

**SENIOR  
SERVICES**  
Effingham County



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## October 2023

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

**Senior Services** will be closed  
**Monday, October 9<sup>th</sup>, 2023,** for  
**Columbus Day**



Please join us  
Wednesday, October 18<sup>th</sup>, 2023, at  
11:00 a.m. for a luncheon sponsored  
by The Villas of Hollybrook with  
Pumpkin Painting at 12:00 p.m.

*Limited seating of 50 for the luncheon  
Pumpkin painting is limited to 20  
Call for reservations 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, 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 1-833-442-5569 after hours and on weekends

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



**BINGO!**

**Bingo  
Every  
Friday at  
1:00 p.m.**

**Come Knit or  
crochet and  
socialize with  
us on  
Wednesday  
afternoons  
at 1:00 p.m.**



**Join in for a Fall Prevention  
Presentation by  
Stanfield Chiropractic on  
Wednesday, October 4<sup>th</sup>, 2023,  
at 9:30 a.m.**

**in the Activity Center.  
Light refreshments  
will be served.**

**RSVP by calling  
217-347-5569**

**STANFIELD  
CHIROPRACTIC**





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 12<sup>th</sup>, 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 **Hannah Dukeman APRN with Sarah Bush Lincoln.**

**Lunch will be complimentary and provided courtesy of:**

Brookstone Estates Assisted Living.



**\*\*Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569\*\***

## **Long-Term Care Ombudsman**

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.**





## 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!

# 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)342-4900 or via the web at <http://www.cetsec.org/CPT/ICPT.htm>



Please join us for cake & ice cream on **Thursday, October 26<sup>th</sup> at 1:00 p.m.** for our monthly birthday party!

We will celebrate those who have a birthday in October with cake and ice cream provided by **Aperion Care.**

You are welcome to stay afterwards and play cards, games, or just socialize with your friends.



# 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”.



## 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, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Senior Companion and Adult Day Services. 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 217-347-5569. We can assess your needs and keep you at home.



### **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.

Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## October 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham & Beans Cole Slaw Beets Peaches Corn Bread	3 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	4 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	5 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	6 Taco Soup w/shredded Cheese Corn Chips Tossed Salad Salad Dressing Whole Grain Bread Apricots
9  <b>Closed for Columbus Day</b>	10 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	11 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	12 Lasagna Tossed Salad w/tomatoes Salad Dressing Spiced Apples Corn Garlic Bread Stick	13 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
16 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	17 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	18 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	19 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	20 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread
23 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	24 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	25 Italian Chicken Breast Steamed Broccoli Corn Oranges W/Bananas Roll	26 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	27 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
30 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	31 Country Fried Steak w/gravy Mashed Potatoes California Blend Strawberries w/bananas Whole Grain Bread			Milk, Bread, and Margarine are served with every meal! <b>Substitutes will only be made in emergencies!</b>

FINAL

**CALL THE DAY BEFORE TO RESERVE A MEAL**

**Suggested Donation \$4.00/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



## 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 3rd, 2023, at 9:30 a.m.**

**\*\*Make your appointment for Medicare Annual Enrollment by calling 217-347-5569\*\*  
Starts October 15<sup>th</sup> till December 7<sup>th</sup>**

# Medicare Enrollment Periods



### Initial Enrollment Period

3 months before your 65th birthday and 3 months after

Enroll in Part A, Part B, Part D, and Medicare Supplement or Medicare Advantage Plan for the first time



### Annual Enrollment Period

Oct. 15 - December 7

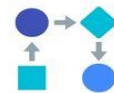
Change drop, or enroll in Medicare Advantage plan and Part D plan



### Open Enrollment Period

January 1 - March 31

Change or drop an existing Medicare Advantage plan



### General Enrollment Period

January 1 - March 31

Enroll in Part A or Part B if you missed your IEP



### Special Enrollment Period

lasts for up to 8 months

After employment coverage ends - you can enroll in Part A and Part B, then in Medigap + Part D or Medicare Advantage

# October 2023 Activity Center Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>3</p> <p>10:00 Line Dancing</p> 	<p>4</p> <p>9:30 Fall Prevention by <b>STANFIELD</b> <b>CHIROPRACTIC</b></p> <p>1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>5</p> <p>1:00 Games</p> 	<p>6</p> <p>1:00 BINGO Sponsor:</p> 
<p>9</p> <p>Office Closed for Columbus Day</p> 	<p>10</p> <p>10:00 Line Dancing</p> 	<p>11</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>12</p> <p>11:00 Dine with a Doc with Hannah Dukeman APRN</p> 	<p>13</p> <p>1:00 BINGO Sponsor:</p> 
<p>16</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>17</p> <p>10:00 Line Dancing</p> 	<p>18</p> <p>11:00 Halloween Luncheon with Pumpkin Painting Sponsored by THE VILLAS OF <b>HOLLY BROOK</b> EFFINGHAM</p> <p>1:00 SHIP</p> 	<p>19</p> <p>1:00 Games</p> 	<p>20</p> <p>1:00 BINGO Sponsor:</p> 
<p>23</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>24</p> <p>10:00 Line Dancing</p> 	<p>25</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>26</p> <p>1:00 Birthday Party with cake &amp; ice cream Provided by Aperion!</p> 	<p>27</p> <p>1:00 BINGO Sponsor:</p> 
<p>30</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>31</p> <p>10:00 Line Dancing</p> 			

**\*\*Please call  
217-347-5569 to  
Reserve your spot  
for our special events!\*\***