

SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times
MARCH 2024

To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our website at www.eccoa.org



&



Presents:

**St. Anthony's Savvy Senior Program & Luncheon on
Thursday, March 21st, 2024, at 11:00 am featuring
Dr. Jeff Brummer**



Dr. Brummer is the medical director of HSHS St. Anthony's Wound Healing Center and has been since its opening in 2010. Dr. Brummer has led the Center's team in achieving outstanding healing rates for 13 consecutive years. Dr. Brummer graduated from the Des Moines University College of Osteopathic Medicine in 2002.

Chronic wounds affect nearly seven million Americans, diminishing their quality of life and unfortunately their life expectancy. Specialized wound care, like the award-winning care provided at the Wound Healing Center, has proven to increase healing rates and significantly lower the risk of amputation. It is critical to understand not only disease risk factors that can lead to the development of chronic wounds, but also the urgency and importance of seeking specialized treatment right away. The Wound Healing Center offers comprehensive wound care and leading-edge treatments, including hyperbaric oxygen therapy, negative pressure wound therapy, bio-engineered skin substitutes, biological and biosynthetic dressings, and growth factor therapies.

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



Senior Services will be CLOSED:

Wednesday, March 27th, for Staff Development & Training
Friday, March 29th, for Good Friday 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

www.eccoa.org



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, 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.



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.



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, March 14, 2024, 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 Graham, DPM**

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



****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, April 5th, 2024, at 9:30 am
(The next class will be Friday, June 7th, 2024)



BINGO!!!

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



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, March 28th
at 2:00 pm
for our monthly birthday party!

We will celebrate those who
have a birthday in March 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.



present

St. Anthony's Savvy Senior Program and Luncheon Series

Senior Services of Effingham County-Activity Center
209 South Merchant Street, Effingham

Upcoming Topic Schedule:

Hospital Happenings – Thursday, May 16th, 2024

Cardiovascular Health – Thursday, July 18th, 2024

Women's Wellness and Cancer Services – Thursday, September 19th, 2024

Rehabilitation and Wellness – Thursday, November 21st, 2024

****Call 217-347-5569 for more information or to make your reservations for each program (no later than two days before each date).****



Lunch & Learn:

**Dementia Facts Sponsored by
Aperion Care on
Wednesday, April 24th, 2024, at 11:00 am.**



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

Friends
Food
Fellowship



Friends
Food
Fellowship

March 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.				1 Lemon Pepper Tilapia Garlic Mashed Potatoes Peas Tropical Fruit Cotton Pickin' Good Cake
	Final			
4 Polish Sausage Sauerkraut Baby Baker Potatoes Pumpkin Mousse Whole Grain Bread	5 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	6 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	7 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	8 Herbed Baked Chicken Mashed Potatoes Green Beans Apricots Black Bean Brownie
11 Chili Crackers ½ Peanut Butter Sandwich Asian Slaw Apricots	12 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	13 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	14 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread	15 Corned Beef 'N Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding
18 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	19 Spaghetti w/ Meat Sauce Broccoli 3 Bean Salad Strawberries Garlic Bread Stick	20 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	21 Roast Beef Mashed Potatoes Brussel Sprouts Apricots Peanut Butter Cookie	22 Turkey Burger Creamy Potatoes Green Beans Pineapple Chunks Whole Grain Bread
25 Fish on Bun Broccoli Rice Casserole Baked Beans Orange	26 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	27 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	28 Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake	29 Site Closed Good Friday

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 217-994-3191

Vandalia 618-283-1040 Ramsey 618-237-0251

Pana 217-562-5611 Taylorville 217-287-7268 Kincaid 217-237-4328



Line Dancing!!

Join the line dancers every Tuesday Morning at 10:00 am in our Activity Center. Come and join in the fun and learn a new step or two!!

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 6pm

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.cetsec.org/CPT/CPT.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”.



Join the ladies every Wednesday afternoon at 1:00 pm in the Activity Center for ideas that are shared, instruction to assist you, & enjoy the great company of numerous talented individuals who have a great time getting together & sharing their wisdom.

**No previous experience is needed!
Come & join the Fun!!!**

March 2024 Activity Center Calendar



Monday	Tuesday	Wednesday	Thursday	Friday		
<p>**Please Call 217-347-5569 to reserve your spot at all of our special Events!!**</p>				<p>1:00 BINGO Sponsor: </p>		
<p>4 12:00 Cards & Mahjong</p>				<p>5 10:00 Line Dancing</p>	<p>6 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>7 1:00 Games</p>
<p>11 12:00 Cards & Mahjong</p>				<p>12 10:00 Line Dancing</p>	<p>13 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>14 11:00 Dine with a Doc featuring Dr. James C. Graham, DPM</p>
<p>18 12:00 Cards & Mahjong</p>				<p>19 10:00 Line Dancing</p>	<p>20 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>21 11:00 SAVVY SENIOR LUNCH Sponsored by HSHS presenting Dr Jeffrey Brummer</p>
<p>25 12:00 Cards & Mahjong</p>				<p>26 10:00 Line Dancing</p>	<p>27 Closed for Staff Development Development & Training</p>	<p>22 1:00 BINGO Sponsor: </p>
<p>28 12:00 Cards & Mahjong</p>	<p>29 Closed for Staff Development Development & Training</p>	<p>28 1:00 Stanfield Bingo STANFIELD CHIROPRACTIC 2:00 Birthday Party with cake & ice cream Provided by Aperion</p>	<p>29 Closed for Good Friday</p>			