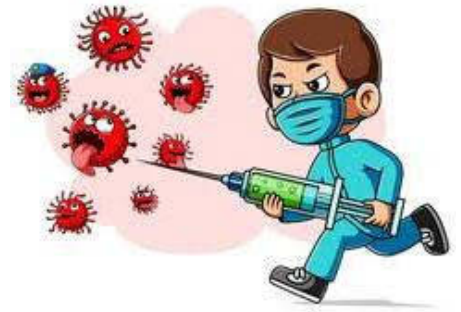




To join the Sunset Times email list please email
abushue@seniorservices-eccoa.org
or check out our webpage at
www.seniorservices-eccoa.org

Sunset Times
March 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.



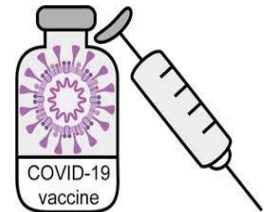
Protect Yourself ... Avoid Covid-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- **Protect yourself. Do not give out your personal information to unknown sources.**

If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS
- FBI Hotline: 1-800-CALL-FBI
- CMS/Medicare Hotline: 1-800-MEDICARE



FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA from January 30 - 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.



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.



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.cefco.org/CITY/CPPT.htm>



COVID-19 Vaccine

Information for Older Adults

The COVID-19 vaccine is coming! You may need to receive two doses of the vaccine; please check with your healthcare provider or local health department. The vaccine will be available at no cost.

WHY SHOULD I TAKE THE VACCINE?

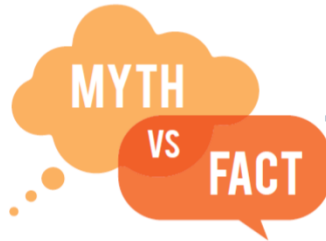
Older adults have a higher risk for severe illness and hospitalization if they get COVID-19. Research has demonstrated that the vaccine is 95% effective in preventing COVID-19. The COVID-19 vaccine will help keep you, your family, and your community healthy and safe.

IS THE VACCINE SAFE?

We understand that some people may be concerned about getting vaccinated. The COVID-19 vaccine was tested with thousands of participants to generate scientific data and other information in order to determine its safety and to get approval from the Food and Drug Administration.

SIDE EFFECTS

Short-term side effects are mild and may include fever, fatigue, muscle and joint pain, chills and sore arms. They will go away in a few days, but they are normal and a sign your body is working to build up protection against the virus.



MYTH: If I get vaccinated for COVID-19 I'll be more vulnerable to other illnesses.

FACT: While the COVID-19 vaccine will work to teach your immune system to recognize and protect against coronavirus, it is not proven to make you vulnerable to other illnesses.

MYTH: After I get the vaccine, I no longer have to wear a mask.

FACT: While health experts learn more about the protection of COVID-19 vaccines, it will be important for everyone to continue to wear a mask, wash hands often, and practice social distancing.

Contact your local health department to ask about COVID-19 vaccination in your area:

<http://www.idph.state.il.us/LHDMAP/HealthRegions.aspx>

Illinois Department of Public Health COVID-19 vaccine site:

<http://dph.illinois.gov/covid19/vaccine-faq>

For general questions about COVID-19 and Illinois' response and guidance, call 1-800-889-3931 or email DPH.SICK@ILLINOIS.GOV.

Friends
Food
Fellowship



Friends
Food
Fellowship

MARCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chili Cracker ½ Peanut butter Sandwich Cole Slaw Apricots	2 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	3 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	4 Pork Roast Roasted Potatoes Lima Beans Mandarin Oranges Oatmeal Cookie	5 Tuna Noodle casserole Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
8 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	9 Spaghetti w/Meat Sauce Tossed Salad w/tomatoes Pudding Garlic Bread Stick	10 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut butter Cookie	11 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	12 Fish On Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas
15 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	16 Chicken & Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp	17 Corn Beef N Cabbage Parsley Potatoes Boiled Carrots Potato Bread Pistachio Pudding	18 Oven Baked Chicken Sweet Potatoes Peas Strawberries Birthday Cake	19 Baked Potato Soup Crackers ½ Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches
22 Sloppy Joes on Bun Ranch Potato Wedge Calico Beans Pineapple	23 Chicken Penne Pasta Alfredo Broccoli Carrots Jell-O w/pears Garlic Bread	24 Old Fashioned Beef Stew Cole Slaw Cottage Cheese Peaches Corn Muffin	25 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	26 Fish on Bun Broccoli Salad Macaroni Salad Cookie
29 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	30 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	31 Turkey Sweet Potatoes Green Beans Peaches 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 618/662-6741**

Vandalia 618/283-1040 Ramsey 618/237-0251

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