

**SENIOR
SERVICES**
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

January 2025

To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our website at www.eccoa.org



HSBS
St. Anthony's
Memorial Hospital

&



**St. Anthony's Savvy Senior
Program & Luncheon
Cardiovascular Health on
Thursday, January 16th, 2025
at 11:00 a.m.**

**featuring
Diana Dragnea, DMSc, PA-C,
Physician Assistant with
Prairie Cardiovascular
in Effingham**

**Jackie Bohnhoff, RN, a cardiology nurse
at HSHS St. Anthony's Memorial Hospital**



*****Call 217-347-5569 to reserve your seat! Seating is limited*****

Free Blood Pressure checks

Senior Services will be CLOSED:

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

Monday, January 20th in observance of Martin Luther King, Jr Day 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



Dine with a Doc

Will return on
Thursday, February 13th, 2025,
 at 11:00 a.m.

featuring
Dr. Dominic Imburgia, MD



Rules of the Road

will be held on
Friday, March 7th, 2025
 at 9:00 a.m.



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!!



Please join us for
 cake & ice cream on
Thursday, January 30th at
1:00 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





The Daughters of the American Resolution presented a new flag for Senior Services. The DAR Members pictured are Nitelle Lading, Flag of the United States of America Committee Chair, Susan Oliver, 1st Vice Regent and Linda Hubbartt, Executive Director of Senior Services.



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**.



Join us for
**BINGO every
Friday
afternoon at
1:00 p.m.**



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!



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

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 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.

Friends
Food
Fellowship



Friends
Food
Fellowship

January 2025 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>FINAL</p>	<p>1</p> 	<p>2 Mississippi Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Hogie Bun</p>	<p>3 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Orange Whole Grain Roll</p>
<p>6 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll</p>	<p>7 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread</p>	<p>8 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread</p>	<p>9 Italian Chicken Breast Steamed Broccoli Corn Oranges W/Bananas Roll</p>	<p>10 Oven Baked Chicken Baby Baker Potatoes Mixed Vegetables Pineapple Roll</p>
<p>13 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit</p>	<p>14 Taco Soup w/shredded Cheese Cornchips Tossed Salad Salad Dressing Whole Grain Bread Apricots</p>	<p>15 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread</p>	<p>16 Ham & Beans Cole Slaw Beets Peaches Corn Bread</p>	<p>17 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse</p>
<p>20</p> 	<p>21 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread</p>	<p>22 Lasagna Tossed Salad w/tomatoes Salad Dressing Spiced Apples Black Bean Brownie Garlic Bread Stick</p>	<p>23 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll</p>	<p>24 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice</p>
<p>27 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie</p>	<p>28 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears</p>	<p>29 Chicken Pot Pie w/biscuit Creamy Cole Slaw Strawberries Angel Food Cake</p>	<p>30 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Apricots</p>	<p>31 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread</p>

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

NEW YEAR'S

WORD SEARCH



CALENDAR
CELEBRATION
CHEERS
CLOCK
CONFETTI

COUNTDOWN
DECEMBER
EVE
FAMILY
FIREWORKS

FRIENDS
HAPPY
HOLIDAY
JANUARY
MIDNIGHT

NEW
NOISEMAKER
PARTY
RESOLUTION
YEAR


























**Come join us to knit
or crochet on
Wednesday
afternoons at 1p.m.**

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




January 2025 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>12:00 Cards & Mahjong</p> 	<p>7</p> <p>10:00 Line Dancing</p> 	<p>1</p> <p>NEW YEARS DAY Sorry we are CLOSED</p> 	<p>2</p> <p>1:00 Games</p> 	<p>3</p> <p>12:00 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>13</p> <p>12:00 Cards & Mahjong</p> 	<p>14</p> <p>10:00 Line Dancing</p> 	<p>8</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>9</p> <p>1:00 Games</p> 	<p>10</p> <p>12:00 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>20</p> <p>Sorry we are CLOSED for Martin Luther King Day</p> 	<p>21</p> <p>10:00 Line Dancing</p> 	<p>15</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>16</p> <p>HSHS St. Anthony's Memorial Hospital</p> <p>11:00 SAVVY SENIOR LUNCH Sponsored by HSHS a Cardiac Presentation with Diana Dragnea & Jackie Bohnhoff</p> 	<p>17</p> <p>12:00 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>27</p> <p>12:00 Cards & Mahjong</p> 	<p>28</p> <p>10:00 Line Dancing</p> 	<p>22</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>23</p> <p>1:00 Games</p> 	<p>24</p> <p>12:00 Mahjong</p> <p>1:00 BINGO Sponsor:</p> 
<p>31</p> <p>1:00 BINGO Sponsor:</p> 	<p>30</p> <p>1:00 Birthday Party with cake & ice cream Provided by Aperion</p> 	<p>29</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>31</p> <p>1:00 BINGO Sponsor:</p> 