



Sunset Times

January 2017

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



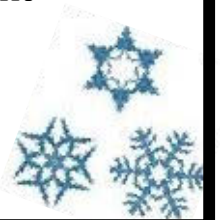
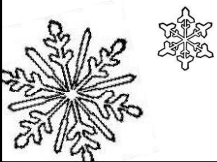
Our office will be closed on **Friday, December 30th** and **Monday, January 2nd** in observance of the New Year's Holiday and on **Monday, January 16th** for Martin Luther King Day!



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 2017!

-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

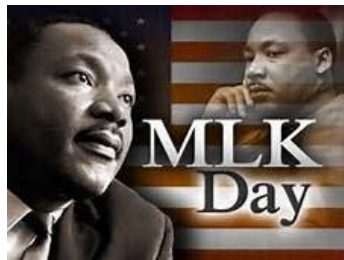




Congratulations to Christie Murphy!
She was the lucky winner of the Holiday Fixins Basket that was given away on December 16th. Her name was drawn from those who brought in non perishable food items for the local food pantry. We would like to thank everyone who participated in this event.



Happy New Year
2017



“Life’s most persistent and urgent question is,
what are you doing for others?”

This office will be closed on Monday, January 16th 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 9, 2017.

January 2017:

Temperature 26.5 degrees (2 degrees above average east, 3 degrees below west);

Precipitation 2" (0.5" above average);

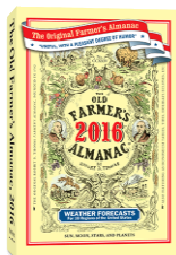
Jan 1-5: Lake snows, cold east; sunny, mild west;

Jan 6-9: Rain to snow, turning bitterly cold;

Jan 10-17: Rain & snow showers, mild;

Jan 18-24: Lake snows, very cold;

Jan 25-31: Rain to snow, then lake snows, very 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 Jan 3rd or Jan 17th. 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 \$10, payable to the technician.



Rules of the Road Review Course will be held at the Activity Center on Friday, January 6th, 2017 starting at 9:30AM.

Tuesday Evening Meal

Please note
date change!



Tuesday Evening Meal for the month of January will be held on January 10th 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 7, 2017.

Note date
change!



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



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

Blood Pressure Checks

Tuesday, January 3rd 11-11:30 am Shumway Kluthe Center
Wednesday, January 4th 9 – 10:00 am Catholic Charities
Thursday, January 5th 10:30-11:30 am Effingham Senior Center
Thursday, January 12th 11:30 - Noon Dieterich Civic Center
Monday, January 23rd 11-11:30 am Altamont Municipal Bldg
Tuesday, January 24th 10:30-11:30am Jasper County Senior Center

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 crime committed against you! Call today 217-347-5569



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.

Jim Rhodes, Certified Bob Ross

Instructor, will be here at the Senior Center on January 9th, 2017 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.



Nursing Home Bingo



Will be held on Thursday, January 5th here at the center 1:30 pm. We encourage local nursing homes to bring residents for an afternoon of fun, friends, treats, and prizes!

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.

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

THANK
YOU

Colleen Sutton, 4 hrs
 Jackie Morgan, 4 hrs
 Sara McKinney, 8 hrs
 Jerry Katt, 11 hrs
 Cindy Martens, 9hrs
 Colleen Sutton, 3.5 hrs
 Gerry Hoene, 2 hrs
 Evelyn Mann, 1 hrs
 Della Stanford, 1 hrs
 Grace Boldt, 1 hrs
 Debbie Borries, 1 hrs
 Ed Eckert, 2 hrs
 Kate Eckert, 1 hrs
 Gustie Unkraut, 1 hrs
 Lora Hunter, 2 hrs
 Ruth Gier, 16 hrs
 Dalayne Sapp – 16 hrs
 Sharon Bludworth, 4 hrs



EFFINGHAM COUNTY SUPPORT GROUP MEETING

January 11th 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 is to be determined.



Senior Center would like to extend a big

"THANK YOU"



to Brookstone Suites & Estates for sponsoring a wonderful Holiday Dinner on December 16th ! Good food and fun was shared by all!

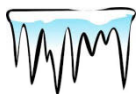
Community Care Program

“....helping older people live independently”

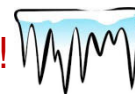


Did you know that Senior Services is contracted with the Illinois Dept. on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are: Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are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



Audibel will be at the Senior Center on Tuesday, January 3rd 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!

Happy November Birthday's!



*Joan Ulbrich, Grace Boldt, Gustie Unkraut,
Daphne Fearday, Milt Elefson, & Ann Bushue*

**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.



Golden Circle Menu

Check Presentation

The City of Effingham presented Effingham Senior Services with a check.
Ann Bushue, Senior Advocate,
Cindy Hardiek, Fiscal Manager,
Mayor Jeff Bloemker, Linda
Hubbartt, Executive Director,
Bri Griffith, Care Coordinator.



Effingham County Public Transportation Effingham Saturday Trips



**January 7- Heath Museum in Robinson, IL
Arndt's Fudgery in Newton, IL**

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**January 14 - Argosy Casino  
Alton, IL**

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**January 21- Belleville Flea Market
Belleville, IL**

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**January 28- White Oaks Mall  
Springfield, IL**



Saturday trips will be canceled by noon on the Friday before, if ice, snow, or extreme cold is in the forecast.

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



## Activity Calendar