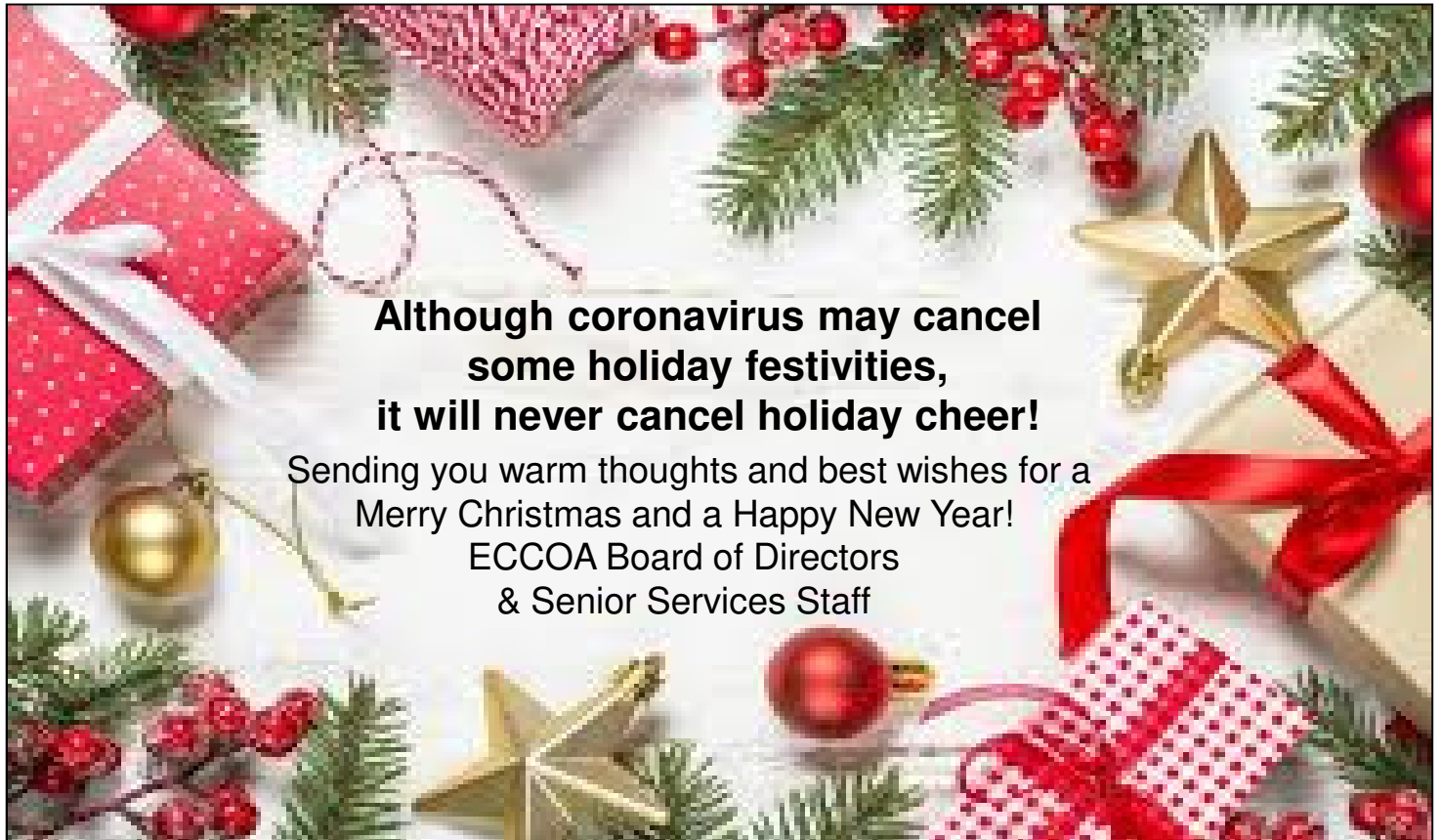




To join the Sunset Times email list please email
abushue@seniorservices-ecco.org
or check out our webpage at
www.seniorservices-ecco.org

Sunset Times
December 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.



In observance of Christmas and the New Year Holiday, Senior Services will be closed on Thursday, December 24th, Friday, December 25th, Thursday, December 31, 2020 & Friday, January 1, 2021.

For emergencies call 1-800-283-4070.



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 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.

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 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.cefccoc.org/CITY/CPT.htm>

Trusted Compassionate Care

SBL Bonutti Clinic

1303 West Evergreen Ave.

217-342-3400

ORTHOPEDICS

Joseph Ajdinovich, MD
Peter Bonutti, MD
Michael Chioffe, MD
Kayla Deters, APRN
Stacia Fallert, APRN
Timothy Gray, MD
Jennifer Hess, APRN
Frank Lee, MD
Didi Omiyi, MD
Nick Williams, PA-C
Tom Williams, PA-C
Luke Zumbahlen, APRN

MRI

SBL Evergreen Clinic

1104 West Evergreen Ave.

GENERAL SURGERY

Kevin Malone, MD

James Flaig, DO

217-347-2500

UROLOGY

Fernando Gonzales, MD

217-258-4186

SBL Lincolnland Home Medical Equipment

903 North Maple St.

217-347-7372

*The mission of
Sarah Bush Lincoln
is to provide
exceptional care
for all and create
healthy
communities.*

SBL Effingham Clinic

905 North Maple St.

Louis Schwing, MD

Cari Fearday, PA-C

INTERNAL MEDICINE

217-540-6122

Paul Oltman, MD

FAMILY PRACTICE

217-347-7776

Walk-In Clinic

Douglas Kabbes, MD

217-540-6123

ENT Clinic

Lori Cudone, MD

Charly Nguyen, MD

Michael Smith, MD

Audiology & Hearing Services

217-347-7077

Laboratory Services

1-877-796-5227



Sarah Bush Lincoln

Friends
Food
Fellowship



Friends
Food
Fellowship

December 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf Mashed Potatoes & Gravy Lima Beans Pineapple Tidbits Whole Grain Bread	2 Turkeyburger w/cheese on Bun Potato Wedges Seasoned Green Beans Orange	3 Pork Cutlet Baked Potato Creamed Corn Apricots Roll	4 Fish Square Scalloped Potatoes Pinto Beans Strawberries w/cool whip Whole Grain Bread
7 Baked Chicken Breast Sweet Potato Fries Corn Diced Pears Whole Grain Bread	8 Lasagna Butter Beans Lettuce w/Tomato Wedge Hot Fruit Crisp Breadstick	9 Seasoned Beef Patty Rice Pilaf w/veggies Cauliflower Apple Graham Crackers	10 Polish Sausage on Bun Sauerkraut Mashed Potatoes Mandarin Oranges	11 Tomato Soup Tuna Salad Sandwich w/lettuce leaf on Whole Grain Bread Cottage Cheese Tropical Fruit
14 Chicken Strips Ranch Carrots Green Beans Cookies Whole Grain Bread	15 Cheeseburgers on Bun French Fries Brussel Sprouts Diced Peaches	16 Beanies & Weenies Roasted Parmesan Potatoes Cheesy Cauliflower Mixed Fruit Garlic Bread	17 Meatball Sub on Bun w/Marinara Sauce & Cheese Potato Wedges Peas Spiced Pineapple Tidbits	18 Chicken & Noodles Broccoli Black-eyed Peas Rosy Applesauce Whole Grain Crackers
21 Chicken Vegetable Rice Stir Fry w/brown sauce Stewed Tomatoes Mandarin Oranges Graham Crackers	22 Chili Cottage Cheese 3 Bean Salad Apricots Cornbread	23 Baked Ham Sweet Potatoes Gourmet Carrots Creamy Cole Slaw Cherry Delight Roll	24 Closed Christmas Eve	25 Closed Christmas Day
28 Mac & Cheese Bake w/ham Broccoli Carrots Applesauce Whole Grain Crackers	29 Chicken Parmesan Scalloped Potatoes Pinto Beans Pears Whole Grain Bread	30 Baked Pork Chop Mashed Potatoes n Gravy Lima Beans Diced Peaches Whole Grain Bread	31 Closed New Year's Eve	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