



209 S. Merchant
Effingham, IL 62401

Sunset Times

January 2020

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

Happy New Year



Our office will be closed on
Tuesday, December 31st and
Wednesday, January 1st for
the New Year's Holiday and on
Monday, January 20th for
Martin Luther King, Jr. 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 2020!

-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-eccoa.org





Congratulations to Connie Rieman!

She was the lucky winner of the Holiday Fixins' Basket that was given away on December 9th. 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.

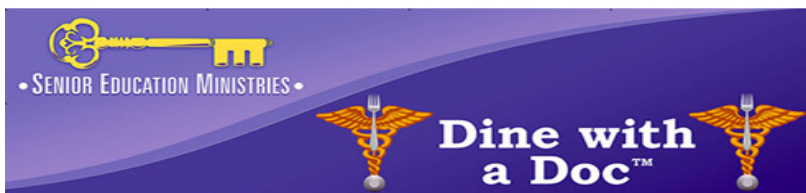
PLEASE REMEMBER TO CHECK ON FAMILY & FRIENDS DURING COLD WEATHER, JUST A PHONE CALL **CAN** MATTER.



❄️ Crafter's Corner With Hilltop Skilled Nursing!

Join Trisha for making a craft on January 30th at 1:30 pm immediately following our monthly birthday party!

Important Message



There will be no Dine With A Doc program this month. The next Dine With A Doc will be held on February 13, 2020.

January 2020:

Temperature 38 degrees (5 degrees above average);
Precipitation 4.5" (1.5" above avg.);

Jan 1-4: Rainy periods, quite mild;

Jan 5-10: Snowstorm, then flurries, cold;

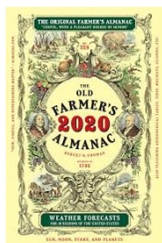
Jan 11-14: Rain to snow, then flurries, cold

Jan 15-17: Sunny, mild

Jan 18-22: Snow, then rainy periods, turning warm;

Jan 23-29: Periods of rain and snow, mild;

Jan 30-31: Snow showers, 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



Happy New Year
2020

Foot Clinic

Bring your toes, tubs, & towels to the Senior Center on Tuesday, January 7th, and on Tuesday, January 21st.

Megan, who is a State of IL-Licensed Cosmetology/Nail Tech, will be trimming toenails at 1:00 pm on 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 3rd, 2020 starting at 9:30AM.

Tuesday Evening Meal

Tuesday Evening Meal for the month of January will be held on January 7th 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 4, 2020.



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 2nd 10:30-11:30 am Senior Services of Effingham Co.

Tuesday, January 7th 11:00-11:30 am Shumway Kluthe Center

Wednesday, January 8th 9-9:30 am Catholic Charities

Thursday, January 9th 11:30-12 am Dieterich Civic Center

Monday, January 27th 11-11:30 am Altamont Municipal Bldg.



HSHS
St. Anthony's
Memorial Hospital

*Free community diabetes program for people with diabetes, **by appointment only**. 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 2nd 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:

Christie Murphy, 9 hrs
Trudy Robinson, 7 hrs
Sara McKinney, 4 hrs
Kay Wyckoff, 3 hrs
Gustie Unkraut, 3 hrs
Kate Walk, 4 hrs
Gerry Hoene, 2 hrs
Joan Walker, 1 hr
Ed Eckert, 1 hr
Kate Eckert, 1 hr
Karen Wilson, 1 hr
Debbie Borries, 1 hr
Grace Boldt, 2 hrs
Shirley Cheadle, 2 hrs
Dalyne Sapp, 16 hrs



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 Senior Services of Effingham County.



THANK YOU



Happy November Birthday!

Grace Boldt, Milt Elefson,
Ann Bushue &
Daphnea Fearday!



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 2, 2020 at 11:30 am

Sponsored by HSHS St Anthony's Homecare & Hospice Southern Illinois

HSHS St. Anthony's Homecare & Hospice Southern Illinois will be providing baked pasta 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. Amanda Spade will be speaking to you about getting organized in the new year as well as making "young at heart" goals for 2020!

***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 from January 30 to April 1, 2020 for families with income less than \$60,000.

Simply complete these 4 easy steps:

- 1) Bring all forms listed below to Catholic Charities Office located at 1502 E. Fayette Ave., Teutopolis, IL 62467
- 2) Fill out interview sheet
- 3) Wait to be Interviewed
- 4) We will contact you by phone to set up a return appointment to review and sign tax return (usually within 2 weeks)

Please bring the following items:

- Copy of last year's tax return
- Proof of identity (picture ID)
- Social Security Card and/or ITIN cards for everyone in household
- All forms, W-2, 1098, and 1099
- Information for other income
- Identification number for child care provider,
- Social Security Card and/or ITIN cards for everyone in household
- Voided check for direct deposit of refund

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



January is National Soup Month!

Chili Soup

**Original recipe makes
12 to 14 servings**

3 pounds ground beef
1 cup chopped onion
2 potatoes, cubed
4 (15 ounce) cans kidney beans
4 (10.75 ounce) cans condensed tomato soup
8 cups tomato juice
3 teaspoons chili powder
8 cups water



Directions:

In a large pot over medium heat, combine the ground beef and onions. Saute for 5 minutes, or Until meat is browned. Drain excess fat and add the potatoes, beans, tomato soup, tomato juice, chili Powder, water & salt to taste. Bring just to a boil and Reduce heat to low. Simmer for 1 hour and serve.



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

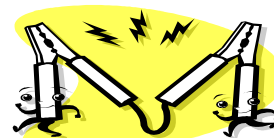
Winter Readiness

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 28th at 1:00 pm

Where: Senior Center

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

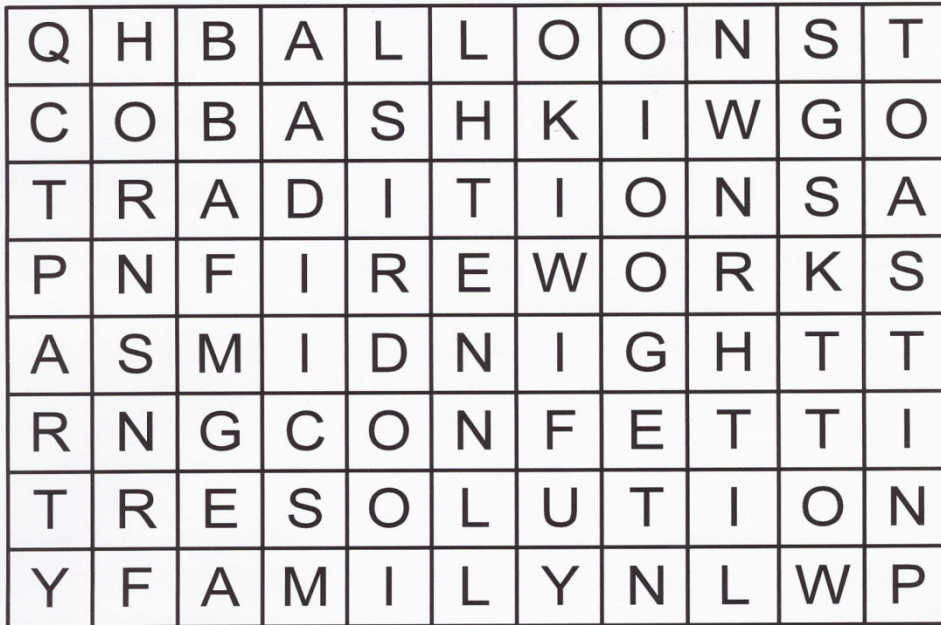
Popcorn and drinks will be provided.

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 20th in observance of Martin Luther King Jr'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
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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.cefsoc.org/CIPT/CIPT.htm>



January

Effingham County Public Transportation Effingham Saturday Trips

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



January 4th – Alton, IL

Alton Eagle Ice Festival, The Alton Visitor Center will be kicking off their “Eagle Watching Season” with this fun event! Join us to see a live bald eagle, play games, and more free activities! Shuttle rides to the Audubon Center to see more eagles and trumpeter swans are available for \$5. Lunch at Lovett’s Soul Food.

January 11th – Gifford, IL

Gordyville Flea Market, Lets go shopping! Here’s a chance to find collectibles, Antiques, and so much more! Lunch at the Stagecoach Steakhouse.

January 18th – Alton, IL

Argosy Casino, Let’s try our luck at the Bell! Lunch at the Casino.

January 25th – Tuscola, IL

The Vault Art Gallery, Join us as we go to view artwork that includes More than 60 artists from Central Illinois! Lunch at Stadium Grill in Mattoon, IL.

To Schedule a ride contact CIPT at 1-855-755-2478 by 12:00
Noon the Friday before the trip.



Golden Circle Menu



Bringing Our Promise Home to You.

At HSHS Home Care & Hospice, we promise to live out our four core values of Respect, Care, Competence and Joy while you are in our care. Our nurses are on call 24/7 to provide you and your loved ones with support as we deliver exceptional care in the comfort of your home.

We are proud to serve 27 counties around our sister hospitals of:

- HSHS St. Elizabeth's, O'Fallon
- HSHS St. Anthony's, Effingham
- HSHS St. Joseph's, Breese
- HSHS Holy Family, Greenville and
- HSHS St. Joseph's, Highland



HSHS
Home Care
Southern Illinois

**MORE INFORMATION, CALL 800-551-6566
OR VISIT HSHSHOMECARE.ORG**

Activity Calendar