

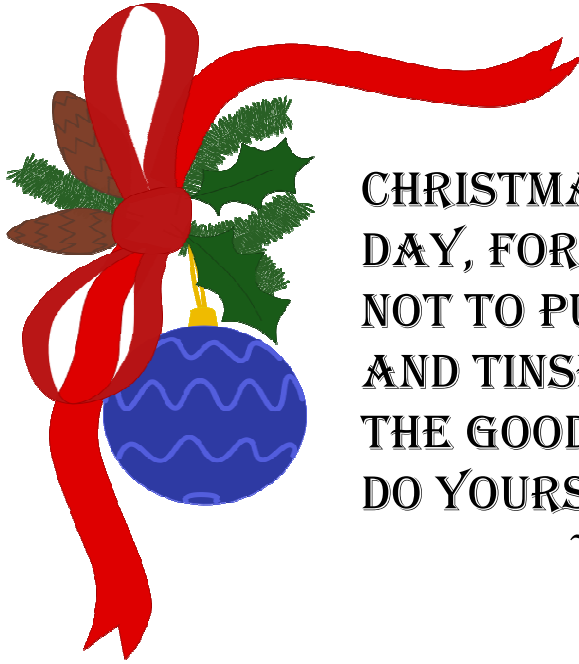


Sunset Times

DECEMBER
2015

Celebrating over 40 Years

To join the Sunset Times email list please email jbohnhoff@seniorsservices-eccoa.org or
Check out our webpage at www.seniorsservices-eccoa.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

Here's to hoping that you find happiness, peace and good will
this holiday season and throughout the coming New Year.



Wishing you a Merry Christmas!!
ECCOA Board of Directors & Staff



**Senior Services will be CLOSED on
Thursday, December 24th
& Friday, December 25th
in observance of Christmas.
We will also be closed
Thursday, December 31st
& Friday, January 1st
for the New Year Holiday.**



**HAPPY
NEW YEAR
2016!**

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-eccoa.org





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



Open Enrollment Period will end 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.



HOLIDAY FIXINS GIVEAWAY



We will be giving away a **Holiday Fixins Basket** on Friday December 18th...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.

Holiday Dinner

Brookstone Suites and Brookstone Estates will be providing a Holiday dinner, and 2 door prizes on Friday, December 18th 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.

**ECCOA/SENIOR
SERVICES DOES
ACCEPT AND
APPRECIATE
ALL DONATIONS.
YOUR DONATIONS
ASSTIST WITH
SERVICES
WE PROVIDE
TO YOU.**

Name: _____

Address: _____

Phone Number: _____

Email: _____

Donation amount(\$): _____

Donation Comments: _____

Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on December 1st or December 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 RMTD 1-877-667-6123
24 hrs in advance for pick up!

Tuesday Night Meal

Join for the Tuesday Night Meal at Senior Services, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation. For transportation, call Rides Mass at 1-877-667-6123 by Monday before the meal. Meals are a suggested donation, but no one will be denied for inability to make a donation.

The National Active and Retired



Federal Employees Association (NARFE) will not be holding a meeting in November. The next meeting will be December 9th at 11:00 am at Effingham Senior Center.

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 2016. Please call our office 217-347-5569 to schedule an appointment.

Guess who is on Santas good list? Our November volunteers, That's who!

Joan Walker - 3 hrs
Sonja Martin - 2 hrs
Colleen Sutton - 6 hrs
Gerry Hoene - 6 hrs
Barb Nelson - 1 hr
Nina Poland - 8 hrs
Jan Werner- 6 hrs

June Harris - 3 hrs
Cindy Martens - 12 hrs
Jackie Morgan - 9 hrs
Cindy Montgomery - 1 hr
Rochell Gomez - 1 hr
Ruth Gier - 14 hrs
Noel Hyde - 32 hrs

Ed Eckert - 2 hrs
Jerry Katt - 6 hrs
Sara McKinney - 7 hrs
Melvin Higgs - 6 hrs
Evelyn Mann - 3 hrs
Sharon Bludworth- 22 hrs



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



Blood Pressure Checks

Tuesday, Dec 1st: 11-11:30 Shumway Kluthe Center

Wednesday, Dec 2th: 9-10 Catholic Charities

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

Monday, Dec 7th: 11-11:30 Effingham Golden Circle

Thursday, Dec 10th: 11:30-12 Dieterich Civic Center

Wednesday, Dec 16th: 11-11:30 Altamont Municipal Building



St. Anthony's
MEMORIAL HOSPITAL
EFFINGHAM, ILLINOIS

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



EFFINGHAM COUNTY SUPPORT GROUP MEETING

December 9th at 5:00pm

BROWN BAG SUPPER & SUPPORT MEETING

This meeting will be held at the FISH Building, 708 S. Linden St. in Effingham, IL. 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.



**Happy October
Birthday to
Juanita Rankin!**



BREAKFAST IN A BRIEFCASE

Sponsored by: Brookstone Suites

When: December 17th, 2015

Where: Effingham Senior Center

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

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



Nursing Home Bingo



Will be held on **Thursday, December 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!

Christmas

is the season for
kindling the fire of
hospitality in the hall,
the genial flame of
charity in the
heart. ~Washington Irving



Audibel will be at the Senior Center on Tuesday, December 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.



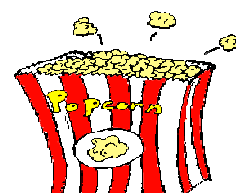
When: Thursday, Dec 17th at 1:00 pm

Where: Senior Center

Feature Movie: "It's A Wonderful Life" featuring Jimmy Stewart & Donna Reed.

Popcorn and drinks will be provided.

Reserve a seat
by calling
217-347-5569 !



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!

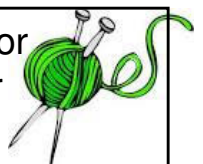
Call Tom today at 217-347-5569.



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

December 3rd at 11:30 am

Sponsored by Brookstone Suites

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



POTLUCK DINNER



Illinois Telecommunications Access Corporation

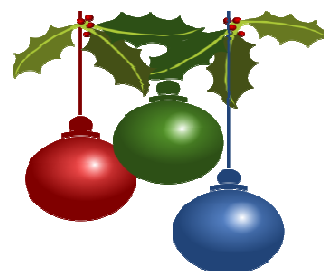
ITAC has several amplified phones for selection for those family members with hearing problems. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!

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





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 10th, 2015 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. Marilyn Marks-Frey, PhD



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.

For all your transportation needs call 1-877-667-6123. Drivers are circling our county delivering you to those places you like to go. Call Today for that next ride!



December 2015: Temperature 34° (2° above avg.); precipitation 1.5" (1" above avg. north, 0.5" below south);

Dec 1-2: Sunny, mild;

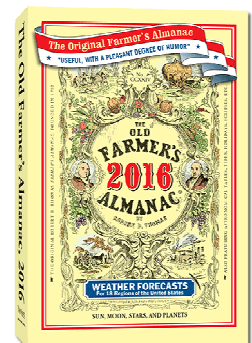
Dec 3-7: Rain to snow, then sunny;

Dec 8-11: Rain to snow, then sunny, mild;

Dec 12-21: Rain and snow, then sunny, cold;

Dec 22-26: Rain and snow showers, turning mild;

Dec 27-31: Heavy snow north, rain south, then sunny, very cold.



Rides Mass Transit District Effingham Saturday Trips



Effingham County Trips December 2015

December 5th- Shopping at Honeycreek Mall & shop other local shopping centers and dine out

December 10th- Tour of Lights (Tour of Christmas Lights and go for hot chocolate/coffee.)

December 12th- Visit the Historic Allerton Mansion decorated for the holidays in Monticello, IL

December 19th- Mt. Vernon IL shopping and dine out for lunch

December 26th- Shopping in Tuscola at the Tangers Outlet Mall and eat at the Amishland Buffet

To schedule a ride call 1-877-667-6123 by 3PM the Thursday before the trip.

Let's get out and Ride. Seniors show your RMTD card and ride at no charge to you. If you are a senior and need a ID card please contact the Rides office at **1-877-667-6123**. If you are not a senior please call to check on availability and fare.