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

Sunset Times

June 2020



STOP CORONAVIRUS!

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.



Want to get your Coronavirus relief check? Scammers do too!

You've probably heard the news by now – the government is sending out relief checks as part of the federal response to the Coronavirus. Scammers heard the same thing, and they're hoping to cash in on yours. The details of how this will all work are still coming together, but we do know a few things about how this will – and will not – work. For now, here are some things to know.

- 1. You don't need to do anything.** As long as you filed taxes for 2018 and/or 2019, the federal government likely has the information it needs to send you your money. Social Security recipients and railroad retirees who are otherwise not required to file a tax return also do not need to do anything to receive their money. If you otherwise have not filed taxes recently, you **may** need to submit a simple tax return to get your check. **Do not give anyone your personal information to "sign-up" for your relief check.** There is nothing to sign up for. Anyone calling to ask for your personal information, like your Social Security number, PayPal account, or bank information is a scammer, plain and simple. Also be on the lookout for email phishing scams, where scammers pretend to be from the government and ask for your information as part of the "sign-up" process for the checks.
- 2. To set up direct deposit of your check, communicate only with the IRS at irs.gov/coronavirus.** And you only need to do this if you **didn't** give the IRS your bank information on your 2018 or 2019 return. In the coming weeks, the IRS will be setting up an online form available through irs.gov/coronavirus. But nowhere else, and never in response to an email, text, or call.
- 3. No one has early access to this money. Anyone that claims to is a scammer.** The timeline for this process is not exact, as payments have been on going since April & are continuing. Scammers are using the lack of detail to try to trick people into giving their personal information and money.

To get official updates and more information, visit the IRS's page on economic impact payments. And if you come across a scammer trying to take your check, we want to hear about it. Report it at ftc.gov/complaint.

Resources available to report scams and receive help:

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| ✓ FBI's Internet Crime Complaint Center
www.ic3.gov | ✓ Illinois Attorney General Senior Fraud Helpline
1-800-243-5377 | ✓ Illinois Elder Abuse
1-866-800-1409 | ✓ AARP Fraud Watch
1-877-908-3360 |
|--|---|--|--------------------------------------|
- ✓ Your local City & County Police Departments-Effingham County Sheriff's Office: (217) 342-2101
 - ✓ Contact your local bank to inquire on your "stimulus" check
 - ✓ ftc.gov/coronavirus

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.



The Illinois Home Care Ombudsman Program works to resolve complaints made by or behalf of persons who are receiving services through the Medicare Medicaid Initiative (MMAI) and older adults and persons with disabilities who receive services through select Home and Community Based Services Waivers. The goal of the Illinois Home Care Ombudsman (HCO) Program is to empower, advocate on behalf of, and protect the rights of individuals who live in the community and receive services to help them stay in their homes. If you have questions or concerns about the services you receive, call the Illinois Department on Aging Senior Helpline at 1-800-252-8966 or 1-888-206-1327 (TTY). Please press #4 “other services” and ask for a Home Care Ombudsman or email Aging.HCOProgram@illinois.gov.



Happy Father's Day!



Effingham City/County Committee on Aging Ombudsman Program

THE LONG-TERM CARE OMBUDSMAN PROGRAM

is a resident-directed advocacy program which protects and improves the quality of life for residents in a variety of long-term care settings. Ombudsmen work to resolve problems of individual residents and to bring about changes at the local, state and national levels to improve care.

SERVICES PROVIDED FREE OF CHARGE FOR:

- Person(s) 18 or older who is/are either a current resident, a prospective resident, or a former resident of a long-term care facility;
- Friends and relatives of persons who live in long-term care facilities;
- Long-term care facility staff members and administrators with resident-related concerns;
- Individuals and families who are considering long-term care facility placement as a long-term care option;
- The community-at-large; and
- Other interested groups concerned about the welfare of residents of long-term care facilities.



CONTACT US

ECCOA
Ombudsman Program
209 South Merchant St.
Effingham, IL 62401

(800) 283-4070

(217) 347-5216

Fax: (217) 347-5590

Regional Ombudsman:

Terri Simpson

ombuds@seniorservices-ecco.org



As a precaution to the Coronavirus, the Dine With A Doc program in Effingham will be cancelled thru June in the best interest of protecting our seniors. Thank you for understanding. Please feel free to pass this information along.

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

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.cofecoc.org/CPT/ECPT.htm>

Alternate Toenail Clinic



At this time we are unable to hold the Toenail Clinics at the Senior Center but everyone is more than welcome to make an appointment with Megan Looman at the Beehive Beauty Boutique in Dieterich. The same services will be provided at the same price-\$15. Please call 217-925-5237 to schedule an appointment. The Beehive is located in downtown Dieterich at 121 South Main Street.

Friends
Food
Fellowship



Friends
Food
Fellowship

June 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	2 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli n Cauliflower Salad Cantaloupe	3 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	4 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	5 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie
8 Sweet & Sour Chicken w/pineapple Over Rice Steamed Broccoli Jello w/fruit Cocktail	9 Cook Choice	10 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	11 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions, Shredded Cheese Apple	12 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon
15 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	16 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	17 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie	18 Tuna Salad Sandwich Tomato Cucumber Medley Black Bean & Corn Salad Fruit Cocktail Birthday Cake	19 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
22 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	23 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	24 Chef Salad Turkey Ham Egg Lettuce Tomato Cucumber Carrots Shredded Cheese Mandarin Orange Cake Club Crackers	25 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
29 Chicken Salad On Wheat Bread Tomato Medley Waldorf Salad Strawberries & Bananas	30 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain 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 618/662-6731

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

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