



Sunset Times

**November
2016**

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



Senior Services will be closed
on **Friday, November 11th** in
honor of **Veterans Day & Thursday,**

November 24th & Friday, November 25th for Thanksgiving.



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

12th Annual Effingham County Thanksgiving Day Dinner



The Effingham County Fish Organization is sponsoring the 12th Annual Free Effingham County Thanksgiving Day Dinner on **Thursday, November 24th, 2016** at Sacred Heart Catholic Church Parish Center, 407 S. Henrietta., 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 by volunteers or Effingham County Public Transportation (FREE) for those who wish to attend the dinner but are without transportation.

For those wishing to attend the meal, please RSVP by November 21, 2016 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 or call ECPT at 1-855-755-2478 by noon on November 23, 2016.

For those who need home delivered meals, please contact the Senior Center at 217-347-5569 by November 21, 2016.

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





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



Open Enrollment Period begins October 15th thru December 7th. 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 26, 2016
From 4:00 - 7:00 p.m.



Come and enjoy: horse-drawn carriage rides, live Christmas music, Santa visits, Christmas cookie decorating and other activities on the Effingham County Courthouse Museum lawn.

We will also have the official City of Effingham Community Christmas Tree Lighting at 5:30 p.m.

The Wonderland in Lights display at Community Park

The display opens November 25th and runs until January 2nd. 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



Did you know??

- A pumpkin is a fruit.
- Fossil evidence shows that turkeys roamed the Americas 10 million years ago.
- 91% of Americans eat turkey on Thanksgiving Day.
- More than 40 million green bean casseroles are served on Thanksgiving Day.
- The First Thanksgiving lasted for three days.
- Turkeys were one of the first animals in the Americas to be domesticated.
- Only male turkeys called Toms, gobble. Females, called hens, cackle.
- Benjamin Franklin wanted the turkey to be the national bird, not the eagle.



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 2nd Wednesday at 11:00 am at the Effingham Senior Center.

Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on November 1st or November 15th.

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.



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	\$1,459
2	\$1,966
3	\$2,474
4	\$2,981



For Help please contact your local C.E.F.S.
Effingham: 217-347-7514 Clay: 618-662-4042

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, November 1st 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. Linda Althoff and Sue Vogt from Guardian Angel Adult Daycare will be making a presentation on the topic of adult daycare.



S.H.I.P. (Senior Health Insurance Program)

Open enrollment for Medicare part D is Oct. 15th through Dec. 7th. Senior Services staff are available to assist with Medicare Part D Plan Comparisons. This will ensure you are enrolled in the best prescription plan for 2017. Please call our office at 217-347-5569 to schedule an appointment.

Senior Services would like to extend a **BIG** "Thank You" to our October volunteers:

June Harris - 1 hr
Cindy Martens - 15 hrs
Colleen Sutton - 6 hrs
Gerry Hoene - 2 hrs
Helen Niccum - 1 hr

Christie Murphy - 3 hrs
Jackie Morgan - 6 hrs
Sara McKinney - 6 hrs
Ed Eckert - 1 hr
Kate Eckert - 1 hr

Della Stanford - 1 hr
Jerry Katt - 14 hrs
Joan Walker - 1 hr
Sharon Bludworth - 8 hrs
Ruth Gier - 16 hrs

Dalyne Sapp - 16 hrs



Blood Pressure Checks

Wednesday, Nov. 2nd : 9-10:00 Catholic Charities

Thursday, Nov. 3rd : 10:30-11:30 Effingham Senior Center

Thursday, Nov. 10th : 11:30-12:00 Dieterich Civic Center

Tuesday, Nov. 22nd : 10:30-11:30 Jasper County Senior Center



**Happy September
Birthday!!**

Ella Mae Key, Michael
Ludwig, & Walden Pomelow

CELEBRATE! CELEBRATE! CELEBRATE!
Please join us for cake and
ice cream on Wednesday,
November 30th 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!



EFFINGHAM COUNTY SUPPORT GROUP MEETING

Wednesday, November 9, 2016 at 5:00 pm

Brown Bag Supper & Support Meeting

This meeting will be held at the Effingham Public Library in either the Luttrell or 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 Mr. Larry Quicksall, LCSW speaking in how to deal with "holiday stress".

Rules of the Road

Will be held in the
Activity Center on
Friday, November 4th
from 9:30 am – 11:30 am





Diabetes Support Group Meeting: Tips For Simple Holiday Survival

Monday, November 14, 2016

5:30 pm-6:30 pm



St. Anthony Room-HSHS St Anthony's Memorial Hospital

With the holidays just around the corner, let us share our best tips for managing diabetes and our favorite healthy holiday recipes.

For more information regarding the support group, contact:

Bonnie Kruse, MS, RD at 217-347-1288 or bonnie.kruse@hshs.org

It's Movie Time!

When: Wednesday, Nov. 23rd at 1:00 pm

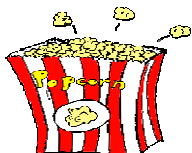
Where: Senior Center



Feature Movie: "Spencer's Mountain"
starring Henry Fonda & Maureen O'Hara.

Popcorn and drinks will be provided.

Reserve a seat
by calling
217-347-5569!



Alzheimer's Awareness Month Effingham Area



Alzheimer's Awareness (EAAA)

Not-for-profit organization founded to provide education and support to all families, caregivers, and persons with Alzheimer's disease and related dementia in Effingham County.

For more information contact:
Amy Sobrino: 618-363-8372 or
Shannon Nosbisch: 217-663-0010



Audibel will be at the Senior Center on Tuesday, November 1st 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.

Nursing Home Bingo



Will be held on **Thursday November 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!



Don't forget to "FALL BACK" (turn your clocks back an hour) & change your smoke detector battery on the night of Saturday, November 5th!

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!

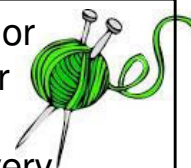
Call Tom today at 217-347-5569.



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 3rd at 11:30 am

Sponsored by Effingham Senior Center



We will be providing 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. At 10:30 am St. Anthony Hospital will be here to check your blood pressure, and at 11:00 am Solan Chiropractic will be doing spinal screenings. 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.



Colorectal Cancer Awareness Event

HSBS St. Anthony's

Wednesday, November 2nd 7-9am & 4-6pm



Plan to come to this open house event to discuss your options for a colorectal cancer screening. Participants can receive a FIT take-home test or receive assistance scheduling a colonoscopy. Screening participants should bring their insurance card to the event & check with their insurance provider on their coverage for these screening options.



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 10th, 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:
Dr. Fred Richardson Jr., 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 2016: Temperature 45 degrees (1 degree below avg); Precipitation 3" (0.5" below avg.);

November 1-4: Flurries, then sunny, cold.

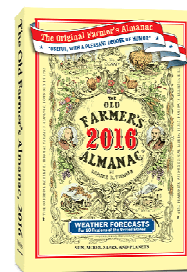
November 5-11: Sunny, turning warm.

November 12-14: Rainy, turning chilly.

November 15-23: Periods of rain and snow, cold.

November 24-26: Sunny, cold.

November 27-30: Rainy, mild.



Effingham County Public Transportation

Effingham Saturday Trips



November 5-Argosy Casino
Alton, IL

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**November 12-Tuscola Outlet Mall**  
**Tuscola, IL**

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November 19-Belleville Flea Market
Belleville, IL

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**November 26-Times Square Mall**  
**Mt. Vernon, IL**

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

### **Where would you like to go?**

If you have a request for a destination for a  
Saturday Trip, please call  
Jennifer at 217-994-0724



Menu



## *Exceptional Care... In Your Place or Ours*



### **Nurse On-Call 24 Hours a Day 7 Days a Week**

HSHS Home Care & Hospice Southern Illinois offers skilled health care services to patients in their homes, at the bed side, or in the hospital.

Our focus is on the health needs of the individual in a family setting. Activities are directed toward helping patients to attain and maintain their highest level of independent living, dignity, and comfort and to help their family provide support.

Under the direction of the patient's physician, HSHS Home Care & Hospice Southern Illinois can provide coordinated care in several skilled nursing services.

### **Home Care**

HSHS Home Care offers nursing, physical therapy, occupational therapy, speech therapy, medical social work and much more. Efforts are also concentrated on the prevention of further disability, health teaching, and on appropriate referral to allied health professionals as needed.

### **Palliative Care**

Palliative care is a specialized program that provides an extra layer of support in order to manage pain, symptoms and emotional distress caused by a serious illness or its treatment. Palliative Care can be provided during any stage of illness, and even when a patient is receiving curative or life-prolonging medical treatment.

The goal of Palliative Care is to improve how a patient functions each day as well as improve his or her quality of life throughout the course of their life-limiting illness. Palliative Care addresses physical, emotional and spiritual concerns when patients and their families are coping with a life limiting illness, such as COPD, CHF, Cancer or chronic pain. Timely attention to early management of symptoms has been shown to increase quality of life, improve function, and even extend ones length of life.

### **Hospice**

HSHS Hospice offers supportive, compassionate care that can bring peace, comfort and dignity to be a patient on those last days of life. The Hospice program makes the patient as physically, emotionally, and spiritually comfortable as possible enabling the patient to remain at home as long as possible with minimal disruption to normal activities. HSHS Hospice exists to bring peace, comfort and dignity to patients on those last days of life, making the patient physically, emotionally and spiritually comfortable as possible. Our hospice team ensures that medication, therapies and treatments all support a care plan that is centered on the patient and families goals. These services can be offered in the comforts of the patient's home, long term care or hospital settings. Family members are never prepared to lose a loved one but, HSHS Hospice ensures families and caregivers have the support and resources through this difficult time.

Calendar