



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

*Sunset Times*

July 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.**



## Managing Social Isolation

The coronavirus pandemic has dramatically shifted the way we interact with each other. Social distancing, also known as physical distancing, is one of the few known ways to reduce the risk of contracting, or spreading, COVID-19. Many cities, counties and states have mandated a period of self isolation to help slow the spread of the novel coronavirus, and it's likely that social distancing will continue for some time.

### ***Steps to address negative effects of social isolation include:***

- Develop a plan to connect with family, friends or loved ones: Talk to family and friends to develop a plan to safely stay in touch during social distancing. This is especially important for people living alone.
- Limit news consumption: Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Care for living things: Caring for pets or plants provides a sense of purpose and improved health.
- Take care of your body: Physical activity such as walking or light stretching helps calm tension; eat healthy, well-balanced meals, and avoid alcohol and drug abuse. It is also important to get adequate sleep.
- Listen to music, find activities that bring joy: Beyond the music and activities available in the common living area shared by residents there are music events and activities online, such as free livestreamed concerts. National Public Radio is maintaining a list of Live Virtual Concerts\*.
- Keep your mind active: Completing puzzles (e.g., jigsaw, crossword, sudoku), reading, and engaging in art projects helps to keep the mind occupied and can improve cognitive functioning.
- Use calming techniques: Such as deep breathing, stretching, meditation, prayer, taking a warm bath or shower, or sitting with a pet.
- Find ways to laugh: Watch a TV show, or chat with a friend or family member who brings joy.
- Create short personal videos that can be shared between family and loved ones and the older adult.



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham and all surrounding areas will be cancelled thru July 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-ecco.org](http://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.

## 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!
---	--	--	--

**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.ecctoc.org/CPT/TCPT.htm>





From Betty Barker, Addus Homecare Agency Director

Hi and how is everyone doing? I wanted to write a little note to everyone who goes to the Effingham Senior Services Center. I so miss seeing all of you and the enjoyment of the fellowship we have at the center.

I wanted to let you know what is happening in the Addus world during these times we have not been able to be together due to Covid 19. Addus is taking every precaution to keep our Clients and Homecare Aides safe and free from Covid 19. Before entering every Client's home every day are Homecare Aides have to answer a list of questions regarding their health and possible Covid 19 exposure and ask the same questions of the Clients. Anyone answering yes to any of the questions, the visit is cancelled. The Homecare Aides are also provided mask and gloves and the client is provided a mask. Addus also provides hand sanitizer for each Homecare Aide. We have encouraged all Homecare Aides to use cleaning supplies in the Client's home to sanitize all surfaces to prevent the spread of germs and keep our Clients safe.

Addus continues to receive new referrals for Clients needing help in their home.

We believe that  "is the Place to Be!"

If you or someone you love needs help in the home,

Who are you going to call? **Betty Barker at 618-244-4481 or 618-246-4835**

Where do I work?

**Addus Homecare**  
**2929 Broadway, Suite 7A**  
**Mt Vernon, IL 62864**

What do we do?

**In-home services; Cooking, cleaning, errands, personal care and companionship**

Thank you and look forward to seeing you again! 😊



Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## July 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/Sliced Bananas	2 Pork Burger on Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley	3  Closed July 4 <sup>th</sup> Holiday
6 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Crackers	7 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	8 Mostaccioli w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	9  Cooks Choice	10 Fish on Bun Cauliflower w/cheese Seasoned Lima Beans Cantaloupe
13 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	14 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli n Cauliflower Salad Cantaloupe	15 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	16 Swedish Meatballs Mashed Potatoes Succotash Birthday Cake Whole Grain Roll	17 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie
20 Sweet & Sour Chicken w/pineapple Over Rice Steamed Broccoli Jello w/fruit Cocktail	21 Biscuits N Gravy Sausage Patties Shredded Hash Browns Fresh Orange Apple Juice	22 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	23 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions, Shredded Cheese Apple	24 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon
27 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	28 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	29 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie	30 Tuna Salad Sandwich Tomato Cucumber Medley Black Bean & Corn Salad Fruit Cocktail Cookie	31 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll  <b>FINAL</b>

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 618/662-6731**

**Vandalia 618/283-1040 Ramsey 618/237-3621**

**Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/237-4328**