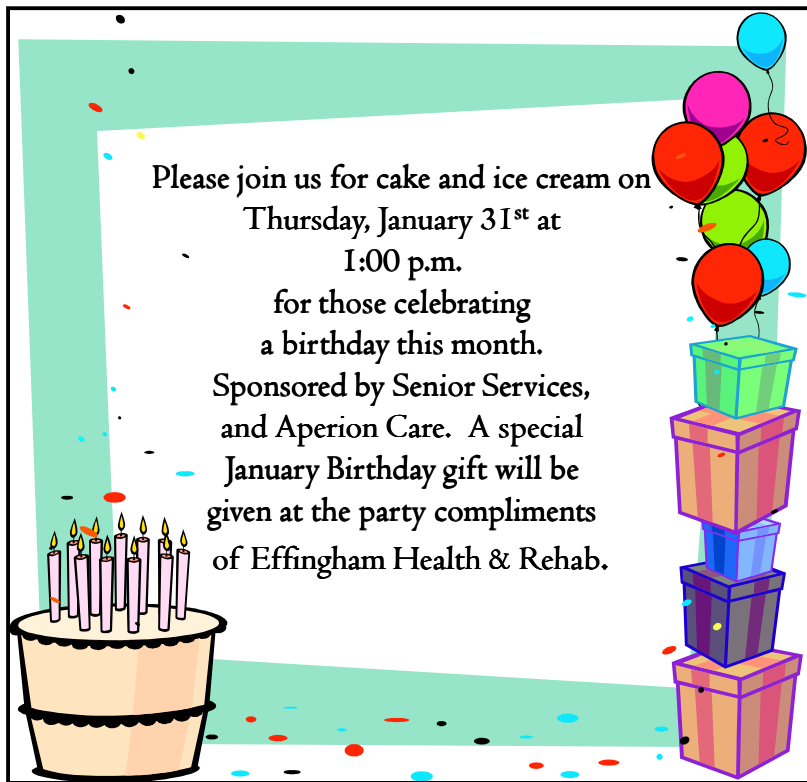


Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, many activities are designed for people of all ages.

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.seniorservices-ecco.org



Please join us for cake and ice cream on
Thursday, January 31st at
1:00 p.m.
for those celebrating
a birthday this month.
Sponsored by Senior Services,
and Aperion Care. A special
January Birthday gift will be
given at the party compliments
of Effingham Health & Rehab.



Congratulations to Joann Ullrich!
She was the lucky winner of the
Holiday Fixins' Basket that was
given away on December 21st. 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.




PLEASE REMEMBER TO
CHECK ON FAMILY & FRIENDS
DURING COLD WEATHER,
JUST A PHONE CALL **CAN**
MATTER.



Important
Message

• SENIOR EDUCATION MINISTRIES •



Dine with
a Doc™



There will be no Dine With A Doc program this month. The next Dine With A Doc will be held on February 14, 2018.

January 2019:

Temperature 33 degrees (6 degrees above average east);

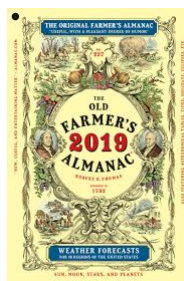
Precipitation 3.5" (avg. east, 2" above west);

Jan 1-5: Lake snows, cold;

Jan 6-10: Flurries east; sunny, mild west

Jan 11-24: Rainy periods, mild

Jan 25-31: Snowy periods, cold



Top 10 Commonly **BROKEN** New Year's Resolutions:

1. Lose Weight & get fit
2. Quit smoking
3. Learn something new
4. Eat healthier & diet
5. Get out of debt & save money
6. Spend more time with family
7. Travel to new places
8. Be less stressed
9. Volunteer
10. Drink less alcohol



Foot Clinic

Bring your toes, tubs, & towels to the Senior Center on January 15th.

Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on this day.

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 4th, 2019 starting at 9:30AM.

Please note date change!

Tuesday Evening Meal

Note date change!

Tuesday Evening Meal for the month of January will be held on January 8th 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 5, 2019.



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.

Blood Pressure Checks

Thursday, January 3rd 10:30-11:30 am Senior Services of Effingham Co.

Tuesday, January 8th 11:00–11:30 am Shumway Kluthe Center

Thursday, January 10th 11:30-12:00 am Dieterich Civic Center

Tuesday, January 22nd 10:30–11:30 am Jasper Co. Senior Center

Monday, January 28th 11-11:30 am Altamont Municipal Bldg

Community Diabetes Program

Free community diabetes program for people with diabetes, by appointment only. Appointments are available January 2, 7, 9, 14, 16, 23, 28 & 30. For more information or to schedule an appointment call 217-994-2737.





**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!

Fun For Facilities



Will be held on Thursday, January 3rd here at the center 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!

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

- Kate Walk, 8 hrs
- Shirley Cheadle, 1 hr
- Shirley Campton, 1 hr
- Sonja Martin, 6 hrs
- Christie Murphy, 3hrs
- Sara McKinney, 4 hrs
- Gerry Hoene, 2 hrs
- Carol Heurman, 1 hr
- Ed Eckert, 1 hr
- Kate Eckert, 1 hr
- Karen Wilson, 1 hr
- Debbie Borries, 1 hr
- Grace Boldt, 1 hr
- Amy Ellis, 1 hr
- Ruth Shadwell, 2 hrs
- Dalyne Sapp, 8 hrs



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



**NAMI FAMILY SUPPORT
January 9, 2019 at 5:00pm**

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 your welcome to bring your own to share if you wish.

Before the support meeting, we will also have a scheduled speaker, Becky Payne, who will speak to us about changing a negative mindset and improving your life. "Where your mind is... your body will follow".

This meeting will be held at Heartland Human Services, 1200 N. 4th Street, Effingham. Enter the north doors and look for the NAMI sign.



Happy November Birthday!

Joann Ullrich, Grace Boldt, Daphne Fearday, Milt Elefson, & Ann Bushue



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

MONTHLY POTLUCK AT SENIOR SERVICES OF EFFINGHAM COUNTY

January 3, 2019 at 11:30 am
Sponsored by Willowbrook Living



Willowbrook Living will be providing roast beef 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. Jackie Witges, QA Nurse, and Linda Althoff, Activities Director, will be making a presentation on the importance of activities for seniors who have dementia. They will also illustrate some of their favorite activities that can be done by a caregiver or family member of someone with dementia. At 10:30 am St. Anthony Hospital will be here to check your blood pressure. Call 217-347-5569 to register.

What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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.**



*Ombudsman services are confidential and free.

A Medicare Minute ...

Medicare Part D – Prescription Drug Coverage: When To Enroll & When Am I Eligible

- Anyone who has Medicare Part A or Part B is eligible for Part D – Prescription Drug Coverage.
- Initial Enrollment Period – 7-month window surrounding month of entitlement to Medicare.
7 Month window = 3 months prior to Medicare Eligibility, the month of, and 3 months after Medicare Eligibility. For most of the population, your eligibility date occurs at age 65. However, for those who have been determined disabled by SS, your Medicare eligibility date will be determined by SS.
- If the beneficiary doesn't enroll when they are first eligible, they may pay a late enrollment penalty if they join a plan later. The penalty will be paid for as long as the beneficiary has Medicare prescription drug coverage. **You only get one chance to sign up for Medicare D Prescription Drug Coverage without a penalty.**
- The only time there is no penalty is if the beneficiary has **Extra Help** or other **creditable drug coverage**.
- Medicare Part D Open Enrollment period is October 15 – December 7 each year.
- There may also be Special Enrollment Periods.
- For more information, you may contact Medicare by calling 1-800-633-4227 or visit their website at www.Medicare.gov.
- You may also contact a Senior Health Insurance Program (SHIP) Specialist near you.



FREE “DROP-OFF” TAX PREPARATION

@ Catholic Charities-Effingham VITA
for families with income less than \$60,000.

Simply, fill out the interview sheet, and drop-off your tax
Info 9am-noon and 1-3pm, weekdays, Monday-Friday,
starting Thursday, January 31, 2019.

Please bring the following items:

A copy of last year's tax return,
taxpayer's proof of identity,
all forms, W-2, 1098, and 1099,
info for other income,
ID # for child care provider,
info for deductions and credit,
proof of account for direct deposit of refund (e.g. voided check),
social security cards and/or ITIN notices/cards for you, your spouse and dependents.

If you have questions or need further information, please call (217) 857-1458.



Sponsored by:
MyMemoryWorx



PARKINSON'S SUPPORT GROUP

Next Meeting Tuesday 11/27/18 1:00 -2:30 p.m
Beginning in 2019 we meet the last Wednesday
of each Month, 1 - 2:30 p.m.
Effingham Public Library, 200 N. Third St.
(East door, lower level, Workman Room)

HELP US SPREAD THE WORD!! NO REGISTRATION
REQUIRED. MEETINGS WILL OFTEN INCLUDE
SPEAKERS, PEER TIPS & SOCIALIZATION.

CONTACTS: JANE 246-4065 JOYCE 994-4541



As you may have noted, in the reception area of the Senior Center is a very large yellow mail box that is being utilized for old, outdated medications. The Prescription Pill and Drug Disposal Program (P2D2) is to educate the public about the harm done to the environment, and the misuse and abuse of pharmaceuticals due to the current prescription and non-prescription drug disposal practices world wide. The mission of the

program is to provide communities with a proper method of pharmaceutical disposal that effectively reduces the misuse and abuse of pharmaceuticals, as well as, ensures the quality of our water and wildlife for future generations. So... drop those old outdated meds HERE!

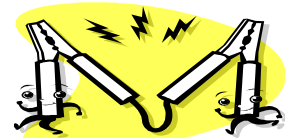


No matter how long the winter, spring is sure to follow. ~Proverb

Winter Readiness

When wintry weather blows, will your family be prepared?

Winter brings special seasonal challenges to an organized home. Winter storms can make navigating roads and walkways hazardous; power outages and snow days can challenge any family's readiness for cold weather. Take time now to review your family's emergency preparedness with this Winter Preparedness Checklist. It'll help you prepare your home and automobile for cold-weather hazards.



Out and About

Will your home welcome winter visitors safely? Get ready for snow, ice or rain on walks and driveways with:
Snow shovel *De-icing compound *Waterproof floor mats



The Inside Story

Household emergency supplies should include enough food, water and supplies to last four days without power or help. Check your home emergency kit against this basic checklist:

Food that doesn't require heating or refrigeration, such as canned meats, soups and stews, cereal, and energy bars
Manual can opener *Paper plates, cups and plastic utensils *1 gal of water per person per day (allow enough for 4 days)
Flashlights and batteries *Battery-powered radio *Battery-powered clock *Cellular phone *First-aid kit *4 day supply of prescription medicines * Blanket and cold-weather clothing for each family member *Pet food and additional water for household pets



On The Road:

Winter transportation can mean ice, snow, and hazardous roads. Road conditions can change in an instant. Before traveling, give cars a winter preparedness exam:

Check antifreeze *Check and replace older batteries *Remember to keep the gas tank near full to avoid freezing water in the fuel line *Check tires and spare tire for proper inflation **Make sure automobiles contain the following emergency supplies:** Bag of sand *road salt or non-clumping cat litter *Ice scraper *Jumper cables *Small shovel (to dig snow away from wheels, or scatter sand on roadway) *Tire chains (every driver should practice putting them on) *Flares or reflective triangle to warn other motorists if you break down *Blanket *Flashlight and batteries *Gallon jug of drinking water *First aid kit . When traveling by car, include emergency food and clothing for each traveler. Pack supplies in a backpack in case you need to abandon your car.



Top 10 New Year's Resolutions:

1. Spend more time with family.
2. Make time for fitness.
3. Loose a few pounds.
4. Quit smoking.
5. Enjoy life more.
6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized.



When: Tuesday, January 22nd at 1:00 pm

Where: Senior Center

Feature Movie: "The Red Pony" featuring Myrna Loy & Robert Mitchum.

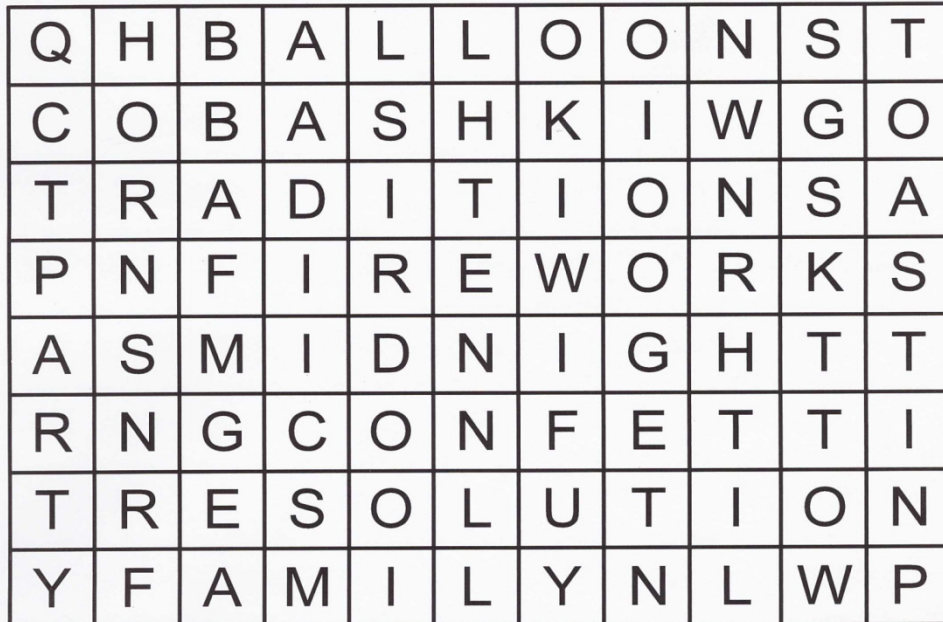
Popcorn and drinks will be provided.

Reserve a seat
by calling
217-347-5569!



Happy New Year - Word Search

How many vocabulary words can you find in this puzzle using the word bank below? Words go in only three directions. → ↘ ↓



BALL	CONFETTI	HORNS	RESOLUTION
BALLOONS	FAMILY	MIDNIGHT	TOAST
BASH	FIREWORKS	PARTY	TRADITIONS



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

(Our office will be closed on Monday January 18th in
observance of
Martin Luther King's Birthday)

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

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>



JANUARY

Effingham County Public Transportation

Effingham Saturday Trips

Call 1-855-755-2478 to Reserve Your Seat Today!



January 5th – Arthur & Mattoon, IL

Beachy's, Country Salvage, Big Lots, and Lunch at Mattoon Airport Restaurant

January 12th – East St. Louis, IL

Casino Queen and Lunch at the casino

January 19th – Fairview Heights, IL

St. Claire Sq. Mall and lunch at the mall

January 26th – Greenville, IL

Buchheit's, Resale Shops, and lunch at Huddle House



To Schedule a ride contact CIPT at 1-855-755-2478 by 12:00

Noon the Friday before the trip.

Golden Circle Menu

Willowbrook



At Willowbrook we have found an innovative way of providing specialized care and services to those with dementia



Willowbrook Memory Support Residences of Effingham

100 Blohm Ave.
Effingham, IL
217-342-3239

OUR RESIDENTS RECEIVE THE BEST OF OUR ALL INCLUSIVE SERVICES

- Residences with Small Populations
- Medication Management by Licensed Nurses
- Housekeeping/Laundry
- Assistance with Activities in Daily Living
- Individualized Health/Well-Being Plans
- Family Support and Education
- Three Home Cooked Meals a Day
- Private Suites with Private Baths
- Experienced Management and Staff Trained in Dementia Care
- Transportation Services for Medical Appointments
- 24 Hour Nursing Care Services

Activity Calendar