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

*Sunset Times*

**September 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.**



## COVID SCAMS

“There’s a scam for everyone, and that means everyone is a potential victim.” - Susan Grant



Scammers use a variety of techniques to make connections with possible targets: creating malware to infect electronic devices, employing pressure sales tactics in door-to-door visits, impersonating reputable businesses and charitable organizations, phishing for personal information via emails and text messages, etc. Everyone needs to be on the lookout for scams and take prompt action to make reports to the appropriate authorities.

Here is a list of some of the ongoing COVID-19 scams:

- **Home Test Kits for COVID-19**

Scammers are posing as officials from the US Centers for Medicare and Medicaid Services and asking senior citizens to verify personal identification information.

- **COVID-19 Health Products and Related Services**

At present, there are no vaccines or other prescription and over-the-counter drugs that have been tested and approved as a cure for COVID-19. Also, careful review of product claims is necessary to determine the effectiveness of disinfecting, purifying, and sterilizing devices.

- **Impersonation of Government Officials**

Several government agencies have warned the public about calls and emails from scammers. On the calls, scammers request personal information or payment to resolve false enforcement issues with public benefits, and in the email, scammers have posted links that direct users to counterfeit websites with malware that searches for this information on personal computers. Government agencies do not ask for personal information or payments over the phone, text, or email.

- **Fake Charitable Organizations**

Scammers are often able to make pitches for donations before legitimate charitable organizations can mobilize resources in response to a new crisis. Before making any donations, visit official websites to verify that the organization is reputable, and that money is going to the right place. Donations should not be made in cash, using gift cards, or by wire transfers.

### **Resources available to report scams and receive help:**

- |                                                        |                                                                     |                                          |                                      |
|--------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------|--------------------------------------|
| ✓ FBI’s Internet Crime Complaint Center<br>www.ic3.gov | ✓ Illinois Attorney General Senior Fraud Helpline<br>1-800-243-5377 | ✓ Illinois Elder Abuse<br>1-866-800-1409 | ✓ AARP Fraud Watch<br>1-877-908-3360 |
|--------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------|--------------------------------------|
- ✓ **Your local City & County Police Departments-Effingham County Sheriff’s Office: (217) 342-2101**  
 ✓ **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](http://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 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!!**

<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
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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>

# SENIOR HOMECARE By Angels®



Rose Ruholl  
Owner

We Care Everyday. In Every Way.  
Personal Hygiene Care • Housekeeping  
Meal Preparation • Friendly Companionship  
Medication Reminders • Errands  
Flexible Hourly Care



*“Caregivers voted  
Visiting Angels as  
the #1 agency to  
work for!”*

*America's Choice in Homecare.*  
**VisitingAngels®**  
LIVING ASSISTANCE SERVICES

*“I was skeptical at first whether Visiting Angels’ services would be able to help me with my husband who suffers from Lewy Body dementia. My husband is up throughout the night with hallucinations. Your angels have wiped all doubt away. They stay with my husband throughout the night so I am able to get the rest I need to tend to him during the day. I absolutely love the help and services you offer!”*

**- Linda C.**

*“Dad was not sold on home care at first and your Angels ended up working out well. Shelly, one of your caregivers, was out visiting others in the community with her dog and ran into Dad. Dad loved Shelly’s visit with her puppy. Just one more nod to the quality of your caregivers.”*

**- Karla B.**

*“I was truly blessed with an outstanding team to assist with taking care of my grandfather. I say team because Rose and her staff were as wonderful as the caretakers. I heartily recommend this franchise of Visiting Angels as they have provided me with the peace to know that my grandpa was safe and well cared for in my absence.”*

**- John W.**

120 E. Section | Effingham | 217-690-4564  
[www.visitingangels.com/effingham](http://www.visitingangels.com/effingham)

Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## September 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Grilled Pork tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	2 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	3 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Apple	4  Cooks Choice
7  CLOSED LABOR DAY	8 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	9 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	10 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	11 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie
14 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	15 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	16 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	17 Chef Salad Turkey, Ham, Eggs, Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Birthday Cake Club Crackers	18 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
21 Chicken Salad on Croissant Tomato Medley Waldorf Salad Strawberries & Banana	22 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	23 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced Bananas	24 Pork Burger On Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley	25 Beef Tips w/mushrooms Gravy over noodles Brussels Sprouts Corn Apricots
28 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Crackers	29 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	30 Mostaccioli w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread		<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 618/662-6741**

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

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