



Sunset Times



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

Celebrating September as National Senior Center Month



HEALTHY AGING never gets old

Did you know September is National Senior Center Month?

We have some FUN & INFORMATIVE activities planned so come & join us!

Community Service Lunch & Learn

Hosted by Lakeland Rehabilitation & Health Care Center and SBL Home Care and Hospice

Wednesday, September 14th, 11:00 am to 1:00 pm at Senior Services Effingham County in the Activity Center

Topics discussed: Advanced directives (physician orders for life-saving treatment, health care power of attorney, living will, do-not-resuscitate), home medical services and education, Medicare advantage vs traditional Medicare, Medicare Part D, home health and hospice education.

SBL staff will be available to complete the advance care directives with community members.

Please don't forget to RSVP to this event as lunch will be served.

RSVP by calling SBL Hospice at 1-800-454-4055.



LAKELAND
REHABILITATION & HEALTH CARE CENTER

Senior Services will be closed on Monday, September 5, 2022 in observance of Labor Day.

Senior Services will be closed on Wednesday, September 28, 2022 for staff development & training.



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



Doves and a bunny appear from apparently no where, mysterious objects float through the air, all sorts of amazing things happen, and fantastic fun is had by all!



You are invited to the Senior Services Activity Center on September 22, 2022 for a Luncheon followed by the "Show of Wonder!" magic show.

Lunch will be sponsored by Senior Services of Effingham County and will be served at 11:00 am!

Please RSVP to 217-347-5569 as seating will be limited.



Andrew has been performing magic professionally for over 25 years. Zandra joined the act in 2008 and has added her special touch of magic to several routines. Together they have performed at festivals, schools, dinners, corporate and church events all over Illinois as well as appearing in Branson Missouri and the "Magic Capital of the World", Colon Michigan. Their "**Show of Wonder!**" is both comical and mystifying with a large dose of fun for everyone.



Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for Thursday, September 8th in the Activity Center at 11:00 AM.

Each doctor has graciously donated this time in effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present: Dr. Nash Naam, MD

Lunch will be complimentary and provided courtesy of: Brookstone Estates

***Reservations for Dine with A Doc® are required and can be made by contacting the center at 217-347-5569, seating will be limited.





Community Care Program



"... Helping older people live independently"

Did you know that Senior Services of Effingham County - ECCOA 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 may 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, our 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 offer to a professionally staffed support center.

EHRS is a Community Care Program core service provided to improve the independence and safety of participants in their own homes and help reduce the need for nursing home care. For more information on Emergency Home Response Services in our community, contact Effingham Senior Services at 217-347-5569.



EHRS offers a 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.

You are cordially invited to join us in the Activity Center on

Thursday, September 15th at 12:00 noon for an

"Afternoon High Tea"

Sponsored by the U of I Extension Center!



Please come and enjoy some tea, finger foods, and be inspired to create a Teacup Garden to take home with you. All supplies will be furnished by The U of I Extension Center. However, seating will

limited to the first 20 participants! So please call 217-347-5569 to register today.



Mark your calendar!

The Next Rules of the Road Class to be offered at the Senior Center will be on Friday, September 2, 2022 at 9:30 am.



Please join us for cupcakes & ice cream on Thursday, September 29th at 1:00 pm for our monthly birthday party. We will celebrate those who have a birthday in September with cupcakes and ice cream provided by



Aperion Care.
*You are welcome to stay afterwards and play cards, games, or just socialize with your friends.

**Thank You
Aperion Care!**

For sponsoring the cupcakes & ice cream that helped us celebrate Pauline Worman's birthday in July.

**Happy
Birthday**





Long Term Care Ombudsman, Resident.... Advocate!

As an individual living in a long-term care facility, you retain the same rights as every citizen of Illinois and of the United States. 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. This month, in part 3 of our Ombudsman spotlight, we are highlighting more regulations and providing more clarity on specific rights granted to residents living in long-term care facilities.

Your rights to privacy and confidentiality

- **You have a right to privacy and confidentiality of your personal and medical records. Your medical and personal care are private.** Facility staff must respect your privacy when you are being examined or given care.
- **Facility staff must knock** before entering your room.
- **Your facility may not give information** about you or your care to unauthorized persons without your permission, unless you are being transferred to a hospital or to another health care facility.
- **You have the right to have private visits** at the hour of your choosing if it does not impose on the rights of other residents.
- **You may ask any visitor to leave** your personal living area at any time.
- **You have the right to make and receive phone calls** in private and to have access to the use of a telephone where calls can be made without being overheard.
- **Your facility must deliver and send your mail** promptly. Your facility may not open your mail without your permission.
- **If you are married**, you and your spouse have the right to share a room if both spouses agree to the arrangement.

Your rights regarding your money

- **You have the right to manage your own money.** The facility must not require you to let them manage your money or be your Social Security representative payee.
- **If you ask the facility to manage your money** it may only spend your money with your permission. **It must give you a current, itemized written statement** at least once every three months, and **it must put your money in a bank account** that earns interest for if:
 - a) Medicaid helps pay for your care at the facility and have over \$50 or
 - b) You do not receive Medicaid and have over \$100.
- **If your facility manages your money and you get Medicaid**, your facility must tell you if your savings come within \$200 of the amount Medicaid allows you to keep.
- **You May see your financial record** at any time.

Your Personal property rights

- **You have the right to keep and wear your own clothing.**
- **You may keep and use your own property.**
- **You have the right to expect your facility to have a safe place** where you can keep small valuables which you can get to daily.
- **Your facility must try to keep your property from being lost or stolen.** If your property is missing, the facility must try to find it.

If you have a concern, complaint or question regarding long-term care, or any of the residents rights listed above, please call our Regional Long Term Care Ombudsman, Shae Ashley, at 217-347-5216 today!

Ombudsman.... Someone who CARES!



Are you interested in getting out of the house to socialize?

Prior to COVID 19, we had a group of ladies come to the Center on Monday mornings at 8:30 am to share knit and crochet ideas, instruct and assist, or just spend quality time with their friends over a cup of coffee. We would love to have you join us again! So, call all of your friends and come visit us!



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

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.ecfsecc.org/CIFTC/PT.htm>

Make your appointment for the **Benefit Access Program** (formerly Circuit Breaker) to see if you qualify for the **license sticker discount!**
217-347-5569



Do the Boot Scootin' Boogie!

Join the Line Dancers every Tuesday morning in the Activity Center at 10:00 am. Whether you are a beginner or an advanced dancer, come join the fun and learn a new step or two.



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION



Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a **FREE** program **REQUIRED** and **GOVERNED** by Illinois Law. There are no fees and no hidden costs. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!

“Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.”

—Ralph Waldo Emerson

Friends
Food
Fellowship



Friends
Food
Fellowship

SEPTEMBER 2022 MENU

Suggested Donation: \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Egg Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll	2 Grilled Pork Tenderloin Roasted Red Potatoes Green Beans Watermelon Whole Grain Bun
5 Closed Labor Day	6 Pork Roast Baked Sweet Potatoes Brussels Sprouts Applesauce Whole Grain Roll	7 Chicken Salad Sandwich w/lettuce On Whole Wheat Bread Potato Salad Broccoli Salad Watermelon	8 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	9 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chipped Peaches Peanutbutter Cookie
12 Oven Baked Chicken Parsley Potatoes Peas Whole Grain Bread Strawberries	13 Hamburger on Bun Romine Lettuce, Onion, Tomato, Pickles Potato Salad 3 Bean Salad Banana	14 Turkey & Dressing Mashed Potatoes Mixed Vegetables Watermelon Whole Grain Roll	15 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucumber, Carrots, shredded Cheese Mandarin Orange Cake Club Crackers	16 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
19 Pork burger On Whole Grain Bun Cole Slaw Pickled Beets Pineapples	20 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Strawberries	21 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll Melon Medley	22 Beef N Noodles Brussels Sprouts Corn Apricots	23 Turkey Burger Glazed Carrots Green Beans Banana Pudding
26 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	27 Grilled Chicken Salad w/Romaine & Tomatoes n Cheese Mandarin Oranges Bread Stick Graham Cracker	28 Ball Park Frank w/bun Macaroni & Cheese Baked Beans Strawberries	29 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	30 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe

Milk, Bread & Margarine are served with all meals where not listed. 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

Activity Center Calendar September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>OFFICE CLOSED Labor Day Holiday</p> 	<p>6</p> <p>9:00 SHIP 10:00 Line Dancing</p> 	<p>7</p> <p>1:00 Games</p>	<p>8</p> <p>11:00 Dine With A Doc</p> 	<p>9</p> <p>1:00 BINGO sponsor: Evergreen Nursing & Rehab</p> 
<p>12</p> <p>9:30 Knit/Crochet/Socialize 1:00 Games</p> 	<p>13</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>14</p> <p>11:00 Lunch and Learn! Presented by: Sarah Bush Lincoln & Lakeland Rehab & Health Care</p> 	<p>15</p> <p>12:00 "Afternoon High Tea" Presented by the U of I Extension Center</p> 	<p>16</p> <p>1:00 Bingo Sponsor: Effingham Ophthalmology</p> 
<p>19</p> <p>9:30 Knit/Crochet/Socialize 1:00 Games</p> 	<p>20</p> <p>9:00 SHIP 10:00 Line Dancing</p> 	<p>21</p> <p>1:00 Games</p>	<p>22</p> <p>11:00 Luncheon and Andrews Family Magic "Show of Wonder"</p> 	<p>23</p> <p>1:00 Bingo Sponsor: Lakeland Rehab & Health Care Center</p> 
<p>26</p> <p>9:30 Knit/Crochet/Socialize 1:00 Games</p> 	<p>27</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>28</p> <p>Sorry We're CLOSED Office Closed for Staff Development & Training</p>  	<p>29</p> <p>12:30 SHIP 1:00 Birthday Party with cake & ice cream Provided by Aperion Care!</p> 	<p>30</p> <p>1:00 Bingo Sponsor: Effingham Senior Services</p> 