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*Sunset Times*

**April 2021**



**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.**

**SOCIAL SECURITY SCAMS**

Social Security numbers are the skeleton key to identity theft...  
 And, what a better way to get someone's Social Security number than by pretending to be from Social Security?

One common tactic involves fake Social Security Administration (SSA) employees calling people with warnings that their Social Security numbers have been linked to criminal activity and suspended. The scammers ask you to confirm your number so they can reactivate it or issue a new one, for a fee.

This is no emergency but a ploy to get money and personal information.

Social Security does not block or suspend numbers, nor will they call to threaten your benefits **ever**.

This con is sometimes executed via robocall – the recording provides a number for you to call to remedy the problem. In another version, the caller says your bank account is at risk due to the illicit activity and offers to help you keep it safe. If you receive a call like this, hang up the phone and call your bank.



**FREE "DROP-OFF" TAX PREPARATION @ Catholic Charities-Effingham VITA**  
 thru April 2, 2021, for families with income less than \$60,000.



Bring all forms listed below to Catholic Charities Office located at 1502 E. Fayette Ave, Teutopolis, IL 62467, fill out the interview sheet, wait to be interviewed, and you will be contacted by phone to set up a return appointment to review and sign tax return(usually within 2 weeks)



Please bring the following items:

A copy of last year's tax return, taxpayer's proof of identity, all forms, W-2, 1098, and 1099, info for other income, ID # for child care provider, info for deductions and credit, proof of account for direct deposit of refund (e.g. voided check), social security cards and/or ITIN notices/cards for you, your spouse and dependents.

If you have questions or need further information, please call (217) 857-1458.

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-ecco.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.



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham & all surrounding areas will be cancelled until further notice in the best interest of protecting our seniors. Thank you for understanding.  
Please feel free to pass this information along.

## 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.

## 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.



## 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!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> Ride for Free Donations are accepted
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**DISPATCH HOURS**  
Monday-Friday from 6am-6pm  
**TRANSPORTATION HOURS**  
Monday-Saturday from 6am-8pm

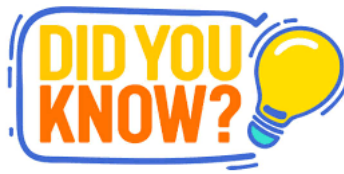
**Effingham County Public Transportation**

**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.cefecoc.org/CITY/CPT.htm>



- **SNAP Benefits are no longer being extended.** DHS had been extending SNAP redeterminations, for a 6-month period, during the COVID pandemic. Due to Food and Nutrition Administration rules saying only one extension may be given, SNAP Redeterminations will resume effective March 2021 and clients **must** respond in order for SNAP benefits to continue.
- **Medicaid redeterminations are still on hold.** Due to the COVID-19 Emergency Declaration, CMS has authorized states to delay redeterminations for medical coverage immediately. CMS has authorized this delay to continue until the Emergency Declaration has ended.
- **Insulin price caps.** Starting in 2021, some Part D prescription drug plans will require a \$35 or less copay for insulin. At this price, many diabetic Medicare recipients will have access to the drug.
- **Amazon Pharmacy** is now considered a provider for Medicare Part D.

## COVID-19 Vaccine FAQ's



### ▪ **Where can I get the COVID-19 vaccine?**

Effingham county residents over the age of 65 who would like to have their name added to the COVID vaccine waiting list, please call the Effingham County Health Department at 217-342-9237 and Press 1, then leave your name, phone number, and age. Please be patient as it may be a few weeks before you get a call back with an appointment time.

### ▪ **What are the most common side effects after getting a COVID-19 vaccination?**

After getting vaccinated, you may have some side effects, which are normal signs that your body is building protection. The most common side effects are pain and swelling in the arm where you received the shot. In addition, you may have fever, chills, tiredness, and headache. These side effects may affect your ability to do daily activities, but they should go away in a few days.

### ▪ **Do I have to get a COVID-19 vaccine?**

There is no federal or state mandate to receive the vaccine. The CDC recommends the vaccine to all Americans 16 and over.

### ▪ **Do I need a vaccine if I have already had COVID-19?**

Yes, people who have already had COVID-19 should plan to take the vaccine, because the science is currently inconclusive as to whether you will be naturally protected from a second COVID-19 infection in the future.

### ▪ **Do I have to get both the flu vaccine and the COVID-19 vaccine?**

A seasonal flu vaccine will not protect you from COVID-19. Being infected with both the flu and COVID-19 at the same time could lead to a more severe illness, which is why it is more important now than ever to get the flu vaccine.

### ▪ **Can the COVID-19 vaccine make me sick with COVID-19?**

No. The COVID-19 vaccines do not contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick. The vaccine teaches our immune systems how to recognize and fight the virus that causes COVID-19.

### ▪ **How long does protection from a COVID-19 vaccine last:**

We don't know how long protection lasts for those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

### ▪ **If I get the vaccine, can I quit wearing a mask?**

No, While the COVID-19 vaccine is highly effective, it is not 100% effective. Until the COVID-19 pandemic is controlled, people who receive the vaccine need to continue following the Illinois Department of Public Health guidance.

### ▪ **What entity will be paying for the vaccines?**

The federal government is providing the vaccine free of charge to all people living in the United States.



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## APRIL MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake	2  Closed Good Friday
5 Chili Cracker ½ Peanut butter Sandwich Cole Slaw Apricots	6 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	7 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	8 Pork Roast Roasted Potatoes Lima Beans Mandarin Oranges Oatmeal Cookie	9 Tuna Noodle casserole Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
12 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	13 Spaghetti w/Meat Sauce Tossed Salad w/tomatoes Pudding Garlic Bread Stick	14 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut butter Cookie	15 Chicken Pot Pie Creamy Cole Slaw Apricots Biscuit Birthday Cake	16 Fish On Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas
19 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	20 Chicken & Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp	21 Pork Chop Au Gratin Potatoes Green Beans Peaches Roll	22 Oven Baked Chicken Sweet Potatoes Peas Strawberries	23 Broccoli Cheese Soup Crackers ½ Turkey Sandwich Whole Grain Bread Apple Cabbage slaw Fruit Cocktail
26 Sloppy Joes on Bun Ranch Potato Wedge Calico Beans Pineapple	27 Chicken Penne Pasta Alfredo Broccoli Carrots Jell-O w/pears Garlic Bread	28 Old Fashioned Beef Stew Cole Slaw Cottage Cheese Peaches Corn Muffin	29 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	30 Lemon Pepper Tilapia Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie

**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**

**FINAL**