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Sunset Times

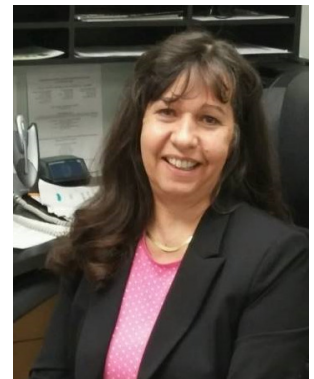
April 2020



Due to the increased risk of COVID-19, Senior Services of Effingham County office and activity center are closed to the public until further notice. If you need assistance, please call 217-347-5569 or toll free 1-800-283-4070.

From the desk of the Executive Director,

First, I want to say I miss seeing all of our ECCOA family that utilize Effingham Senior Center! We are facing unprecedented and challenging times. ECCOA and partner agencies are doing everything that can be done to prevent the spread of COVID-19, the Coronavirus. Older citizens with underlying health conditions, like heart disease, lung disease and diabetes, for example, are about twice as likely to develop serious outcomes versus otherwise younger, healthier people. ECCOA has taken critical and necessary steps to minimize exposure. The Center For Disease Control (CDC) has emphasized that the best way to prevent illness is to [avoid exposure](#). Don't forget we are here for you and just a phone call away.



Call us at 217-347-5569.

We miss you and look forward to seeing everyone!



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham and all surrounding areas will be cancelled from 3/15 to 4/15 in the best interest of protecting our seniors. We will determine the first week in April if the remaining programs from 4/16 to 4/30 will be cancelled as well. Thank you for understanding. Please feel free to pass this information along.

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 Rides 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

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

Find us on Facebook

Effingham County operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (217)342-4990 or via the web at <http://www.eccoa.org/CPT/CPT.htm>

Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and 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 1-800-283-4070 after hours and on weekends
www.seniorservices-eccoa.org



Community Care Program

“... Helping older people live independently”



Did you know that ECCOA 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 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.

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. This service is now available for cell phones too.

Senior Services would like to extend a **BIG "Thank You"** to our **March volunteers!**

Doesn't it make you feel good to volunteer?

Dalyne Sapp – 12 hrs
Joan Walker – 1 hr
Trudy Robison – 3 hrs
Christie Murphy – 3 hrs
Gerry Hoene – 2 hrs
Karen Wilson – 1 hr
Debbie Borries – 1 hr
Ed Eckert – 1 hr
Gustie Unkraut – 1 hr
Jan Pagel – 1 hr
Grace Boldt – 1 hr
Anne Bourgouis – 1 hr



Long Term Care Ombudsman Resident.....Advocate



The 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 our Regional Long Term Care Ombudsman, Terri Simpson at 217-347-5569 today! All calls are confidential.

St. Anthony's Events

Blood Pressure Checks



Out of an abundance of caution, HSHS St. Anthony's Memorial Hospital has regretfully decided to postpone it's blood pressure clinics through the end of April. Your safety is our #1 priority.

*Where the Only Things You
Leave Behind Are Worries!*



Amenities Include:

*Large Apartments w/Walk-in Showers
Private Patios & Walk-in Closets
24-Hour Certified & Caring Staff
Affordable Rates - All Utilities Included
Free Medical Transportation
Pet Friendly & Much More!*

**Stop by for a tour,
and enjoy a FREE
meal with us!**



 **THE**
GLENWOOD
Assisted Living

14061 E. 1600th Ave., Effingham
Corner of Rickelman & N. 4th St.

217-347-8880

www.theglenwoodcommunities.com

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Food
Fellowship

April 2020 MENU

Suggested Donation: Congregate \$3.00 or Home Delivered \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cooks Choice	2 Oven Baked Chicken Sweet Potatoes Peas Strawberries	3 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas
6 Chicken Penne Pasta Alfredo Broccoli Carrots Jello w/pears Garlic Bread	7 Sloppy Joes on Bun Ranch Potato Wedge Calico Beans Pineapple	8 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	9 Baked Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake	10 Closed Good Friday
13 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	14 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	15 Vegetable Beef Soup Crackers ½ Cheese salad Sandwich 3 Bean Salad Strawberries w/bananas	16 Turkey Sweet Potatoes Green Beans Birthday Cake Whole Grain Roll	17 Salisbury Steak Mashed Potatoes Asparagus Tropical Fruit
20 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	21 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	22 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches	23 Fish Sandwich Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownies	24 Biscuits N Gravy Sausage Patty Hash Browns Orange Juice Banana
27 Chili Crackers ½ Peanut butter sandwich Cole Slaw w/ramen noodles Apricots	28 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	29 Beef Pepper Steak over Rice Stewed Tomatoes Warm Peach Crisp	30 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	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 618/662-6731

Vandalia 618/283-1040 Ramsey 618/237-3621

Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/526-3621