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Sunset Times

February 2023



Senior Services of Effingham County will be **CLOSED** on Monday, February 20, 2023 to observe Presidents' Day.



♡♡ FEBRUARY 14, 2023 ♡♡

Want to have some FUN?

Do you play or would you like to know how to play "42" Dominoes? Every Wednesday in February at 1:00 p.m. we will be playing this game in the Activity Center! Men and women are welcome to come and join in the fun!

If you have questions, call 217-347-5569.



Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, many activities 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 1-800-232-1790
www.seniorservices-eccoa.org



Community Care Program

“....helping older people live independently”



Did you know that 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 assist you to live independently instead of premature nursing home placement, 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 provide you with choices for your care with services that might be right for you. Services include In-Home Homemaker Services, Adult Day Services, Emergency Home Response Service, Home Delivered Meals and in some areas of the state, Senior Companion. If you qualify for CCP services, the staff member will work with you to determine your needs and goals and assist you in setting up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs.

For more info call 1-800-283-4070 or call 217-347-5569

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 or you can have the device installed and pay for the services independently.

What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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 **Lisa Light, Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.**



♥ Ombudsman services are confidential and free.

U of I Extension Center Presents:

Let's Learn About



Cacao



Senior Services
Effingham County
209 South Merchant
217.347.5569

February 16, 2023 at 1:00PM



Don't MISS this event!
Register today @ 217.347.5569!



SHIP

(Senior Health Insurance Program)

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"

BINGO IS FUN, IT IS A GAME FOR ENJOYMENT AND SOCIALIZATION.....A TIME TO SHARE WITH FRIENDS, AND YOU CAN WIN!





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, February 9, 2023 at the Activity Center from 11:00 AM until 1:00 PM.

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: To be determined.

Lunch will be complimentary and provided courtesy of:



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!

P2D2

Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and 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!



FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA
for families with income less than \$60,000.

Simply, fill out the interview sheet, and drop-off your tax Information on Monday, Wednesday, or Thursday from 9:00 am to 3:00 pm starting February 1 through March 31, 2023.

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 childcare 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.



**Charities Catholic
1502 E Fayette Ave
Teutopolis, IL 62467**

SAVE THE DATE:

The next **Rules of the Road Review Course** will be held at the Activity Center on March 3, 2023 from 9:30 AM until 11:30 AM.



February 2, 2023

Make your appointment for Benefit Access Program today at (217) 347-5569 to see if you qualify for a reduced license sticker.



Illinois Telecommunications Access Corporation

ITAC has several new styles of phones for selection by those family members with hearing problems. 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!

Cold Weather Safety For Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps **to keep** you warm.
- Put on a hat and scarf. ...
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.



CELEBRATE! CELEBRATE! CELEBRATE!

Please join us for cupcakes and ice cream on Thursday, February 23rd at 1:00 p.m. for our monthly birthday party. We will celebrate those who have a birthday in February with cupcakes & ice cream provided by Aperion Care. You are welcome to stay afterwards and play cards, games, or just socialize with your friends!

CELEBRATE! CELEBRATE! CELEBRATE!

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.csecc.org/CP/CPPT.htm>

Friends
Food
Fellowship



Friends
Food
Fellowship

February 2023 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chili ½ Peanut butter Sandwich Cole Slaw w/ramen noodles 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
6 Biscuits n Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	7 Spaghetti w/meat sauce 3 Bean Salad Strawberries Garlic Bread Stick	8 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/fruit Cocktail Whole Grain Roll	9 Roast Beef Mashed Potatoes Green Beans Apricots Peanut butter Cookie	10 Tater Tot Casserole Green Beans Stewed Tomatoes Peaches
13 Oven Baked Chicken Sweet Potatoes Peas Strawberries Angel Food Cake	14 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	15 Broccoli Cheese Soup 1/2 Turkey Sandwich Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	16 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	17 Fish on Bun Broccoli Rice Casserole Baked Beans Orange
20 Closed President's Day	21 Sloppy Joes Potato Wedges Calico Beans Pineapple Bun	22 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	23 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll	24 Salmon Burger Creamy Potatoes Broccoli Pineapple Chunks Whole Grain Bread
27 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	28 Ham n Beans Beets Cole Slaw Mandarin Oranges Corn Bread			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

A Medicare Minute ...

Medicare Part D – Prescription Drug Coverage: When To Enroll & When Am I Eligible

- Anyone who has Medicare Part A or Part B is eligible for Part D – Prescription Drug Coverage.
- Initial Enrollment Period – 7-month window surrounding month of entitlement to Medicare.
7 Month window = 3 months prior to Medicare Eligibility, the month of, and 3 months after Medicare Eligibility. For most of the population, your eligibility date occurs at age 65. However, for those who have been determined disabled by SS, your Medicare eligibility date will be determined by SS.
- If the beneficiary doesn't enroll when they are first eligible, they may pay a late enrollment penalty if they join a plan later. The penalty will be paid for as long as the beneficiary has Medicare prescription drug coverage. **You only get one chance to sign up for Medicare D Prescription Drug Coverage without a penalty.**
- The only time there is no penalty is if the beneficiary has **Extra Help** or other **creditable drug coverage**.
- Medicare Part D Open Enrollment period is October 15 – December 7 each year.
- There may also be Special Enrollment Periods.
- For more information, you may contact Medicare by calling 1-800-633-4227 or visit their website at www.Medicare.gov .
- You may also contact a Senior Health Insurance Program (SHIP) Specialist near you.



February is American Heart Month

Heart Disease is the #1
Cause of Death!















About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or stroke in the future.

➔ Friday, February 3rd is the American Heart Association's National Wear Red Day. Senior Services of Effingham County challenges everyone to wear red on this day and honor those affected by heart disease.



Activity Center Calendar February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>9:30 Knit/Crochet/Socialize 1:00 Games</p> 	<p>7</p> <p>9:00 SHIP 10:00 Line Dancing</p> 	<p>1</p> <p>1:00 Games / 42 dominoes</p>	<p>2</p> <p>12:30 SHIP</p> 	<p>3</p> <p>1:00 BINGO Sponsor: Brookstone Estates</p> 
<p>13</p> <p>9:30 Knit/Crochet/Socialize 1:00 Games</p>	<p>14</p> <p>9:00 SHIP 10:00 Line Dancing</p> <p>Happy Valentine's Day!</p> 	<p>15</p> <p>1:00 Games / 42 dominoes</p> 	<p>16</p> <p>12:30 SHIP 1:00 UofI Extension Let's Learn About "Cacao": The Food Of The Gods</p> 	<p>17</p> <p>1:00 BINGO Sponsor: The Glenwood</p> 
<p>20</p> <p>Office closed in honor of HAPPY PRESIDENT'S DAY</p> 	<p>21</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>22</p> <p>1:00 Games / 42 dominoes</p>	<p>23</p> <p>12:30 SHIP 1:00 Birthday Party with cake & ice cream provided by Aperion Care!</p> 	<p>24</p> <p>1:00 BINGO Sponsor: Lakeland Rehabilitation & Health Care Center</p> 
<p>27</p> <p>9:30 Knit/Crochet/Socialize 1:00 Games</p>	<p>28</p> <p>9:00 SHIP 10:00 Line Dancing</p> 	<p>1-Mar</p> <p>1:00 Games / 42 dominoes</p>	<p>2-Mar</p>	<p>3-Mar</p> <p>9:30 Rules of the Road 1:00 BINGO Sponsor: Brookstone Estates</p> 