



# Sunset Times

**November  
2017**

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



Senior Services will be closed  
on **Friday, November 10<sup>th</sup>** in  
honor of **Veterans Day & Thursday,**

**November 23<sup>rd</sup> & Friday, November 24<sup>th</sup>** for Thanksgiving.



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

## 13<sup>th</sup> Annual Effingham County Thanksgiving Day Dinner



The Effingham County Fish Organization is sponsoring the 13<sup>th</sup> Annual Free Effingham County Thanksgiving Day Dinner on **Thursday, November 23<sup>rd</sup>, 2017** at St. John's Lutheran Church, 901 W. Jefferson 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 wishing to attend the meal, please RSVP by November 20, 2017 by contacting Susan Elke at 217-868-5913, Harold Heth at 217-868-2854 or Effingham Senior Center at 217-347-5569. Please let us know when you RSVP if you need transportation.

For those who need home delivered meals, please contact the Senior Center at 217-347-5569 by November 20, 2017.

They 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 attending. If you are interested in volunteering, please contact Susan Elke at 217-868-5913.

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-eccoa.org](http://www.seniorservices-eccoa.org)





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



Open Enrollment Period begins October 15<sup>th</sup> thru 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.



### 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 Center and place them in the containers located in the reception area as well as the activity area.

### Santa is coming to town!



**November 25, 2017**  
**From 4:00 - 7:00 p.m.**



Come and enjoy: horse-drawn carriage rides, live Christmas music, Santa visits, free hot chocolate & coffee, and children's activities on the Effingham County Courthouse Museum lawn. We will also have the official City of Effingham Community Christmas Tree Lighting.

### The Wonderland in Lights display at Community Park

The display opens November 23<sup>rd</sup> and runs until January 2<sup>nd</sup>. Hours are from 5pm to 9pm Sunday through Thursday, and from 5pm to 10pm Friday and Saturday. Community Park is located on East Temple Ave. Effingham, IL Santa visits the every Saturday to bring a special treat to the children. The Wonderland lights is free, but donations are welcome. For more information,

please call 217-342-5310



### 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.



## 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 the Effingham Senior Center.

## Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on November 7<sup>th</sup> or November 21<sup>ST</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 for this service is \$10, 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 November 14<sup>th</sup> at noon.
- Also please note the fee for this service will be \$15 after January 1, 2018.



## **Can't Keep up with Energy Bills????**

C.E.F.S. may be able to HELP!

Your household may be eligible for help paying your utility bills if you meet the following guidelines:

Family Size	30 Day Income (before tax)
1	\$1,508
2	\$2,030
3	\$2,553
4	\$3,075

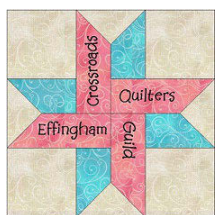


For Help please contact your local C.E.F.S. Effingham: 217-342-2193 Ext. 127

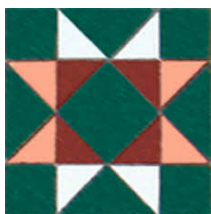
## Tuesday Evening Meal



Join us for the Tuesday Evening Meal, November 7<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 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.



**2017  
Quilt  
Show**



**Friday, November 10 9:00 a.m.-7:00 p.m.**  
**Saturday, November 11 8:00 a.m.-2:00 p.m.**

Thelma Keller Convention Center  
1202 North Keller Drive  
Effingham, IL 62401-4523

### Admission

\$5.00 for adults

\$1.00 for children ages 5-12



## **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".

## Blood Pressure Checks

Thursday, Nov. 2<sup>nd</sup> : 10:30 – 11:30 Effingham Senior Center

Tuesday, Nov. 7<sup>th</sup> : 11:00 - 11:30 Shumway Kluthe Center

Thursday, Nov. 9<sup>th</sup> : 11:30-12:00 Dieterich Civic Center

Monday, Nov. 27<sup>th</sup> : 11:00-11:30 Altamont Municipal Building

Tuesday, Nov 28<sup>th</sup> : 10:30 – 11:30 Jasper County Senior Center



HSBS  
St. Anthony's  
Memorial Hospital



## Happy October Birthday!!



Sharon Bludworth, Judy  
Delong, & Carolyn Ordner



CELEBRATE! CELEBRATE! CELEBRATE!  
Please join us for cake and  
ice cream on Thursday,  
November 30<sup>th</sup> at 1:00 p.m.  
for those celebrating  
a birthday this month.  
Sponsored by Senior Services  
and Martin's IGA. A special  
November Birthday gift will be  
given at the party compliments  
of  
Effingham Health and Rehab  
CELEBRATE! CELEBRATE! CELEBRATE!



National Alliance on Mental Illness

NAMI SWI – EFFINGHAM REGION

Wednesday, November 8, 2017 at 5:00 pm

## Brown Bag Supper & Support Meeting

This meeting will be held at Heartland Human Services, 1200 N. 4<sup>th</sup> Street, Effingham. Enter North door and look for NAMI sign. Bring your own brown bag supper and meet other caregivers supporting someone with a mental illness. The goal is learning and supporting each other. This is a chance to find out that you are not alone in your struggle. Featured speaker will be Athena Haynes a Bob Ross Instructor. She will be speaking on "Art Therapy". Don't miss out, learn how to bring out your painting talent.

## 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!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> 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**

**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.cafseoc.org/CIFT/ECPT.htm>

### Rules of the Road

Will be held in the  
Activity Center on  
Friday, November 3<sup>rd</sup>  
from 9:30 am – 11:30 am



Athena will be here at the Senior Center on Monday, November 6<sup>th</sup> at 10:00 a.m. to guide you in painting. Bring your passion and see what you can create. You will be totally amazed!



### It's Movie Time!

**When:** Tuesday, Nov. 21<sup>st</sup> at 1:00 pm

**Where:** Senior Center

**Feature Movie:** "The Magnificent Seven"

The citizens of a small Mexican farming village hire seven gun fighters to defend them from a ruthless and exploitative group of bandits led by Calvera. As Calvera's next raid approaches, the peasants and the gun fighters work together to prepare to defend the village.

Popcorn and drinks will be provided.

Reserve a seat by calling 217-347-5569!



### 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!

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  
Jerry Katt – 9 hrs  
Kate Walk – 2 hrs  
Sonja Martin – 6 hrs  
June Harris – 16 hrs  
Della Stanford – 1 hr  
Sharon Bludworth - 32 hrs

Colleen Sutton – 4.5 hrs  
Christie Murphy – 6 hrs  
Ruth Gier – 13 hrs  
Jackie Morgan – 2 hrs  
Dalyne Sapp – 16 hrs  
Joan Walker – 3 hrs  
Sara McKinney – 4 hrs  
Julie Sudkamp – 1 hr



Don't forget to "FALL BACK" (turn your clocks back an hour) & change your smoke detector battery on the night of Saturday, November 4th!

## 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 Kelly Willenborg of MyMemoryWorx for Successful Aging In The 21<sup>st</sup> Century.

Kelly is a certified Cognitive Coach and Gerontologist-in-training. She will discuss overcoming obstacles that keep us from addressing changes in memory, recall and other brain functions. Learn tips and techniques to boost your brain power.

This event will take place on Thursday, November 16<sup>th</sup>, 2017 at 11:00 am in the Activity Center. Lunch will be served.

Please RSVP to 217-347-5569 if you are able to attend.



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 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!!!



# MONTHLY POTLUCK AT THE SENIOR CENTER

**November 2<sup>nd</sup> at 11:30 am**

**Sponsored by Lakeland Rehab & Health Care Center**



Lakeland Rehab & Health Care 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.

Aegis Therapy will be making a short presentation on Lymphedema.

At 10:30 am St. Anthony Hospital will be here to check your blood pressure. Call 217-347-5569 to register.



## 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 the 9 counties within the region of the AAA (09) in 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.

**P2D2**

Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and for your convenience you can get rid of your OLD, EXPIRED or UNWANTED medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired meds today!





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 9, 2017 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:  
Dr. Joseph M Ajdinovich, MD.

Lunch will be complimentary and provided courtesy of:  
HSHS St Anthony's Memorial Hospital



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.



**TRANSPORTATION IS AVAILABLE FOR**

Tuesday Evening Meal

And

Wed & Friday

Morning Coffee Club Call:

1-855-755-2478 in advance  
for your ride.



**November 2017: Temperature 43 degrees (3 degrees below avg); Precipitation 4" (0.5" above avg.);**

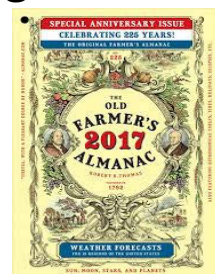
**November 1-7: Rainy periods, cool.**

**November 8-11: Flurries, cold.**

**November 12-17: Rain, then snow showers, cold.**

**November 18-24: Snowy periods, cold.**

**November 25-30: Rainy periods, mild.**





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- Restaurant-style dining

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**LAKELAND**  
REHABILITATION & HEALTH CARE CENTER



[lakelandbytutera.com](http://lakelandbytutera.com)

800 W Temple Avenue | Effingham, IL 62401

MENU

# **CENTRAL ILLINOIS PUBLIC TRANSIT**

## **Effingham County Saturday Trips**



# November



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November 4<sup>th</sup> – Downtown Market  
Arcola, IL

\*\*\*\*\*

November 11<sup>th</sup> – St Claire Square Mall & Antiques Mall  
Fairview Heights, IL

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November 18<sup>th</sup> – Times Square Mall & Bargain Box  
Mt. Vernon, IL

\*\*\*\*\*

November 25<sup>th</sup> – No Out of County Trip

\*\*\*\*\*

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



Calendar