

SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

SUNSET TIMES

October 2022

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



Senior Service will be closed on
Monday, October 10th
for Columbus Day.



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, October 13, 2022 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: Jonathan Frohning, DPT

Lunch will be complimentary and provided by:

Hilltop Skilled Nursing & Rehabilitation Center



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



Effingham Health Department will be holding a Flu shot clinic prior to the Dine With A Doc Program!

Time: 10:30 am to 11:15 am

Where: Senior Services of Effingham County

The flu shot is covered by Medicare, so please bring your Medicare card with you!



ProRehab
Get Back To Life. FASTER.™

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





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 4 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 in paying for your care and getting Medicare and Medicaid

- **If you are paying for some or all of your care at your facility**, you must be given a contract that states what services are provided by the facility and how much they cost. The contract must say what expenses are not part of the regular rate.
- **Your facility must not require anyone** else to sign an agreement saying that they will pay your bill if you cannot pay it yourself. The only one who can be required to pay your bill for you is a court appointed guardian or someone else who is handling your money for you.
- **Your facility must give you information** about how to apply for Medicaid and Medicare and rules about “prevention of spousal impoverishment.” Prevention of spousal impoverishment rules allow you to give money and property to your spouse and still be eligible for Medicaid.
- **You have a right to apply for Medicaid or Medicare** to help pay for your care.
- **If you get Medicaid**, the facility may not make you pay for anything that Medicaid pays for. The facility must give you a written list of what items and services Medicaid pays for, and for items and services for which you could be charged.

Your rights to stay in your facility

- **You have the right to keep living in your facility.**
- **You must be given written notice if your facility wants you to move from the facility. The reasons for asking you to leave must only be for the following reasons:**
 - a) you are a danger to yourself or others;
 - b) your needs cannot be met by the facility;
 - c) your health has improved and you no longer need the services of a long-term care facility;
 - d) you have not paid your bill after reasonable notice;
 - e) your facility closes.
- **The notice must:**
 - tell you why your facility wants you to move;
 - tell you how to appeal the decision to the **Illinois Department of Public Health**;
 - provide a stamped and addressed envelope for you to mail your appeal in; and
 - be received 30 days prior to the day they want you to move from a Medicare or Medicaid certified facility
 - be received 21 days prior to the day they want you to move from a State licensed facility.

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!



Community Care Program

“.... Helping older people live independently”

The State of Illinois created the Illinois Community Care Program (CCP) for seniors who are at risk of being prematurely placed in a Medicaid-funded nursing home. This program seeks to support the elderly in remaining at home or in the home of caregivers. Thereby they can avoid costly state-funded nursing home care. CCP achieves this goal by paying for a variety of services, supports, and technologies that enable independent living or ease the workload on family caregivers. For example, adult day care and personal care in-home are covered. This allows family members who care for an elderly loved one at home to work during normal business hours.

CCP allows both Medicaid eligible and non-Medicaid eligible persons to receive the services they need to remain living in the community. On average, slightly more than 50% of program participants are enrolled via Medicaid.

ECCOA Senior Services is contracted with the Illinois Department 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 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. 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 regarding the CCP call **217-347-5569**. Call today!



Do you know an older adult who is alone for significant parts of the day or night with no regular caregiver?



What is Emergency Home Response Service?

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 staffed support center.

Who needs this service?

Older adults who could benefit from this service might experience some of the following:

- unsteadiness, dizziness, weakness and history of falling,
- limited mobility (i.e., a cane, walker or wheelchair),
- history of cardiac or respiratory crises at home,
- illnesses that typically result in sudden changes in health status (i.e., diabetes, seizures, hypoglycemia)
- large number of medications and side effects that produce indicators on this list, or
- circulatory or other problems that may result in falls.



This is a Community Care Program (CCP) service.

The purpose of providing EHRS is to improve the independence and safety of participants in their own homes and help reduce the need for nursing home care.

“When I fell and broke my hip, I was scared to be home alone.

My emergency button makes me feel safe again.”

What are the benefits of the EHRS?

- Worry-free 24-hours-a-day help at the touch of a button
- Installation at no cost to the participant
- Free adaptive activation devices
- A list of first responders chosen by the participant
- Free to eligible older adults



Who is eligible for the CCP Program?

An older adult must qualify for the CCP program to receive EHRS. You are eligible for CCP service if you:

- are sixty (60) years of age or older,
- are an Illinois Resident,
- are a U.S. citizen or legal alien,
- are determined to be physically in need of service (meaning at least moderately impaired),
- meet the financial asset requirements (explained by a care coordinator during an in-home visit),
- obtain a signed Physician’s Statement agreeing that CCP services are necessary and appropriate, and
- are willing to cooperate with a care coordinator.

For additional information or to make a referral for someone you feel could benefit from the CCP Program call 217-347-5569.

Why should I take a Rules of the Road Class?

The Rules of the Road Review Course is designed to give drivers – *especially senior citizens* – the knowledge and confidence needed to renew or obtain a driver's license. The Review Course combines an explanation of the driving exam with a practice written exam. The questions and information in the Rules of the Road Review Course are provided only to help you measure your knowledge of driving skills and Illinois traffic laws. Participants will not be graded on their answers on the practice exam.



This class will be offered at the Senior Center on Friday, November 4, 2022 at 9:30 am.



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.

S.H.I.P.

(Senior Health Insurance Program)

Are you eligible?...

You may get help from this program if you have questions about your Medicare benefits, health insurance coverage, or you need information on how to save money on your prescription costs. Counseling services are provided to you if you are an older adult or have a disability and you have Medicare or will soon enroll in Medicare.

Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217)347-5569 to make an appointment.

“This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency”.



“Life starts all over again when it gets crisp in the fall.”

– F. Scott Fitzgerald





Please join us for cake & ice cream on **Thursday, October 27th at 1:00 p.m.** for our monthly birthday party! We will celebrate those who have a birthday in October with cupcakes & 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 helping us celebrate ,Carolyn Berger, Art Pike, and Rita Asplin's birthday in August.

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.



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 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)343-4930 or via the web at <http://www.ecptcc.org/CPT/CPT3.htm>



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!

P2D2

(Medication Disposal)

Have you ever wondered what to do with medicine that you no longer use or need? Yes, we still have it! For your convenience, you can get rid of your **OLD, EXPIRED** or **UNWANTED** medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired meds today!



Friends
Food
Fellowship



Friends
Food
Fellowship

October 2022 MENU





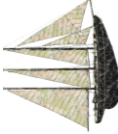



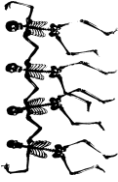



Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ham & Beans Cole Slaw Pickled Beet Salad Peaches Cornbread	4 Pulled Pork Roasted Red Potatoes Green Beans Jello w/fruit Bun	5 Turkey Mashed Potatoes Peas & Carrots Whole Grain Roll Pumpkin Mousse Apple Juice	6 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	7 Taco Soup w/shredded cheese Corn chips Tossed Salad w/dressing Apricots Whole Grain Bread
10 Closed Columbus Day	11 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	12 Loaded Baked Potato Soup w/bacon Crackers Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	13 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	14 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
17 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Apricots	18 Meatloaf Whipped Potatoes California Blend Mandarin Oranges Peanut Butter Cookie	19 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	20 Broccoli Cheese Soup ½ Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears Crackers	21 Pork Roast Glazed Sweet Potatoes Cooked Spinach 5-Cup Salad Whole Grain Bread
24 Italian Chicken Breast Normandy Vegetables Corn Orange's w/bananas Roll	25 Mac N Cheese w/ham Broccoli Tossed Salad w/tomatoes/dressing Warm Peach Crisp Whole Grain Bread	26 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	27 Roast Beef Mashed Potatoes Lima Beans Mixed Fruit Whole Grain Roll	28 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
31 Pork Chop Baked Potato California Blend Tropical Fruit Cheddar Biscuit				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**

 <h1 style="text-align: center;">Activity Center Calendar October 2022</h1> 		Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Knit/Crochet/Socialize 1:00 Cards & Mahjong	4 9:00 SHIP 10:00 Line Dancing	5 1:00 Games	6 12:30 SHIP	7 1:00 Bingo Sponsor: Effingham Senior Services 		
10  Office Closed for Columbus Day! 	11 9:00 SHIP 10:00 Line Dancing	12 1:00 Games	13 11:00 Dine With A Doc 	14 1:00 Bingo Sponsor: Evergreen Nursing & Rehabilitation 		
17 9:30 Knit/Crochet/Socialize 1:00 Cards & Mahjong	18 9:00 SHIP 10:00 Line Dancing	19 1:00 Games	20 12:30 SHIP	21 1:00 Bingo Sponsor: Effingham Ophthalmology 		
24 9:30 Knit/Crochet/Socialize 1:00 Cards & Mahjong	25 9:00 SHIP 10:00 Line Dancing 	26 1:00 Games	27 12:30 SHIP 1:00 Birthday Party with cake & ice cream provided by Aperion Care! 	28 1:00 Bingo Sponsor: Lakeland Rehabilitation & Health Care Center 		
31 9:30 Knit/Crochet/Socialize 1:00 Cards & Mahjong 	1-Nov 9:00 SHIP 10:00 Line Dancing	2-Nov 1:00 Games	3-Nov 12:30 SHIP	4-Nov 9:30 Rules of the Road 1:00 Bingo Sponsor: Effingham Senior Services 