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 www.seniorservices-ecco.org

Sunset Times
February 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.



FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA from January 30
 To April 1, 2021 for families with income less than \$60,000.



Simply complete these 4 easy steps:

- 1) Bring all forms listed below to Catholic Charities Office located at 1502 E. Fayette Ave., Teutopolis, IL 62467
- 2) Fill out interview sheet
- 3) Wait to be interviewed
- 4) We will contact you 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.



In observance of President's Day, Senior Services will be closed on Monday, February 15, 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



Fraud Alert: COVID-19 Scams



As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, they may target these populations.

It's important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting people. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.



The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit www.smpresource.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!!

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.cefcoec.org/CITY/CPT.htm>

Friends
Food
Fellowship



Friends
Food
Fellowship

FEBRUARY MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Vegetable Rice Stir Fry w/brown sauce Mixed Veggies Stewed Tomatoes Mandarin Oranges Graham Crackers	2 Beanies & Weenies Roasted Parmesan Potatoes Cheesy Cauliflower Mixed fruit Breadstick	3 Open-faced Turkey Sandwich w/whole grain Mashed Potatoes Gravy Green Beans Mango Chunks	4 BBQ Rib Patty on Bun Butter Beans Corn Strawberries	5 Chili Sweet Potato Fries Peas Apricots Crackers
8 Mac & Cheese w/ham Broccoli Carrots Applesauce Whole Grain Crackers	9 Parmesan Chicken Scalloped Potatoes Pinto Beans Pineapple Tidbits WG Bread	10 Sloppy Joe on Bun French Fries Brussel Sprouts Diced Pears	11 Baked Pork Chop Sweet Potatoes Lima Beans Diced Peaches WG Bread	12 Sausage Gravy over Biscuits Scrambled Eggs Diced Potatoes Spinach Banana
15 Closed President's Day	16 Hot Dog on Bun Sweet Potato Fries Baked Beans Cherry Crisp	17 Oven Fried Chicken Mashed Potatoes & Gravy Cabbage Mixed Fruit WG Bread	18 Swedish Meatballs w/noodles Stewed Tomatoes Apple Juice Graham Crackers Birthday Cake	19 Ham & Cheese Sandwich on WG Bread Kidney Bean Salad Green Peppers & Tomatoes Apple Slice
22 Meatloaf Mashed Potatoes & Gravy Lima Beans Pineapple Tidbits WG Bread	23 Turkeyburger w/cheese on bun Potato Wedges Carrots Orange	24 Chicken Pasta Salad Cottage Cheese Green Pepper & Tomato Slices Apricots WG Bread	25 Fish Strips Scalloped Potatoes Pinto Beans Strawberries w/cool whip WG Bread	26 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread

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