

SENIOR SERVICES

Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

September 2023

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



"WHO YOU CALLIN' OLD?
MYTHS, TIPS, AND TRICKS ->
TURNING LONELINESS INTO WELLNESS!"

JOIN US
LUNCH INCLUDED

When: Wednesday, September 13, 2023 at 11 a.m.
Where: Senior Services of Effingham Co. Activity Center
Why: For a special luncheon and presentation
Featuring: Jonathan R. Kabbes,
Ph.D. (ABD), LCPC, BC-TMH, CCTP, CCATP
from Crossroads Counseling & Consultation PLLC
Sponsored by: Effingham County Health Department
and ARISE
Call: 217-347-5569 to sign up

AGE SHOULDN'T MEAN LONELINESS.



Senior Services will be closed Monday, September 4th, 2023, in observance of Labor Day & Wednesday September 27th, 2023, for Staff Development & Training



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



Community Care Program

“.... Helping older people live independently”

The State of Illinois created the Illinois Community Care Program (CCP) for seniors who are at risk of being prematurely placed in a Medicaid-funded nursing home. This program seeks to support the elderly in remaining at home or in the home of caregivers. Thereby they can avoid costly state-funded nursing home care. CCP achieves this goal by paying for a variety of services, supports, and technologies that enable independent living or ease the workload on family caregivers. For example, adult day care and personal care in-home are covered. This allows family members who care for an elderly loved one at home to work during normal business hours.

CCP allows both Medicaid eligible and non-Medicaid eligible persons to receive the services they need to remain living in the community. On average, slightly more than 50% of program participants are enrolled via Medicaid.

ECCOA Senior Services is contracted with the Illinois Department 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 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. 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.





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 September 14th, 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, **Dr James C. Graham DPM with Graham Family Foot and Ankle Care**

Lunch will be complimentary and provided courtesy of: Evergreen Nursing & Rehabilitation



****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.**



Rules of the Road Class

This class will be offered at the Senior Center on Friday, September 1st, 2023, at 9:30 am. (The next class will be Friday, November 3rd, 2023)



SENIOR SERVICES
Effingham County



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!



Please join us for cake & ice cream on **Thursday, September 28th at 1:00 p.m.** for our monthly birthday party!

We will celebrate those who have a birthday in September 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”.

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

GET ON THE BUS AND RIDE WITH US

OPEN TO EVERYONE!!

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)342-4380 or via the web at <http://www.cebccc.org/CPT/CPTR.htm>



Our Luau Luncheon was a success! Thank you, Aperion Care for Sponsoring this great event! Our Seniors had FUN!



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

September 2023 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Egg Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll
4 Closed for Labor Day	5 Meatloaf Scalloped Potatoes Butter Beans Chilled Peaches Whole Grain Bread	6 BBQ Baked Chicken Baked Potato Broccoli w/cheese Melon Medley Peanut Butter Cookie	7 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	8 Chicken Salad Sandwich on Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon
11 Oven Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Watermelon	12 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad Pea Salad Banana	13 Chef Salad Turkey, Ham, Egg, Lettuce Tomato, Cucumber, Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers	14 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	15 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
18 Chicken Salad Sandwich on Wheat Bread Asian Cole Slaw Waldorf Salad Strawberries	19 Ham Hashbrown Casserole Succotash Whole Grain Roll Chilled Pineapple	20 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	21 Beef & Noodles Brussels Sprouts Corn Apricots	22 Pork Burger on Whole Grain Bun Cole Slaw Pickled Beets Melon Medley
25 Ball Park Frank on Bun Macaroni & Cheese California Blend Vegetables Strawberries	26 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	27 Grilled Chicken Salad w/Romaine, Tomatoes & Cheese Salad Dressing Mandarin Oranges Bread Stick Graham Crackers	28 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread	29 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe

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



Aperion Care of St. Elmo 221 E Cumberland Rd., St. Elmo, IL

Short-term rehabilitation, physical therapy and memory care in St. Elmo

The multi-disciplinary team of Aperion Caregivers at Aperion Care St. Elmo work together to develop an individualized plan of care for each patient to ensure that every medical, rehabilitation, and personal need is addressed. 24-hour skilled nursing, as well as on-site physical, occupational, and speech therapy all contribute to the main goal: ensuring that you have a comfortable and successful healing experience as you prepare to return home.


























Our intimate facility is in a small community with a well-known record of stability and consistency. In addition to expert, personalized health care, our guests enjoy a full-service beauty salon, full calendar of activities, cable TV, and an activity room with piano.

Memory Care Programming is also offered in our secured Garden unit.



Activity Center Calendar September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Office Closed for Labor Day</p>  <p>1:00 Cards & Mahjong</p> 	<p>5</p> <p>10:00 Line Dancing</p> 	<p>6</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>7</p> <p>1:00 Games</p> 	<p>8</p> <p>1:00 BINGO Sponsor:</p>  <p>brookstone ESTATES ASSISTED LIVING</p> 
<p>11</p> <p>1:00 Cards & Mahjong</p> 	<p>12</p> <p>10:00 Line Dancing</p> 	<p>13</p> <p>11:00 Wellness Luncheon featuring Dr. Jonathan Kabbes Sponsored by ECHD</p>  <p>1:00 Knit/Crochet/Socialize</p>	<p>14</p> <p>11:00 Dine with a Doc featuring Dr. James Graham DPM</p>  <p>EVERGREEN A PHILIA HEALTHCARE FACILITY</p> 	<p>15</p> <p>1:00 BINGO Sponsor:</p>  <p>The Glenwood ASSISTED & SUPPORTIVE LIVING</p> 
<p>18</p> <p>1:00 Cards & Mahjong</p> 	<p>19</p> <p>10:00 Line Dancing</p> 	<p>20</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>21</p> <p>1:00 Games</p> 	<p>22</p> <p>1:00 BINGO Sponsor:</p>  <p>LAKELAND REHABILITATION & HEALTH CARE CENTER</p> 
<p>25</p> <p>1:00 Cards & Mahjong</p> 	<p>26</p> <p>10:00 Line Dancing</p> 	<p>27</p> <p>Office Closed for Staff Development & Training</p> 	<p>28</p> <p>1:00 Birthday Party with cake & ice cream Provided by Aperion Care!</p> 	<p>29</p> <p>1:00 BINGO Sponsor:</p>  <p>SENIOR SERVICES (Washington County)</p> 