

**SENIOR  
SERVICES**  
Effingham County



209 S. Merchant  
Effingham, IL 62401

*Sunset Times*

November

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)

Inviting all World War II, Korean War, and  
Vietnam War Veterans for a  
***“Flightless”* Honor Flight**



**Monday, November 6<sup>th</sup> at 1:30 p.m.**  
**Senior Services Activity Center**  
209 S. Merchant St., Effingham

**This is your time - let us thank you for your service!**

This event is specifically developed for Veterans who anticipate that they may not be physically able to withstand the rigors of an actual Honor Flight.

Each veteran may be accompanied by one guardian, who may assist the Veteran through the adventure.

Top priority is given to Veterans with terminal or critical illness.

**RESERVATION IS REQUIRED \* SEATS ARE LIMITED**

**Contact Senior Services at 217-347-5569 and ask for Linda to make a Reservation.**

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



Community Partner

**In Observance of Veterans Day & Thanksgiving Day, Senior Services will be closed on Friday, November 10th,**



**Thursday, November 23rd &  
Friday, November 24th, 2023.**



**Additional SHIP Sites Located in Effingham County  
For Med D Open Enrollment  
October 15th – December 7<sup>th</sup> 2023**

**\*\*Please call for an appointment\*\***

**Catholic Charities**

1502 E. Fayette Ave.  
Teutopolis, IL 62467  
Ph# 217-857-1458

**CEFS**

1805 S Banker St.  
Effingham, IL 62401  
Ph# 217-342-2193

**Heartland Human Services**

1200 North Fourth St.  
Effingham, IL 62401  
Ph# 217-347-7179

**Heartland Human Services** is hosting an *Open Enrollment Event* on Tuesday, November 14<sup>th</sup>, 2023 from 9:30 a.m. till 12:00 p.m. at 1200 North Fourth St, Effingham, IL



**Don't forget to "FALL BACK"  
(turn your clocks back an hour) &  
change your smoke detector battery on  
the night of Saturday, November 4th!**



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, November 9<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 **Dr. Andrew Poulos with HSHS Medical Group**

**Lunch will be complimentary and provided courtesy of: HSHS Medical Group**



**HSHS Medical Group**

**\*\*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.**





Please join us for  
 cake & ice cream on  
**Thursday, November 30<sup>th</sup> at  
 1:00 p.m.**  
 for our monthly birthday party!

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



**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**



GET ON THE BUS AND RIDE WITH US



**OPEN TO  
 EVERYONE!!**

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.cetsec.org/CPCT/CPCT.htm>

## 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.



## 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 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 our 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, Adult Day Services and 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 217-347-5569. We can assess your needs and keep you at home.**





## November 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk, Bread, and Margarine are served with every meal! Substitutes will only be made in emergencies!</b>		1 Pork Chop Baked Potato Green Beans Tropical Fruit	2 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	3 Turkey Sweet Potatoes Peas Banana Whole Grain Roll
6 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Orange Whole Grain Roll	7 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	8 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	9 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Cinnamon Applesauce	10  Veterans Day Closed
13 Ham & Beans Cole Slaw Beets Peaches Corn Bread	14 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	15 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	16 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	17 Taco Soup w/shredded Cheese Corn chips Tossed Salad Salad Dressing Whole Grain Bread Apricots
20 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	21 Loaded Baked Potato Soup w/bacon & Cheese Slice Crackers Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	22 Turkey & Dressing Sweet Potatoes Green Bean Casserole Cranberry Salad Roll Pumpkin Pie w/topping	23  Thanksgiving Closed	24  Holiday Closed
27 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	28 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	29 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	30 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	<b>FINAL</b>

**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

## Rules of the Road

This class will be offered  
at the Senior Center on  
Friday, November 3rd, at  
9:30 a.m.  
(Next class will be Friday  
January 5<sup>th</sup>, 2024)



## STANFIELD CHIROPRACTIC

presents Bingo  
Thursday,  
November 16<sup>th</sup>, at  
1:00 p.m.

### EFFINGHAM COUNTY FISH HUMAN SERVICES



19<sup>th</sup> ANNUAL THANKSGIVING DAY DINNER  
THANKSGIVING DAY  
Thursday, November 23rd, 2023



FISH WILL OFFER A CONGREGATE MEAL (SERVING STARTS AT 12:30)  
AT CORNERSTONE CHRISTIAN CHURCH  
MEAL DELIVERY (AFTER 10AM) AND CURBSIDE PICKUP  
11:00AM-12:00 NOON AT THE CHURCH)

**PLEASE CALL THE SENIOR CENTER AT 217-347-5569 BY NOON ON  
MONDAY NOVEMBER 20<sup>TH</sup> TO RESERVE YOUR MEALS**

MEALS ARE TO ALL EFFINGHAM COUNTY RESIDENTS AND  
THEIR FAMILIES



HOWEVER



DONATIONS ARE ALWAYS GREATLY APPRECIATED AND CAN BE SENT  
TO FISH P.O. BOX 473, EFFINGHAM, IL 62401

# November 2023 Activity Center Calendar

