



Sunset Times







May 2023

To join the Sunset Times email list please email chardiek@eccoa.org or check out our website at www.eccoa.org

May Is:




Please Join us:

-  Thursday, May 4th : 8:30 am-11:30 am with Light Refreshments
Senior Activity Center Health & Information Fair
-  Thursday, May 11th : 11:00 am-Dine With A Doc followed by **SUPER** Bingo
-  Tuesday, May 16th : 1:00 pm-Mother's Day Tea with U of I Extension Center
-  Thursday, May 18th : 1:00 pm-The Price Is Right-Senior Center Style!
-  Wednesday, May 24th : 11:00 am-Ombudsman Luncheon/Presentation
12:00 pm-Musical Performance by Marty & Heather!
-  Thursday, May 25th : 1:00 pm-Monthly Birthday Celebration

*****Remember you must call 217-347-5569 to reserve your spot! *****

A special thank you to our corporate sponsors:






Senior Services of Effingham will be CLOSED

on Monday, May 29th

in observance of Memorial Day.



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 are designed for seniors 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





**Join us for a festive
Mother's Day Tea!**



**SENIOR
SERVICES**
Division of ECCOA

When: Tuesday, May 16, 2023
Where: Senior Services Activity Center
Time: 1:00 pm

**Call Senior Services of Effingham County
at 217-347-5569 to reserve your spot!**



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

What is an Ombudsman?

A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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. Ombudsman services are confidential and free, so if you have a concern, complaint, or question, please call:

Lisa Light-Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.



**SENIOR
SERVICES**
DIVISION OF ECCOA
OMBUDSMAN PROGRAM

You're Invited..... Luncheon – Presentation – Music

Please join us in the Senior Services Activity Center at 11:00 am on Wednesday, May 24th for a luncheon and presentation followed by a terrific musical performance from Marty & Heather!

The event is sponsored by Senior Services Ombudsman Program where valuable information regarding Long-Term Care and Resident's Rights will be presented and discussed.

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





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, May 11, 2023 in the Senior Services Activity Center from 11:00 am until 1:00 pm.

Each presenter has graciously donated their time in an effort to listen, hear, and answer your 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, Linda Ruholl RN, PhD will be presenting on the Effingham County Cultural Center and Museum.

Lunch will be complimentary and provided courtesy of: Odd Fellow-Rebekah Home



Seating is limited; reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569.

In Honor Of Older American's Month, we present...



SUPER BINGO



Thursday, May 11th immediately following Dine With A Doc Program
Bigger Prizes – Lots of Fun – More Games!



Parkinson's Community Walk

Saturday, May 6, 2023

Richard Workman Sports Complex
1301 N. Maple St, Effingham, IL



HSHS
St. Anthony's
Memorial Hospital

Registration Starts: 8:30 AM | Walk Starts: 10:00 AM

No registration fee but donations are appreciated

You don't want to miss this wonderful opportunity for our Parkinson's community to come together to help raise awareness and funds for the Parkinson's Foundation. This is your chance to speak up about Parkinson's and take action.



Invites you to... Come on Down...



Join us for a fun-filled afternoon of fun and prizes!

When: Thursday, May 18, 2023
Where: Senior Services Activity Center
Time: 1:00 pm

**Call Senior Services of Effingham County
at 217-347-5569 to reserve your spot....seating will be limited!**

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 CCP program call 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.esebac.org/ICPT/ICPT.htm>

HAPPY BIRTHDAY!

Please join us for cupcakes & ice cream on Thursday, May 25th at 1:00 p.m. for our monthly birthday party. We will celebrate those who have a birthday in May 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, July 7th, 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!



May 2023 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Biscuits N Gravy Sausage Patty Hash Brown casserole Banana Orange Juice	2 Spaghetti w/meat sauce Tossed Salad w/tomatoes. 3 Bean Salad Strawberries Garlic Bread Stick	3 Ham & Au gratin Potato Casserole Carrots Peas Jello w/fruit Cocktail Whole Grain Roll	4 Roast Beef Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	5 Salmon Burger Creamy Potatoes Broccoli Pineapple Chunks Whole Grain Bread.
8 Oven Baked Chicken Sweet Potatoes Peas Strawberries Angel Food Cake	9 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	10 Broccoli Cheese Soup ½ Turkey Sandwich on Whole Grain Brad Apple Cabbage slaw Fruit Cocktail Crackers	11 Chicken N Noodles Tossed Salad w/tomatoes. California Blend Cherry Crisp	12 Fish on Bun Broccoli Rice Casserole Baked Beans Orange
15 Smothered Grilled Chicken Breast Broccoli Carrots Jello-w/pears Garlic Bread	16 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	17 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	18 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll	19 Tater tot Casserole Green Beans Stewed Tomatoes Peaches
22 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	23 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	24 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	25 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	26 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Tropical Fruit Cotton Pickin Good Cake
29 Closed Memorial Day	30 BBQ Riblet Au Gratin Potatoes Gourmet Carrots Applesauce Whole Grain Bun	31 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick		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.

The graphic depicts a grey road with white dashed lines curving around a central white area. Several cars are shown from a top-down perspective: a red car at the top, a green car on the left, a yellow car at the bottom, a blue car on the right, and a police car at the top right. In the center of the road, there is a yellow diamond-shaped sign with a black arrow curving to the right. To the left of the sign is a map of Effingham County with a red square indicating the location of the Senior Activity Center. The text 'SENIOR SERVICES Effingham County' is written in black and white. The main text of the announcement is centered on the road.

**Rules of the Road
Review Course
will be held at the
Senior Activity Center on
Friday, May 5th, 2023
starting at 9:30AM.**

















Come on in and join the fun!

Our Senior Activity Center provides many great opportunities for socialization with card playing, games, knitting, crocheting. Or, just bring your friends and spend time reconnecting in our available space.

So, call all your friends and come visit us this month!



Activity Center Calendar May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>1:00 Cards & Mahjong</p> 	<p>2</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>3</p> <p>Senior Activity Center Closed for Health Fair Setup</p>	<p>4</p> <p>8:30 - 11:30 Senior Activity Center Health & Information Fair</p> 	<p>5</p> <p>9:30 Rules of the Road 1:00 Bingo Sponsor:</p> 
<p>8</p> <p>1:00 Cards & Mahjong</p>	<p>9</p> <p>9:00 SHIP 10:00 Line Dancing</p> 	<p>10</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize</p>	<p>11</p> <p>11:00 Dine With A Doc 12:30 Super Bingo!</p> 	<p>12</p> <p>1:00 Bingo Sponsor:</p> 
<p>15</p> <p>1:00 Cards & Mahjong</p> 	<p>16</p> <p>9:00 SHIP 10:00 Line Dancing 1:00 Mother's Day Tea Party</p> 	<p>17</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize</p>	<p>18</p> <p>1:00 The Price Is Right- Senior Center Style!</p> 	<p>19</p> <p>1:00 Bingo Sponsor:</p> 
<p>22</p> <p>1:00 Cards & Mahjong</p>	<p>23</p> <p>9:00 SHIP 10:00 Line Dancing</p> 	<p>24</p> <p>11:00 Ombudsman Luncheon and Presentation 12:00 Music by: Marty & Heather</p> 	<p>25</p> <p>12:30 SHIP 1:00 Birthday Party with cake & ice cream Provided by Aperion Care!</p> 	<p>26</p> <p>1:00 Bingo Sponsor:</p> 
<p>29</p> <p>50% OFF CLOSED</p> <p>In observation of Memorial Day</p> 	<p>30</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>31</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize</p> 	<p>25</p> <p>Please remember to call 217-347-5569 to sign up for our special events. Thank You!</p> 