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

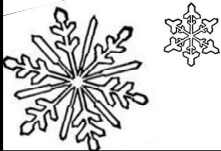
Sunset Times
January 2021

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.



The beginning of a brand new year seems like an obvious time to reflect on changes we have experienced and ponder our successes. It is a time to think about what we have accomplished that has enhanced the lives of people who are close to us, as well as helping those who live in our community who are less fortunate. ECCOA's Board of Directors, volunteers, and staff, will continue to support our mission and work to enhance the lives of the people in our community. We have a passion for what we do and we are grateful for the many relationships that have been nurtured.

On behalf of the Board of Directors and staff, we wish all of you happiness, prosperity and good health in the New Year. We welcome 2021!



-Linda Hubbartt, Executive Director



**In observance of
the New Year Holiday,
Senior Services will be
closed on**

**Thursday, December 31, 2020
& Friday, January 1, 2021.**

**We will also be closed for
Martin Luther King, Jr. Day on
Monday, January 18, 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 Partner

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.cefecoc.org/CITY/CPT.htm>

Are you considering in-person visits with family and friends? Here are some things to consider to help make your visit as safe as possible:



When to delay or cancel a visit

- Delay or cancel a visit if you or your visitors have symptoms of COVID-19 or have been exposed to someone with COVID-19 in the last 14 days.
- Anyone who has had close contact with a person with COVID-19 should stay home and monitor for symptoms.

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

- How many people will you interact with?
- Can you keep 6 feet of space between you and others?
- Will you be outdoors or indoors?
- What's the length of time that you will be interacting with people?

Encourage social distancing during your visit

- Visit with your friends and family **outdoors**, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate social distancing.
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart from each other.
- Consider activities where social distancing can be maintained, like sidewalk chalk art or yard games.
- Try to avoid close contact with your visitors. For example, don't shake hands, elbow bump, or hug. Instead wave and verbally greet them.
- If possible, avoid others who are not wearing masks or ask others around you to wear masks.
- Consider keeping a list of people you visited or who visited you and when the visit occurred. This will help with contact tracing if someone becomes sick.

Wear masks

- Masks should be worn over the nose and mouth. Masks are especially important when it is difficult to stay at least 6 feet apart from others or when people are indoors to help protect each other.
- Masks may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others
- Wearing a mask helps protect others in case you're infected, while others wear one to protect you should they be infected.
- Who should NOT use masks:** Children under age 2 or anyone who has trouble breathing, is unconscious, or is incapacitated or otherwise unable to remove the mask without assistance.

Wash hands often

- Everyone should wash their hands for at least 20 seconds at the beginning and end of the visit and whenever you think your hands may have become contaminated.
- If soap and water are not readily available, such as with outdoor visits or activities, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Remind guests to wash or sanitize their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so visitors do not share towels. Have a no-touch trash can available for guests to use.

Limit contact with commonly touched surfaces or shared items

- Encourage your visitors to bring their own food and drinks.
- Clean and disinfect commonly touched surfaces and any shared items between use.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

Friends
Food
Fellowship



Friends
Food
Fellowship

JANUARY 2021 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed New Year's Day
4 Ham & Cheese Sandwich Kidney Bean Salad Green Peppers & Tomatoes Apple Slices	5 Ravioli w/Meat Sauce Cauliflower Peas Pudding w/fruit Garlic Bread	6 Oven Fried Chicken Mashed Potatoes & Gravy Cabbage Mixed Fruit Whole Grain Bread	7 Swedish Meatballs w/noodles Stewed Tomatoes Apple Juice Cup Cookies	8 Hot Dog on Bun Au gratin Potatoes Baked Beans Cherry Crisp
11 Meatloaf Mashed Potatoes & Gravy Lima Beans Pineapple Tidbits Whole Grain Bread	12 Turkeyburger w/cheese on Bun Potato Wedges Seasoned Green Beans Orange	13 Egg-Bacon Casserole Crispy Potato Cubes Stewed Tomatoes Diced Peaches Apple Cinnamon Muffin	14 Fish Square Scalloped Potatoes Pinto Beans Strawberries w/cool whip Whole Grain Bread	15 Chicken Pasta Salad Cottage Cheese Green Peppers & Tomato Salad Apricots Whole Grain Crackers
18 Closed Martin Luther King Holiday	19 Spaghetti w/meat sauce Broccoli Butter Beans Mixed Fruit Garlic Bread	20 Seasoned Beef Patty Rice Pilaf w/veggies Cauliflower Apple Graham Crackers	21 Polish Sausage on Bun Sauerkraut Mashed Potatoes Mandarin Oranges Birthday Cake	22 Baked Chicken Breast Sweet Potato Fries Corn Diced Pears Whole Grain Bread
25 Chicken Strips Ranch Carrots Green Beans Cookies Whole Grain Bread	26 Cheeseburgers on Bun French Fries Brussel Sprouts Diced Peaches	27 Baked Ham Slice Mashed Sweet Potatoes Lima Beans Cinnamon Apples Whole Grain Bread	28 Meatball Sub on Bun w/Marinara Sauce & Cheese Potato Wedges Peas Pineapple Chunks	29 Chicken & Noodles Broccoli Black-eyed Peas Rosy Applesauce Dinner Roll

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