



**SENIOR  
SERVICES**  
Effingham County



209 S. Merchant  
Effingham, IL 62401

# Sunset Times



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)



## Effingham County Fair

**July 27<sup>th</sup>- Pro Pulling League Champions Tour 6:30 p.m.**

**July 28<sup>th</sup>- Talent Show 6:30 p.m. & Jr. Miss Pageant and  
“Little Mister” 8:00 p.m.**

**July 29<sup>th</sup>- ITPA Truck, Tractor, and Garden Tractor Pull**

**July 30<sup>th</sup>- Miss Effingham County Fair Queen Pageant and  
“Little Miss” Pageant 7:00 p.m.**

**\*After the pageant there will be fireworks\***

**July 31<sup>st</sup>- Pro Pulling League Champion Seed Western Series**

**August 1<sup>st</sup>- Rodeo 7:30 p.m.**

**August 2<sup>nd</sup>- Gabby Barrett with Walker Montgomery 7:30 p.m.**

**August 3<sup>rd</sup>- Demolition Derby 6:30 p.m.**

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

*"... 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, August 8th, 2024, in the Senior Services Activity Center from 11:00 a.m. until 1:00 p.m.**

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 **Tracy Haddock Volunteer Services Director with Sarah Bush Lincoln**

Lunch will be complimentary and provided courtesy of: **Lakeland Rehabilitation & Health Care 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.**



**Come join us for an afternoon  
of fun with Homewood Grill  
Ice Cream Social on  
Thursday, August 15<sup>th</sup>  
at 1:00 p.m.**

**Please RSVP 217-347-5569  
to save your spot.  
Sponsored by  
Sarah Bush Lincoln**



**Join us for an  
afternoon of FUN!  
Stanfield Chiropractic  
Bingo on  
Thursday, August 29<sup>th</sup>  
at 1:00 p.m.  
Stay afterward for our  
monthly Birthday  
party!**

**STANFIELD  
CHIROPRACTIC**



## **SHIP**

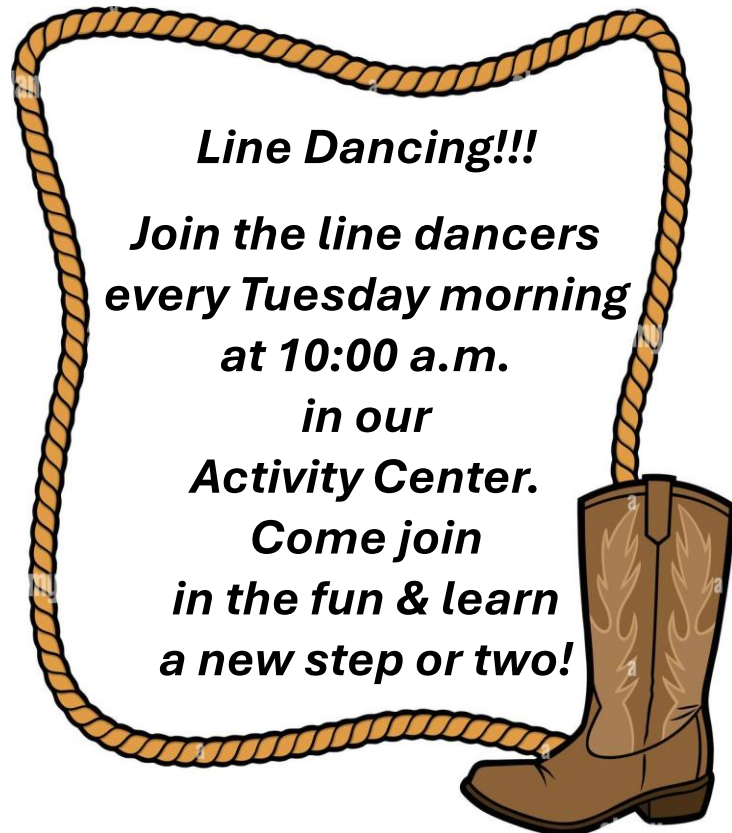
**(Senior Health Insurance Program)**

Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217) 347-5569 to make an appointment.

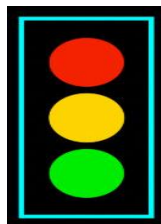


“This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency”.

**Come join us on  
Wednesday  
afternoons at  
1:00 p.m. to knit,  
crochet, or bring  
your own crafts  
to socialize and  
make new  
friends!**



***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!***



### ***Rules of the Road Class***

**This class will be offered at the Senior Center on  
Friday, August 2, 2024, at 9:30 am.  
(The next class will be Friday, October 4th, 2024)**



**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!**

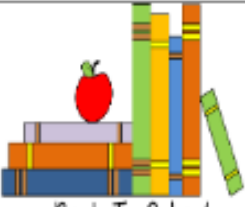


Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## August 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</p> <p><b>FINAL</b></p>	 <p>Back To School</p>		<p>1 Grilled Chicken Salad w/Romaine Lettuce Tomatoes and Cheese Mandarin Oranges Bread Stick Graham Cracker</p>	<p>2 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll</p>
<p>5 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie</p>	<p>6 Sub Sandwich on Hoagie Bun Lettuce &amp; Tomato Broccoli/Cauliflower Salad Cantaloupe</p>	<p>7 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit</p>	<p>8 Swedish Meatballs Mashed Potatoes Corn Apricots Whole Grain Roll</p>	<p>9 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples</p>
<p>12 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit Cocktail</p>	<p>13 Sweet &amp; Sour Chicken w/Pineapple over Rice Steamed Broccoli Watermelon</p>	<p>14 Taco Salad w/tortilla chips Meat &amp; Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Apple</p>	<p>15 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll</p>	<p>16 Grilled Chicken Breast Broccoli Rice &amp; Cheese Carrots Strawberries Whole Grain Bread</p>
<p>19 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears</p>	<p>20 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread</p>	<p>21 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie</p>	<p>22 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll</p>	<p>23 Chicken Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon</p>
<p>26 Turkey &amp; Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll</p>	<p>27 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe</p>	<p>28 Oven Baked Chicken Parsley Potatoes Peas Whole Grain Bread Watermelon</p>	<p>29 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Pineapple</p>	<p>30 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad 3 Bean Salad Banana</p>

**CALL THE DAY BEFORE NOON 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**



Please join us for cake & ice cream on

**Thursday, August 29<sup>th</sup>  
at 2:00 p.m. for our monthly birthday party!**

**We will celebrate those who have a birthday in August with cake and ice cream provided by Aperion Care. You are welcome to stay afterwards and play cards, games, socialize with your friends.**



**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!**



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



## 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)342-4090 or via the web at <http://www.cetsec.org/CPT/CPT.htm>

# August 2024 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>6</p> <p>10:00 Line Dancing</p> 	<p>7</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>8</p> <p>11:00 Dine with a Doc featuring Tracy Haddock</p> 	<p>9</p> <p>12:30 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>12</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>13</p> <p>10:00 Line Dancing</p> 	<p>14</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>15</p> <p>1:00 Ice Cream Social with Sarah Bush Lincoln</p> 	<p>16</p> <p>12:30 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>19</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>20</p> <p>10:00 Line Dancing</p> 	<p>21</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>22</p> <p>1:00 Games</p> 	<p>23</p> <p>12:30 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>26</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>27</p> <p>10:00 Line Dancing</p> 	<p>28</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>29</p> <p>1:00 Stanfield Bingo</p> <p>2:00 Birthday Party with cake &amp; ice cream</p> <p>Provided by Aperion</p> 	<p>30</p> <p>12:30 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 