

SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times
JANUARY

2024

To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our webpage at www.eccoa.org



HSBS
St. Anthony's
Memorial Hospital

&



SENIOR SERVICES
Effingham County

Presents:

**St. Anthony's Savvy Senior Program & Luncheon on
Thursday, January 18th, 2024, at 11:00 a.m. featuring
Dr. Frank M. Eaton**



Dr. Eaton is an Anesthesiology and Pain Management specialist. He graduated from the University of Oklahoma College of Medicine in 1986 and has over 34 years of diverse experience in Anesthesiology. He also completed his fellowship training at St. Louis University and was a part of the faculty for 10 years.

There are as many levels and thresholds of pain as there are people. HSHS St. Anthony's Center for Interventional Pain Management provides a multi-disciplinary program that offers a full range of comprehensive pain management treatments in an outpatient setting. Call today to sign up to attend this informational program and luncheon.

*****Please call to make your reservation today: 217-347-5569*****

Senior Services will be CLOSED:

Monday, January 1st, in observance of New Year's Holiday

Monday, January 15th, in observance of Martin Luther King Jr. Holiday



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

Community Care Program



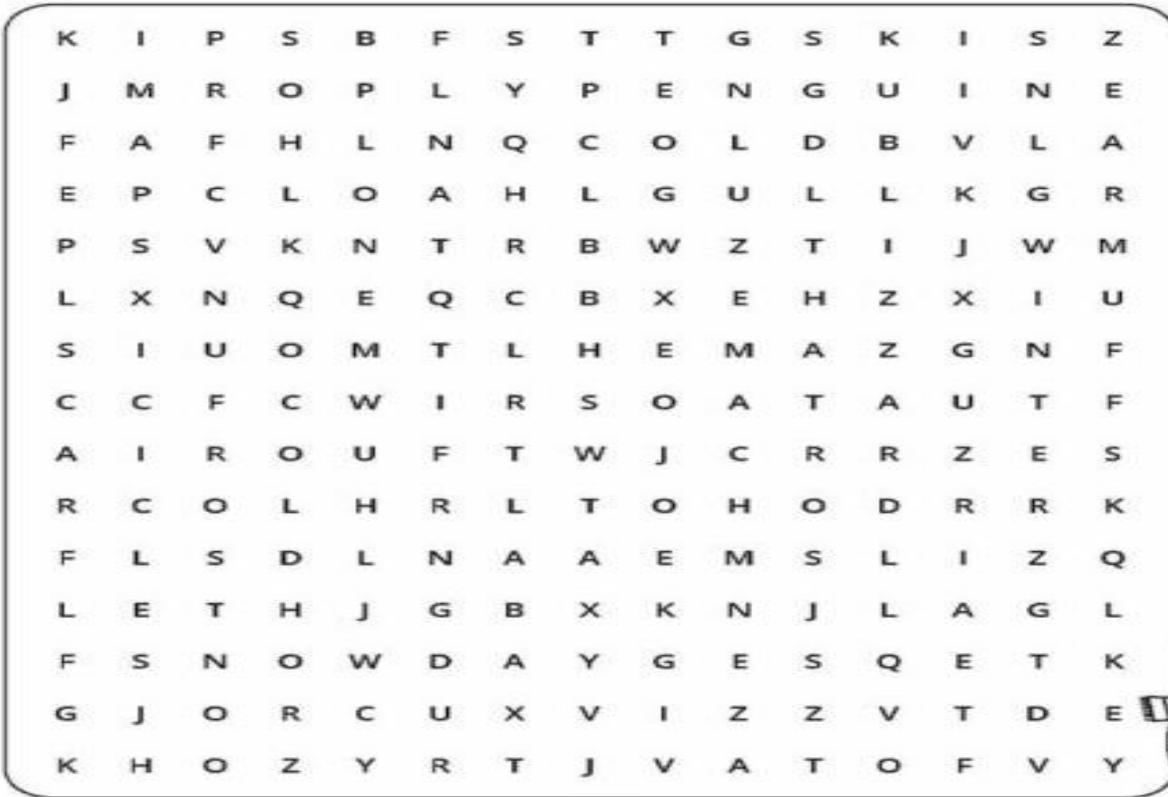
“....Helping older people live independently”

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 stay connected 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 or 1-833-442-5569. Call Today.... We can assess your needs and help keep you at home.

Winter Word Search

Find the following winter words:

- hot chocolate
- blizzard
- jacket
- hat
- snow day
- skis
- snowflake
- penguin
- sled
- frost
- icicle
- cold
- polar bear
- scarf
- earmuffs
- mittens
- winter



Please join us for cake & ice cream on **Thursday, January 25th at 2:00 p.m.** for our monthly birthday party!

We will celebrate those who have a birthday in January 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.



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!

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.

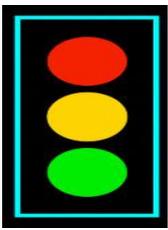
EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.



BINGO!

You are invited to play BINGO with us every Friday at 1:00 p.m. in the Activity Center. Come and join us for some FUN!





Rules of the Road Class

This class will be offered at the Senior Center on
Friday, February 2, 2024, at 9:30 am.
(The next class will be Friday, April 5th, 2024)



Long-Term Care Ombudsman

SENIOR
SERVICES
DIVISION OF ECCOA
OMBUDSMAN PROGRAM

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 confidential concern, complaint, or question regarding long-term care, please call Lisa Light, Regional Ombudsman, 217-347-5216 or 1-800-283-4070.

COME JOIN US
TO KNIT OR
CROCHET ON
WEDNESDAY
AFTERNOONS
AT 1 P.M.

Line Dancing!!!
Join the line
dancers every
Tuesday Morning
at 10:00 a.m.
in our Activity
Center. Come join
In the fun & learn
a new step or two!

Friends
Food
Fellowship



Friends
Food
Fellowship

January 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Years Day Closed	2 Closed	3 BBQ Pork Chop Black Eyed Peas Cooked Cabbage Peaches Roll Chinese Almond Cookies	4 Taco Soup w/shredded Cheese Cornchips Tossed Salad Salad Dressing ½ Turkey Sandwich on whole grain bread Apricots	5 Cooks Choice
8 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread	9 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	10 Loaded Baked Potato Soup w/bacon Crackers Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	11 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	12 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick
15 Holiday Closed	16 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	17 Pork Chop Baked Potato California Blend Tropical Fruit	18 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp	19 Turkey Sweet Potatoes Peas Banana Whole Grain Roll
22 Broccoli Cheese Soup Crackers ½ Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	23 Meatloaf Whipped Potatoes California Blend Mandarin Oranges Peanut butter Cookie	24 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	25 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	26 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread
29 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	30 Closed	31 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Cinnamon Applesauce	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

Suggested Donation \$4.25/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



Reminder:
 Make your
 appointment for
 Benefit Access
 Program today
 at
 (217) 347-5569
 To see if you
 qualify for a
 reduced license
 sticker!



**Join us for an afternoon
 of FUN!**

**Stanfield Chiropractic
 Bingo on Thursday,
 January 25th
 at 1:00 p.m.**

**Stay afterward for our
 monthly Birthday party!**

**STANFIELD
 CHIROPRACTIC**



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
---	--	--	--

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.cesbec.org/CIPT/CIPT.htm>

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.

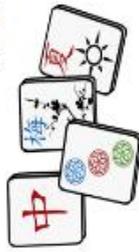
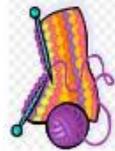
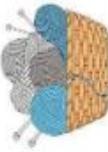


“This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency”.



January 2024 Activity Center Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>happy New Year</p>  <p>Sorry We're CLOSED</p>	<p>2</p> <p>10:00 Line Dancing</p> 	<p>3</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>4</p> <p>1:00 Games</p> 	<p>5</p> <p>1:00 BINGO Sponsor:</p> 
<p>8</p> <p>1:00 Cards & Mahjong</p> 	<p>9</p> <p>10:00 Line Dancing</p> 	<p>10</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>11</p> <p>1:00 Games</p> 	<p>12</p> <p>1:00 BINGO Sponsor:</p> 
<p>15</p> <p>CLOSED FOR Martin Luther King Day</p> <p>Sorry We're CLOSED</p>	<p>16</p> <p>10:00 Line Dancing</p> 	<p>17</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>18</p> <p>11:00 SAVVY SENIOR LUNCH</p> <p>Sponsored by HSHS</p> <p>presenting Dr. Frank Eaton</p> 	<p>19</p> <p>1:00 BINGO Sponsor:</p> 
<p>22</p> <p>1:00 Cards & Mahjong</p> 	<p>23</p> <p>10:00 Line Dancing</p> 	<p>24</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>25</p> <p>1:00 Stanfield Bingo</p> <p>STANFIELD CHIROPRACTIC</p> <p>2:00 Birthday Party with cake & ice cream</p> <p>Provided by Aperion</p> 	<p>26</p> <p>1:00 BINGO Sponsor:</p> 
<p>29</p> <p>1:00 Cards & Mahjong</p> 	<p>30</p> <p>10:00 Line Dancing</p> 	<p>31</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>1-Feb</p> <p>1:00 Games</p> 	<p>2-Feb</p> <p>9:30 Rules of the Road</p>  <p>1:00 BINGO Sponsor:</p> 