



Sunset Times

April 2023

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**Senior Services of Effingham County
is gearing up for
Older Americans Month 2023!**

2023 Senior Health & Information Fair



**Date: Thursday, May 4th
Time: 8:30 – 11:30 am**

**Place: Effingham Senior Services
Activity Center**



- **Thursday, May 4** – Senior Center Health & Information Fair
- **Thursday, May 11** – Dine With A Doc followed by Super Bingo
- **Tuesday, May 16** – Mother’s Day Tea with U of I Extension Center
- **Thursday, May 18** – The Price Is Right-Senior Center Style!
- **Wednesday, May 24** – Ombudsman Luncheon & presentation
- **Thursday, May 25** – Monthly Birthday Celebration

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 1-833-442-5569

www.eccoa.org



MARK YOUR CALENDAR!

We Are Celebrating Older Americans Month In May..... Mark Your Calendars:

Thursday, May 4, 2023

- Senior Center Health & Information Fair : 8:30–11:30 am



Thursday, May 11, 2023

- Dine with a Doc: 11:00 am
- Special Bingo: 12:30 pm



Tuesday, May 16, 2023

- Mother's Day Tea with U of I Extension Center: 1:30 pm



Thursday, May 18, 2023

- "The Price Is Right" – Senior Center Style!



Wednesday, May 24, 2023

- Luncheon and presentation Sponsored by the Ombudsman Program: 11:00 am



Thursday, May 25, 2023

- Monthly Birthday Celebration



Older Americans Month 2023 "Aging Unbound"

AGING UNBOUND: MAY 2023

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. Here at the Administration for Community Living (ACL), May is Older American's Month (OAM), a time to celebrate the perennial contributions of older adults to the nation. The 2023 theme is Aging Unbound, and in May we will take the opportunity to raise awareness about issues facing older adults and highlight the way older Americans are advocating for themselves, their peers, and their communities.

While Effingham Senior Services provides services, support, and resources to older adults year-round, Older Americans month is a great opportunity to show special appreciation! We will continue to provide opportunities for elders to come together and share their experiences with one another, as well as with individuals of other generations.

To learn more about activities and events planned for Older Americans Month, or to find ideas about what you can do to "Aging Unbound", contact Effingham Senior Services @ 217-347-5569.



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, April 13, 2023 in the Activity Center from 11:00 am until 1:00 pm.

Each doctor has graciously donated their time in an 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 a complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present, Becky Doiron, from the Alzheimer's Association, she is back by special request. Becky will present "Healthy Living for your Brain and Body: Tips from the latest research".



Lunch will be complimentary and provided courtesy of: Sarah Bush Lincoln Hospital



Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569. Seating will be limited to 50 individuals.



Find your healthier lifestyle today! Join us for a fun free interactive nutrition lesson To help promote better health!



When: Wednesday, April 12, 2023
Where: Senior Services of Effingham County
What time: 1:00 pm

Register: Call Senior Services of Effingham County @ 217-347-5569

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.



Pie & Ice Cream Social

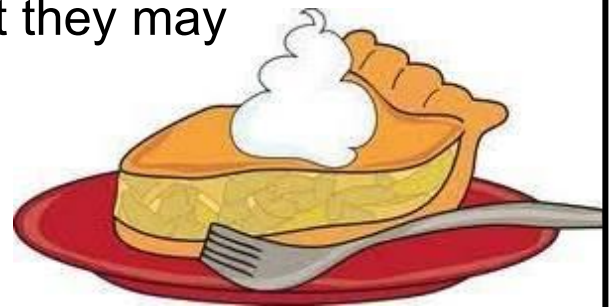
Thursday, April 20, 2023 at 2:00 pm

Come and join Lisa Miles for a pie & ice cream social. She will present you with valuable information on the CTS Creative Vision program!

Lost or diminishing vision does not mean the loss of independence. This program has been established for assistance to those 55 years old and older who are experiencing vision difficulties so that they may continue to enjoy life and live in their home. This is a FREE service!



Please call 217-347-5569 to reserve your spot today!



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 1-833-442-5569 or 217-347-5569.



Call Today.... We can assess your needs and help keep you at home.

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.sefec.org/ICPT/ICPT.htm>

HAPPY BIRTHDAY!

Please join us for cupcakes & ice cream on Thursday, April 27 at 1:00 p.m. for our monthly birthday party. We will celebrate those who have a birthday in April with cupcakes & ice cream provided by Aperion Care. You are welcome to stay afterwards & play cards, games, or just socialize with your friends!



(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”.

The Next Rules of the Road Class to be offered at the Senior Center will be on Friday, May 5th, 2023 at 9:30 am.



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 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!

Friends
Food
Fellowship



Friends
Food
Fellowship

April 2023 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Smothered Grilled Chicken Breast Broccoli Carrots Jello-w/pears Garlic Bread	4 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	5 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	6 Baked Ham Hash Brown Casserole Green Bean Casserole Carrot Cake Whole Grain Roll	7 Closed Good Friday
10 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	11 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	12 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	13 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	14 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Orange Cotton Pickin Good Cake
17 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	18 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	19 BBQ Riblet Au Gratin Potatoes Gourmet Carrots Applesauce Whole Grain Bun	20 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	21 Herbed Baked Chicken Baby Baker Potatoes Green Beans Banana Black Bean Brownie
24 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	25 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	26 Chili ½ Peanut butter Sandwich Cole Slaw Apricots Crackers	27 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookies	28 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain 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

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.





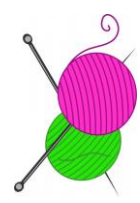







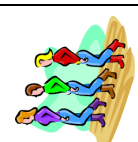








Thunderstorms & Severe Weather



A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

Put together an [emergency preparedness kit](#):

- Water—one gallon per person, per day
- Food—non-perishable, easy-to-prepare
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation & personal hygiene items
- Copies of personal documents
- Cell phone with chargers
- Family & emergency contact information
- Extra cash

Activity Center Calendar April 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
3 1:00 Cards & Mahjong 	4 9:00 SHP 10:00 Line Dancing 	5 1:00 Knit/Crochet/Socialize 	6 12:30 SHIP 	7 In Observation of Good Friday  
10 1:00 Cards & Mahjong	11 9:00 SHP 10:00 Line Dancing	12 1:00 Knit/Crochet/Socialize 1:00 U of I Extension fun free interactive nutrition lesson  	13 11:00 Dine With A Doc  	14 1:00 Bingo Sponsor: Evergreen Nursing & Rehabilitation 
17 1:00 Cards & Mahjong	18 9:00 SHP 10:00 Line Dancing 	19 1:00 Knit/Crochet/Socialize	20 12:30 SHIP 2:00 Pie & Ice Cream Social  	21 1:00 Bingo Sponsor: The Glenwood 
24 1:00 Cards & Mahjong 	25 9:00 SHP 10:00 Line Dancing	26 1:00 Knit/Crochet/Socialize 	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 
1-May 1:00 Cards & Mahjong	2-May 9:00 SHP 10:00 Line Dancing	3-May 1:00 Knit/Crochet/Socialize	4-May 8:30-11:30 Senior Health & Information Fair 	5-May 9:30 Rules of the Road 1:00 Bingo Sponsor: Brookstone Estates 