



Sunset Times

DECEMBER
2022

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

We want to help you!



- Do you have a loved one living in a nursing home?
- Do you have questions about their rights and the role you can play in ensuring your loved one's quality of care?
- Would the support of other families who are experiencing your same situation be helpful?

Senior Services of Effingham County – Ombudsman Program is hosting an informational gathering to help families who answered “YES” to any of the questions above. The meeting will be held **Thursday, December 15th at 1:00 pm** at Senior Services of Effingham County in the Senior Center.

The formation of a Family Council group for Effingham County would be a great opportunity for you to understand how you can help your loved one who is living in a long-term care environment.

Contact our Regional Ombudsman – Lisa Light at 217-347-5216 to sign up for the meeting and to ask any questions you may have.

Light refreshments will be served. Sign up TODAY!



**Senior Services will be CLOSED on
Wednesday, December 14th for staff development & training.
We will be CLOSED Friday, December 23rd
& Monday, December 26th
in observance of Christmas.
We will be CLOSED
Friday, December 30th
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.seniorservices-eccoa.org



Effingham County FISH Organization Annual Free Effingham County Christmas Day Dinner Sunday, December 25, 2022.

The Effingham County FISH Organization is sponsoring the Annual Free Effingham County Christmas Day Dinner on Sunday, December 25, 2022. There will be NO CONGREGATE MEAL.

All meals will be delivered or available for curbside pickup. Meal delivery will take place between 11:00 am and 1:00 pm.

Curbside pickup will be available at the Effingham Event Center (former KC Hall), 1501 W Fayette, Effingham, Illinois between 12:00 noon and 1:00 pm.



This event is free and open to all Effingham County Residents and their families, however, donations are always greatly appreciated and may be sent to: FISH, P.O. Box 473, Effingham, IL 62401.

To reserve Home Delivered Meals and Curbside Pickup, please call Senior Services of Effingham County at 217-347-5569 by noon on December 22, 2022.



Volunteers are needed to help package and deliver meals. We will start cutting cakes and packaging meals at 10:00 am. The Effingham Event Center, 1501 W. Fayette, Effingham is where all of the **FUN** takes place!
To volunteer, please call Susan Elke at 217-868-5913.

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

Holly Jolly Holiday Meal!



Senior Services of Effingham County will be providing the seniors with a meal on **Wednesday, December 21, 2022 at 11:00 am.** We will be serving baked ham, turkey w/ gravy, green bean casserole, glazed carrots, and a yummy dessert!

Take time this holiday season to spend time with old and new friends as you join us for this Holly Jolly Holiday Meal. If this is your first time to attend an event here at Senior Services or you have joined us in the past, bring a friend and introduce them to our great programs, activities, and sponsors.

Sponsored by:



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

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 **Lisa Light, Regional Ombudsman**, at **217-347-5216** or **1-800-283-4070**.



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.



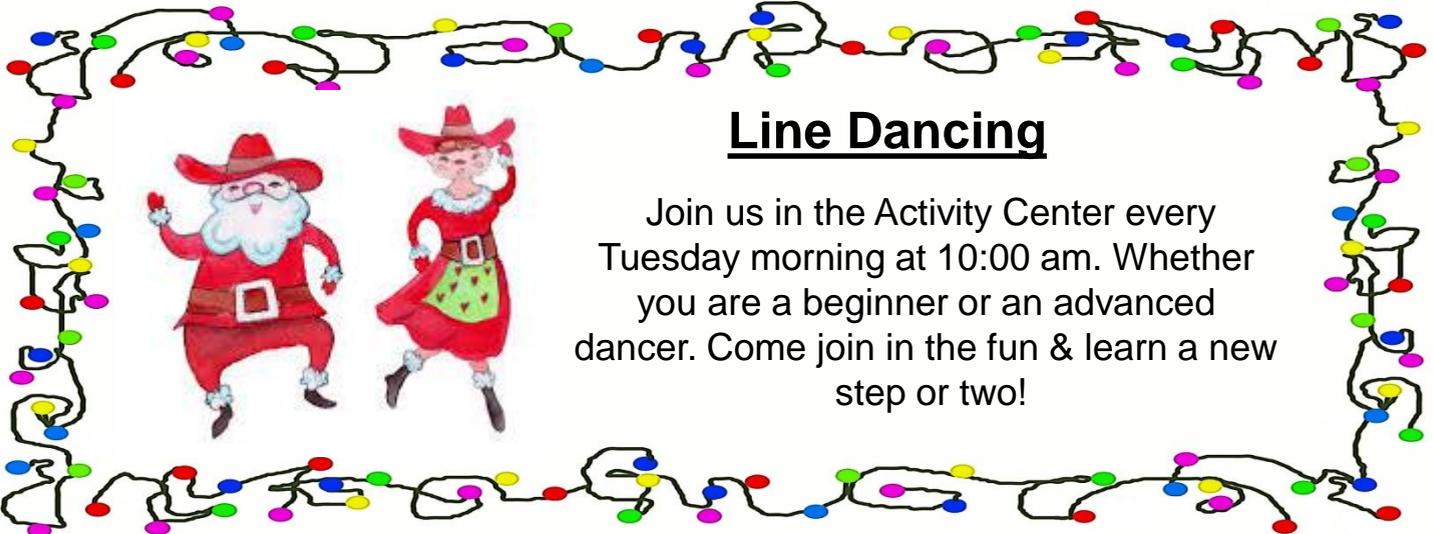
Please join us for cake & ice cream on **Thursday, December 29th at 1:00 p.m.** for our monthly birthday party! We will celebrate those who have a birthday in December with cupcakes and ice cream provided by Aperion Care. You are welcome to stay afterwards and play cards, games, or just socialize with your friends .



Happy November birthday to: Doris Flowers, Daphnea Fearday, Grace Boldt, and Gustie Unkraut!



We had some FUN in November at our “Designing With Donna” craft class! Watch our newsletter for the next class and call to register!



Line Dancing

Join us in the Activity Center every Tuesday morning at 10:00 am. Whether you are a beginner or an advanced dancer. Come join in the fun & learn a new step or two!

Friends
Food
Fellowship



Friends
Food
Fellowship

December 2022 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pork Roast Glazed Sweet Potatoes Cooked Spinach Waldorf Salad Whole Grain Bread	2 Broccoli Cheese Soup ½ Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears
5 Chili Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread Crackers	6 Mac N Cheese w/ham broccoli Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	7 Italian Chicken Breast Normandy Vegetables Corn Oranges w/bananas Roll	8 Roast Beef Mashed Potatoes Lima Beans Pineapple Whole Grain Roll	9 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll
12 Country Fried Steak Mashed Potatoes Gravy Green Beans Apricots Whole Grain Bread	13 Pork Chop Baked Potato California Blend Tropical Fruit Garlic Biscuit	14 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread Stick	15 Turkey Sweet Potatoes Peas Banana Whole Grain Roll	16 Fish on Bun Au Gratin Potatoes Baked Beans Strawberries
19 Pork Cutlet Mashed Potatoes Broccoli \$ Cauliflower Apricots Whole Grain Bread	20 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/cream cheese icing Pineapple	21 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Cinnamon Applesauce Whole Grain Bread	22 Baked Ham Mashed Potatoes n Gravy Gourmet Carrots Creamy Cole Slaw Cherry Delight Roll Christmas Lunch	23 Closed Christmas Holiday
26 Closed Christmas Holiday	27 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	28 BBQ Pulled Pork Roasted Red Potatoes Green Beans Jello w/fruit Bun	29 Ham & Beans Cole Slaw Beets Peaches Cornbread	30 Closed New Year Holiday FINAL

Milk, Bread and Margarine are served with every meal! Substitutes will only be made in emergencies!

CALL THE DAY BEFORE TO RESERVE A MEAL

Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401

Flora 618/662-6741

Vandalia 618/283-1040 Ramsey 618/237-0251

Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/237-4328

Activity Center Calendar December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 9:30 Knit/Crochet/Socialize 1:00 Games</p>	<p>6 9:00 SHIP 10:00 Line Dancing</p> 		<p>1 9:00 SHIP</p>	<p>2 1:00 Bingo Sponsor: Effingham Senior Services</p> 
<p>12 9:30 Knit/Crochet/Socialize 1:00 Games</p> 	<p>7 1:00 Games</p>	<p>14 9:00 SHIP 10:00 Line Dancing</p>	<p>8 11:00 Dine With A Doc</p> 	<p>9 1:00 BINGO sponsor: Evergreen Nursing & Rehab</p> 
<p>19 9:30 Knit/Crochet/Socialize 1:00 Games</p>	<p>20 9:00 SHIP 10:00 Line Dancing</p> 	<p>21 11:00 Senior Services of Effingham County Holiday Meal</p> 	<p>15 1:00 Family Council Group With refreshments</p> 	<p>16 1:00 Bingo Sponsor: Effingham Ophthalmology</p> 
<p>26 Office closed for Christmas Holiday</p> 	<p>27 9:00 SHIP 10:00 Line Dancing</p>	<p>28 Office closed for Christmas Holiday</p> 	<p>22 12:30 SHIP</p>	<p>23 Office closed for Christmas Holiday</p> 
<p>26 Office closed for Christmas Holiday</p> 	<p>29 12:30 SHIP 1:00 Birthday Party with cake & ice cream Provided by Aperion</p> 	<p>29 12:30 SHIP 1:00 Birthday Party with cake & ice cream Provided by Aperion</p> 	<p>30 Office closed for New Years Holiday</p> 	<p>30 Office closed for New Years Holiday</p> 