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 www.seniorservices-ecco.org

Sunset Times
October 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.



**Effingham County Health Department
 Drive-Through Flu Vaccination Clinics
 Tuesdays and Thursdays from 9 a.m. to 5 p.m.
 Beginning September 29, 2020 until October 29, 2020.**



Wear a mask. Please wear short sleeved shirts and no coat in the car so it is easier to receive your shot. Have your insurance card and license out for ECHD employees to scan. RAIN may change location.

5 Ways Seniors Can Stay Active During COVID-19 Social Distancing

The coronavirus pandemic has turned life upside down for just about everyone, preventing people throughout the world from working, socializing, and performing everyday activities. Older adults — at a higher risk of serious complications from COVID-19 — are more likely to restrict their activities significantly to reduce their chances of contracting coronavirus. Although it's important for older adults to protect their health during the COVID-19 pandemic, it's also vital they stay physically and mentally active. However, it can be challenging to find appropriate social distancing activities for seniors.

Here are five ways seniors can stay active while following social distancing guidelines:



- **Walking**

Many communities with “shelter-in-place” orders have made exceptions allowing outdoor exercise. If the weather is pleasant and it's possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood- and immune-boosting benefits. If your loved one must stay indoors, walking around the house or marching in place can increase daily step counts.

- **Exercise and strength training**

Yoga, Pilates, tai chi, and stretching can help seniors stay fit at home during “shelter-in-place” orders and can improve balance, flexibility, core strength, and overall mobility. Many instructional videos can be found online, and some are even tailored specifically for older adults.

- **Dancing**

Known for its cardiovascular benefits, dancing is a fun, low-impact way to exercise and boost endurance during long days of social distancing. As an added benefit, listening to some favorite music may even encourage your loved one to exercise their mind by taking a pleasant “walk” down memory lane.

- **Gardening**

For older adults who enjoy being outdoors, gardening can enhance outdoor spaces while burning calories and providing a healthy dose of fresh air. Although some older adults may not be mobile enough to dig in the dirt, there are other alternatives to reap the benefits of gardening. Potting small plants or herbs to be maintained indoors or decorating an enclosed porch or patio can provide an afternoon's diversion and keep your loved one moving and active.

- **Arts and crafts**

Older adults who have limited mobility can stay active at home by participating in arts and crafts. Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help older adults maintain their dexterity and cognitive skills.

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.



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham & all surrounding areas will be cancelled thru the remainder of the 2020 calendar year 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

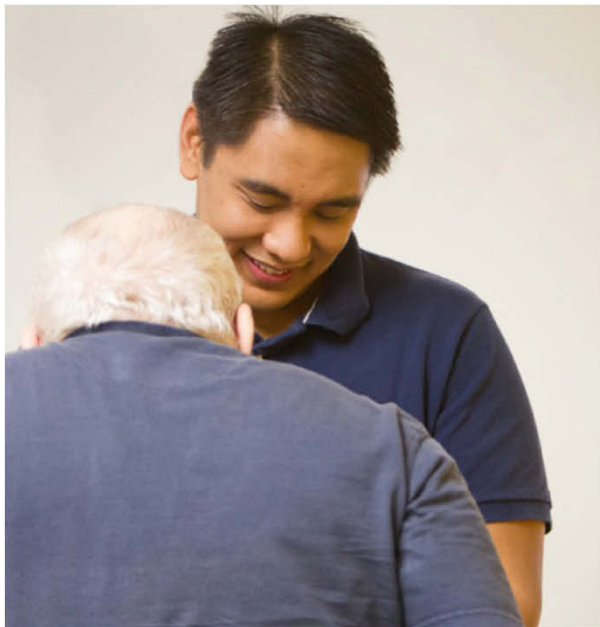
Effingham County Public Transportation

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>



bringing you home

We understand that leaving one's home is often a difficult, but necessary, decision.

Therefore, Evergreen Nursing & Rehab is deeply committed to building warm and caring relationships with each of our residents.

Our dedicated and experienced team members provide superior care, while making our residents feel "at home" and part of our Helia family.

We invite you to visit us.



EVERGREEN
A HELIA HEALTHCARE FACILITY
bringing you home

Skilled Nursing • Skilled Therapy • Long-Term Care



Friends
Food
Fellowship



Friends
Food
Fellowship

October 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Final			1 Spaghetti & Meatballs Broccoli Butter Beans Orange Breadstick	2 Beef Stew w/Peas, Carrots, Celery, Onion 3 Bean Salad Cottage Cheese Diced Peaches Cornbread
5 Baked Ranch Chicken Breast Brussel Sprouts Mixed Fruit Whole Grain Bread	6 Tomato Soup Tuna Salad Sandwich w/Whole Grain Bread 3-Bean Salad Mandarin Oranges	7 Polish Sausage w/cheese on Bun Cabbage Carrots Strawberries w/cool whip	8 Roast Turkey w/stuffing & Gravy Cheesy Cauliflower Lima Beans Banana Graham Crackers	9 Fish Strips Scalloped Potatoes Stewed Tomatoes Apricots Whole Grain Bread
12 Closed Columbus Day	13 Baked Pork Chop Rice Pilaf/peas & Carrots Pinto Beans Mango Chunks Graham Crackers	14 Meatloaf Mashed Potatoes & Gravy Spinach Spiced Pears Whole Grain Bread	15 BBQ Rib Patty on Bun Crinkle Cut Fries Corn Pineapple Tidbits Birthday Cake	16 Turkey Cheese Sandwich on Whole Grain Bread w/tomato slice Carrot Sticks Green Pepper Chunks Diced Peaches
19 Ravioli w/meat sauce Lima Beans Cauliflower Pudding w/fruit Bread stick	20 Ham & Beans w/diced onions Cabbage Mixed Vegetables Cranberry Juice Cup Cornbread	21 Cheeseburger on Bun Sweet Potato Fries Green Beans Cinnamon Apples	22 Sausage Gravy over biscuits Scrambled Eggs Diced Potatoes Stewed Tomatoes Mixed Fruit	23 Smother Baked Chicken Brussel Sprouts Butter Beans Apricots Whole Grain Bread
26 Hot Dog on Bun Potato Wedges Baked Beans Pineapple Tidbits	27 Chicken Vegetable Rice Stir Fry w/brown sauce Black-eyed Peas Carrots Mandarin Oranges Graham Crackers	28 Chili Cheesy Broccoli Corn Diced Peaches Crackers	29 Beef Fajitas/Tortillas Sautéed Green Pepper Onion Salsa/Sour Cream Shredded Cheese Pinto Beans Diced Pears	30 Fried Chicken Mashed Sweet Potatoes Peas Cinnamon Applesauce Whole Grain Bread

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