



# Sunset Times

January 2023

To join the Sunset Times email list please email [abushue@eccoa.org](mailto:abushue@eccoa.org) or check out our webpage at [www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)

## Have you heard about the new Benefits Access Program Benefits?



Eligible older adults and persons with disabilities will see their annual license plate renewal fee reduced by more than half in the new year, the Illinois Department on Aging (IDOA) announced Wednesday.

Under Public Act 102-0807, which took effect January 1, 2023, drivers who qualify for IDOA's Benefit Access Program will pay only **\$10** for their license plate stickers, a decrease from \$24 currently.

The Department on Aging's Benefit Access Program determines eligibility for a license plate discount & free transit on fixed route systems in Illinois.

To qualify, residents must be at least 65 years of age or 16 years of age and disabled, as well as meet income requirements. For a household containing one person, the annual income cap is \$33,562.

If you think you may qualify and need assistance in completing the Benefits Access application, please call the Senior Center @ 217-347-5569 to schedule an appointment.

## Happy New Year 2023!

The beginning of a new year seems like an obvious time to reflect on changes we have experienced and ponder our successes. It is a time to think about what we have accomplished that has enhanced the lives of people who are close to us, as well as helping those who live in our community who are less fortunate. ECCOA's Board of Directors, volunteers, and staff, will continue to support our mission and work to enhance the lives of the people in our community. We have a passion for the work we do, and we are grateful for the many relationships that have been nurtured.

On behalf of the Board of Directors & staff, we wish all of you happiness, prosperity and good health in the New Year. We welcome 2023!

**-Linda Hubbartt, Executive Director**

## Mark your calendar...

Our office will be closed on **Monday, January 16<sup>th</sup>** for Martin Luther King, Jr. Day!



Senior Services of Effingham County is open to the public, and 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 after hours and on weekends

[www.eccoa.org](http://www.eccoa.org)



## FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA from January 30 to April 1, 2023 for families with income less than \$60,000.

### Simply complete these 4 easy steps:

- 1) Bring all forms listed below to Catholic Charities Office located at 1502 E. Fayette Ave., Teutopolis, IL 62467
- 2) Fill out interview sheet
- 3) Wait to be Interviewed
- 4) We will contact you by phone to set up a return appointment to review and sign tax return (usually within 2 weeks)

### Please bring the following items:

- Copy of last year's tax return
- Proof of identity (picture ID)
- Social Security Card and/or ITIN cards for everyone in household
- All forms, W-2, 1098, and 1099
- Information for other income
- Identification number for child care provider,
- Social Security Card and/or ITIN cards for everyone in household
- Voided check for direct deposit of refund

\*If you have questions or need further information, please call (217) 857-1458.



## 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.

**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!

# Rules of the Road Class

This class will be offered at the Senior Center on Friday, January 6, 2023 at 9:30 am.

(The next class will be Friday, March 3, 2023).



PLEASE REMEMBER TO CHECK ON FAMILY & FRIENDS DURING COLD WEATHER, JUST A PHONE CALL CAN MATTER.



**No matter how long the winter, spring is sure to follow.**

~Proverb

Please join us for cupcakes and ice cream on Thursday, January 26<sup>th</sup> at 1:00 p.m. for our monthly birthday party! We will celebrate Those who have a birthday in January 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.



SENIOR EDUCATION MINISTRIES



**There will be NO Dine With A Doc program this month. The next Dine With A Doc will be held on February 9, 2023.**



**Happy November Birthday!**

Doris Flowers,  
Grace Boldt,  
Gustie Unkraut &  
Daphnea Fearday!



# 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**

## 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.celssc.org/CPT/ECPT.htm>

## Medication Disposal... 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 medications today!



## 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.

Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## January 2023 MENU

**Suggested Donation \$4.00/Meal**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Closed New Year's Holiday	3 Biscuits N Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	4 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	5 Loaded Baked Potato Soup w/bacon Crackers Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	6 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick
9 Pork Roast Glazed Sweet Potatoes Cooked Spinach Waldorf Salad Whole Grain Bread	10 Meatloaf Whipped Potatoes Brussel Sprouts Mandarin Oranges Peanut Butter Cookie	11 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	12 Broccoli Cheese Soup ½ Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	13 Sloppy Joes on Bun Scalloped Potatoes Calcio Baked Beans Strawberries
16  Closed Martin Luther King Holiday	17 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	18 Chili Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread Crackers	19 Roast Beef Mashed Potatoes Lima Beans Pineapple Whole Grain Roll	20 Italian Chicken Breast Normandy Vegetables Corn Oranges w/bananas Roll
23 Country Fried Steak Mashed Potatoes Gravy Green Beans Apricots Whole Grain Bread	24 Pork Chop Baked Potato California Blend Tropical Fruit Garlic Biscuit	25 Turkey Sweet Potatoes Peas Banana Whole Grain Roll	26 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread Stick	27 Fish on Bun Au Gratin Potatoes Baked Beans Strawberries
30 Pork Cutlet Mashed Potatoes Broccoli \$ Cauliflower Apricots Whole Grain Bread	31 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/cream cheese icing Pineapple			<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**



# Activity Center Calendar January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Knit/Crochet/Socialize 1:00 Games 	<b>3</b> 9:00 SHIP 10:00 Line Dancing	<b>4</b> 1:00 Games	<b>5</b> 12:30 SHIP	<b>6</b> 9:30 Rules of the Road 1:00 Bingo Sponsor: Effingham Senior Services HAPPINESS IS YELLING 
<b>9</b> 9:30 Knit/Crochet/Socialize 1:00 Games 	<b>10</b> 9:00 SHIP 10:00 Line Dancing 	<b>11</b> 1:00 Games	<b>12</b> Please note: There will be <u>NO</u> Dine With A Doc program in January! 12:30 SHIP	<b>13</b> 1:00 BINGO sponsor: Evergreen Nursing & Rehab 
<b>16</b>  in observation of  <b>Martin Luther King, Jr.</b> FEDERAL HOLIDAY • JANUARY 16	<b>17</b> 9:00 SHIP 10:00 Line Dancing	<b>18</b> 1:00 Games	<b>19</b> 12:30 SHIP	<b>20</b> 1:00 Bingo 
<b>23</b> 9:30 Knit/Crochet/Socialize 1:00 Games <small>Photo by Unknown. Author is licensed under CC BY SA IGC</small>	<b>24</b> 9:00 SHIP 10:00 Line Dancing 	<b>25</b> 1:00 Games	<b>26</b> 12:30 SHIP 1:00 Birthday Party with cake & ice cream Provided by Aperion  	<b>27</b> 1:00 Bingo Sponsor: Lakeland Rehab & Health Care Center 
<b>30</b> 9:30 Knit/Crochet/Socialize 1:00 Games 	<b>31</b> 9:00 SHIP 10:00 Line Dancing	<b>1-Feb</b> 1:00 Games 	<b>2-Feb</b> 12:30 SHIP	<b>3-Feb</b> 1:00 Bingo Sponsor: Effingham Senior Services 