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abushue@seniorsservices-eccoa.org
or check out our webpage at
www.seniorservices-eccoa.org

Sunset Times

August 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.

Reduce your risk of getting COVID-19.

It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting COVID-19.

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:

- Limit your interactions with other people as much as possible.
- Take [precautions to prevent getting](#) COVID-19 when you do interact with others.

If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

Venturing out into a public setting? What to consider before you go.

As communities and businesses across the United States are opening, you may be thinking about resuming some activities, running errands and attending events and gatherings. **There is no way to ensure you have zero risk of infection**, so it is important to understand the risks and know how to be as safe as possible.

People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before deciding to go out and ensure they are taking steps to protect themselves. Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. **Everyone should take steps to prevent getting and spreading COVID-19** to protect themselves, their communities, and people who are at increased risk of severe illness.

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.

- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventative actions.
- Keep these items on hand and use them when venturing out: a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham and all surrounding areas will be cancelled thru the remainder of the 2020 calendar year in the best interest of protecting our seniors. Thank you for understanding. Please feel free to pass this information along.

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.

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!!

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

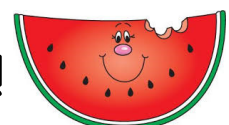
OPEN TO EVERYONE!!

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.ceboc.org/CPT/CPPT.htm>

Happy National Watermelon Day, August 3rd!





THE GIVE BACK MOVEMENT



217-342-7222



414 W. Jefferson -Effingham

Call today and receive your exam, xrays, & report of findings for \$20. We turn around and donate the entire \$20 to the Family Life Center!

Offer valid throughout the month of August.



STANFIELD
CHIROPRACTIC
of Effingham



*Family Life
Center*

Chiropractic adds years to life and life to the years!

Friends
Food
Fellowship



Friends
Food
Fellowship

August 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	4 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	5 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	6 Chef Salad Turkey, Ham, Eggs, Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	7 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
10 Chicken Salad on Croissant Tomato Medley Waldorf Salad Strawberries & Banana	11 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	12 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced Bananas	13 Pork Burger On Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley	14 Beef Tips w/mushrooms Gravy over noodles Brussels Sprouts Corn Apricots
17 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Crackers	18 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	19 Mostaccioli w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	20 Cooks Choice	21 Fish on Bun Cauliflower w/cheese Seasoned Lima Beans Cantaloupe
24 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	25 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli & Cauliflower Salad Cantaloupe	26 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	27 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	28 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
31 Sweet N Sour Chicken w/pineapple Over Rice Steamed Broccoli Jello w/fruit cocktail				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