



# Sunset Times

DECEMBER  
2016

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



**Senior Services will be CLOSED on  
Friday, December 23<sup>rd</sup>  
& Monday, December 26<sup>th</sup>  
in observance of Christmas.  
We will also be closed  
Friday, December 30<sup>th</sup>  
& Monday, January 2<sup>nd</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.seniorsservices-ecco.org](http://www.seniorsservices-ecco.org)



## Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on December 6<sup>th</sup> or December 20<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 for this service is \$10, payable to the technician.



# 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. For more information contact Barb Carie, 347-7536.

## 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

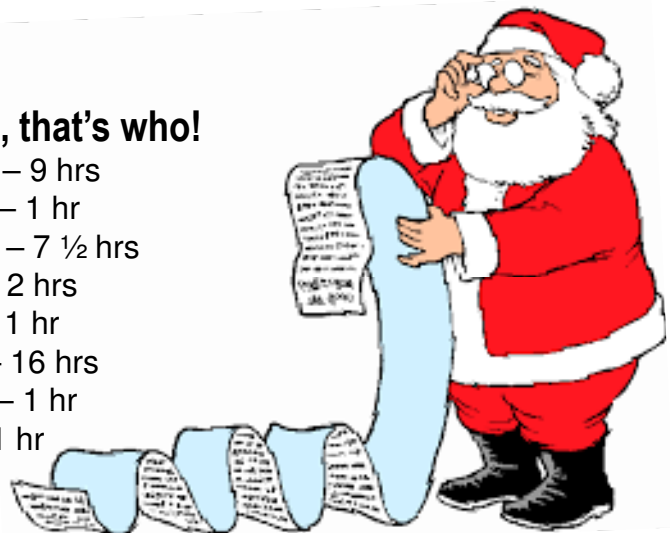
Join us for the Tuesday Evening Meal, December 6<sup>th</sup> at 5:00 pm at Senior Services, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation. For transportation, call ECPT at 1-855-755-2478 by Monday before the meal. Meals are a suggested donation, but 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!

Jackie Morgan – 4 hrs  
Sara McKinney – 7 hrs  
Joan Walker – 1 hr  
Jerry Katt – 11 hrs  
Kathy Fehrenbacher – 1 hr  
Ed Eckert – 1 hr  
June Harris – 1 hr  
Ed Eckert – 1 hr  
Ruth Gier – 12-1/2 hrs  
Sharon Bludworth – 12 hrs

Cindy Martens – 9 hrs  
Joanie Walker – 1 hr  
Colleen Sutton – 7 1/2 hrs  
Gerry Hoene – 2 hrs  
Sonja Martin – 1 hr  
Dalyne Sapp – 16 hrs  
Helen Niccum – 1 hr  
Kate Eckert – 1 hr





## 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 16<sup>th</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, pumpkin desert mix, green beans, corn and rolls. Need not to be present to win...winner will be notified for pick up.



## Senior Center Holiday Dinner



Brookstone Suites & Brookstone Estates will be providing a Holiday dinner, and 2 door prizes on Friday, December 16<sup>th</sup> at 11:00 am here at the Center...sign up is requested.

Lets take time during this holiday season to spend time with old and new friends as you join us for a Holiday dinner. If this is your first time to attend an event here at the Center or you have joined us in the past, bring a friend and introduce them to our great programs and activities held here at the Center. Remember

sign up is required so call today!  
217-347-5569.





## Blood Pressure Checks

Thursday, Dec 1<sup>st</sup>: 10:30-11:30 Effingham Senior Center

Monday, Dec 5<sup>th</sup>: 11-11:30 Effingham Golden Circle

Tuesday, Dec 6<sup>th</sup>: 11-11:30 Shumway Kluthe Center

Wednesday, Dec 7<sup>th</sup>: 9-10:00 Catholic Charities

Thursday, Dec 8<sup>th</sup>: 11:30-12 Dieterich Civic Center

Monday, Dec 26<sup>th</sup> : 11-11:30 Altamont Municipal Building



**HSHS**  
**St. Anthony's**  
**Memorial Hospital**

Please join us for cake and ice cream on  
Thursday, December 29<sup>th</sup> at 1:00 p.m.  
for those celebrating a birthday this month.  
Cake sponsored by Senior Services & Martin's IGA,  
and ice cream sponsored by Brookstone Estates.  
A special December Birthday gift will be given  
at the party compliments of Effingham Health and Rehab.



The Senior Center did not  
have any birthdays in  
October so...

This is all who came to just  
**CELEBRATE** the day!  
(you should join us next month)



### EFFINGHAM COUNTY SUPPORT GROUP MEETING

December 14<sup>th</sup> at 5:00pm

### BROWN BAG SUPPER & SUPPORT MEETING

This meeting will be held at the Effingham  
Public Library in the Workman Room.  
Bring your own brownbag supper and  
meet other caregivers supporting  
someone with a mental illness-husbands,  
wives, parents, siblings 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. Featured  
speaker will be Ms. Lisa Shunand Shelton  
speaking on Lakeland Community  
Collage's Outreach Programs.

## **BREAKFAST IN A BRIEFCASE**

Sponsored by: Brookstone Suites

When: December 15th, 2016

Where: Effingham Senior Center

What Time: 8:30 am - 10:00 am

Call: 217-347-5569 to confirm your reservation!



**When:** Tuesday, Dec 20<sup>th</sup> at 1:00 pm

**Where:** Senior Center

**Feature Movie:** "Miracle on 34<sup>th</sup> Street" featuring Edmund Gwenn & Maureen O'Hara.

Popcorn and drinks will be provided.

Reserve a seat

by calling:

217-347-5569



## **The Effingham Ministerial Association's Annual Christmas Dinner at Sacred Heart Church – Parish Center 405 S Henrietta – Effingham, IL**

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



Join us on Christmas Day – Sunday –December 25<sup>th</sup> at 11:30 am to celebrate the "real" reason for the season. If you will be alone this Christmas, know someone who needs a meal, or need to find someone to share the holiday with.... Join us for This Annual Christmas Dinner sponsored by the Effingham Area Ministers. Free to ALL!!

❄ Please contact the Effingham Senior Center to make reservations at 217-347-5569.



Audibel will be at the Senior Center on Tuesday, December 6<sup>th</sup> at 10 am. They will be here to do free hearing tests, checkups, and minor repairs OF ALL BRANDS of hearing aids, as well as fitting for hearing aids at discounted prices. Please call 217-347-5934 to make an appointment for your HEARING TEST as additional equipment is required for this test. Other services do not require an appointment, so feel free to stop in!

### **The Merry Cat**

T'was the night before Christmas and all through the house,  
the only creature stirring was a little fat mouse.  
It had found all the presents, the candy & peanuts too.

And from the looks of his body had ate quite a few.  
The cat was all curled up half asleep,  
when he heard the patter of four small feet.  
He opened his eyes and what did he see,  
a little mouse heading toward the Christmas tree.  
One pounce and the mouse was no more,  
the cat had him pinned to the floor.

The mouse was the loser and the cat a winner,  
because the cat just caught his Christmas dinner!



-By Melvin R. Higgs

## 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**.



## Crime Victims Assistance

Remember if you are the victim of a scam or crime such as home repair fraud, foreign lotteries, and various other crimes, Contact Tom Kern. Let him share his successes with you and assist you in seeking justice for the crimes committed against you!

Call Tom today at 217-347-5569.

## Nursing Home Bingo



Will be held on **Thursday, December 1<sup>st</sup>** here at the center 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!



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!!!







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 8<sup>th</sup>, 2016 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:  
Michelle Smith RD, LDN

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....  
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 2016:** temperature 37° (5° above avg.); precipitation 5" (0.5" above avg. east, 3" above west);

**Dec 1-6:** Rain, then sunny, mild;

**Dec 7-9:** Snow to rain;

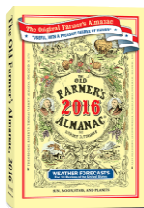
**Dec 10-12:** Snow showers, cold;

**Dec 13-19:** A few rain and snow showers east, sunny west; mild;

**Dec 20-22:** Rain and snow showers;

**Dec 23-24:** Snow east, rain west;

**Dec 25-31:** Rain to snow, then snow showers, cold.



## What the heck is Tai Chi?

Come to the Senior Center and find out!

**When:** Every Monday & Wednesday morning beginning December 5<sup>th</sup>, 2016

**Where:** Senior Center Activity Center

**What time:** 8:00 am to 9:00 am

(Hint: It is an awesome way to start your day!)



# MONTHLY POTLUCK AT THE SENIOR CENTER

**December 1<sup>st</sup> at 11:30 am**

**Sponsored by Effingham Senior Center**

They will be providing the entrée for the event.

All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2qt side dish. St. Anthony Hospital will also be here to check your blood pressure. Call 217-347-5569 to reserve your spot!



## Illinois Telecommunications Access Corporation

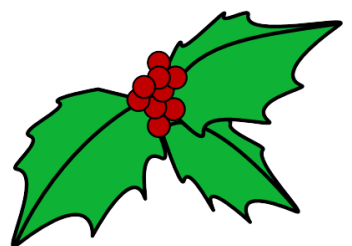
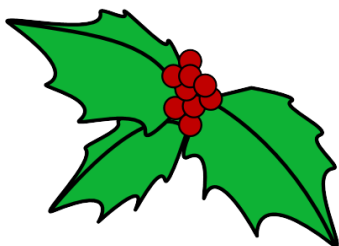
ITAC has several amplified phones for selection for those family members with hearing problems. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!

## 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**





# Effingham County Public Transportation

## Effingham Saturday Trips



**December 3-Shopping at St. Clair Square Mall  
Fairview Heights, IL**

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**December 10-Shopping at Cross County Mall  
Mattoon, IL**

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**December 17-Shopping at Market Place Mall  
Champaign, IL**

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**December 24– NO TRIP SCHEDULED**

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**December 31-Shopping at Illinois State Centre Mall  
Marion, IL**

**Thursday, December 15** Effingham Holiday Light Tour. Bus will pick up at the Senior Center at 5 pm. We will stop at Brookstone Suites for hot chocolate and cookies.

**To schedule a ride contact ECPT at  
1-855-755-2478  
by 3 pm on the Thursday before the trip.**

Effingham  
County  
Public  
Transportation



GET ON THE BUS AND RIDE WITH US

Insert Golden Circle Menu Here



*To All of you, from, All of Us!!!!*

*The Management, Staff and  
Residents of Evergreen Nursing and  
Rehabilitation Center would like to  
take this opportunity to wish you and  
your families a very Merry Christmas  
and a Happy New Year.*

*Evergreen Nursing & Rehabilitation  
Center*

*1115 N. Wenthe,*

*Effingham IL 62401*

*217-347-7121*



Insert Activity Calendar Here