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Sunset Times

June 2021



Due to COVID-19, Senior Services of Effingham County office and activity center are closed to the public until July 1, 2021. If you need assistance, please call 217-347-5569 or toll free 1-800-283-4070.



Yes, we are planning a “**SOFT**” reopening for our Effingham Activity Center on July 1st. ECCOA’s reopening plan is based upon Illinois’ Reopening Bridge Phase Guidelines, CDC recommendations and IDoA Guidance. All plans are subject to change and the Activity Center may need to be shut down again for the safety of all.

Please see and be prepared to follow the guidelines for reopening on page 3 of this Sunset Times newsletter. We are so excited to be able to open our doors to the public again for some socialization, fun and games, even if there are new rules, regulations and procedures that everyone must follow.





As a precaution to the Coronavirus, the Dine With A Doc program in Effingham 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.

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

OPEN TO EVERYONE!!

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.cafecoc.org/CPT/CPPT.htm>

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.



*Happy Father's Day!
June 20th, 2021*



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.

Tip of the month:

If you suspect you've encountered financial abuse ...

Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services. To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: <https://eldercare.acl.gov>.



Senior Services ECCOA's Activity Center "Soft" Reopening Guidelines

Tentative effective date: **July 1, 2021**

Senior Services-ECCOA's Reopening Plan is based upon Illinois' Reopening Bridge Phase Guidelines, CDC recommendations and IDoA Guidance. All plans are subject to change and the Activity Center may need to be shut down again for the safety of all.

Effingham Activity Center Reopening Guidelines:

- **All members of the public shall wear facemasks/face coverings upon entering the Activity Center.**
- Public entry into the Activity Center will **ONLY** be allowed through the southeast, handicapped accessible entry and south entry.
- **No early arrivals**. Activity participants will be allowed entrance 10 minutes before planned activity.
- Activity participants must leave within 10 minutes after activity is concluded.
- Capacity Limits
 - ✓ Total allowable capacity: 20 people in Activity Center (25% total capacity).
 - ✓ Groups shall be limited to 4 people per table with tables 6 feet apart.
 - ✓ The room known as the staff breakroom will be used as such. No members from the public shall be allowed entrance.
 - ✓ Group variation numbers may be allowed until total allowable capacity of 20 is reached.
 - ✓ Upon arrival for a person's initial activity, a participant will be required to sign ECCOA's Activity Center "Soft" Reopening Guidelines.
- Days open for scheduled activities:
 - ✓ Tuesdays and Thursdays from 10:00 AM to 2:30 PM.
 - ✓ 1st and 3rd Friday each month from 12:30 PM to 2:30 PM for BINGO activity.
- Card/game players shall be required to bring their own cards/games.
- **No** food or beverages will be offered or shared.
- Sanitation stations and hand sanitizer will be available.
- A phone will be available for Activity Center Participants to use in the event someone needs assistance. Assistance can be requested by pushing the "Intercom" button and dialing 226. Disinfectant wipes will be available for disinfecting before and after each use.
- Participants shall remain in designated areas **ONLY**.
- Office areas will be off limits to public entry.
- In-person appointments will be allowed if absolutely necessary. However, there will not be a "waiting" area. The person with the appointment will call when they have arrived and wait in the parking lot until staff go out or call them to come in.
- Facemasks will be available for persons who have appointments for SHIP, Medicare D Searches, Benefit Access, etc. (**Appointments Required**)
- Face shields will be available for staff.

Upcoming Activity Center Calendar For JULY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*SIGN UP SHEETS WILL BE LOCATED IN THE ACTIVITY CENTER (BRING YOUR OWN CARDS & BOARD GAMES)</p>			<p>Activity Center Open from 12:30 PM - 2:30 PM for BINGO!</p> 
<p>5</p> <p>OFFICE CLOSED FOR 4TH OF JULY</p> 	<p>6</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>7</p> <p>Closed for sanitization</p>	<p>8</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>9</p> <p>Closed for sanitization</p>
<p>12</p> <p>Closed for sanitization</p>	<p>13</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>14</p> <p>Closed for sanitization</p>	<p>15</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>16</p> <p>Activity Center Open from 12:30 PM - 2:30 PM for BINGO!</p> 
<p>19</p> <p>Closed for sanitization</p>	<p>20</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>21</p> <p>Closed for sanitization</p>	<p>22</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>23</p> <p>Closed for sanitization</p>
<p>26</p> <p>Closed for sanitization</p>	<p>27</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>28</p> <p>Closed for sanitization</p>	<p>29</p> <p>Activity Center Open from 10 AM - 2:30 PM</p> 	<p>30</p> <p>Closed for sanitization</p>

I've got my shot... now what?

According to the Center for Disease Control, this is what you should keep doing for now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.



What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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 **Terri Simpson, Regional Ombudsman, at 217-347-5569 or 1-800-283-4070.**



🌻 Ombudsman services are confidential and free.

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 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	2 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	3 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	4 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
7 Sweet & Sour Chicken w/pineapple Over rice Steamed Broccoli Jello w/fruit cocktail	8 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	9 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	10 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato Onions, Shredded Cheese Apple	11 Egg, Sausage Breakfast Casserole Hash Browns Stewed Tomatoes Orange Juice Cinnamon Roll
14 Bratwurst Grilled Peppers & Onions Grilled Potatoes Pears Hot Dog Bun	15 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	16 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie	17 Tuna Salad Sandwich Cole Slaw Black Bean and Corn Salad Watermelon Birthday Cake	18 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
21 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	22 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	23 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Mandurian Orange Cake Club Crackers	24 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	25 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
28 Chicken Salad on Wheat Bread Stewed Tomatoes Cottage Cheese Peaches	29 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	30 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced bananas		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

FINAL